



**What is a Reimbursable Meal??**  
 A meal must include:  
 • ½ cup of fruit or vegetable  
 • 3-5 of the Food Groups ~ *Fruit, Vegetable, Protein, Grain, Milk*  
 Additional servings of fruits and vegetables are included!  
**Daily Milk Choices:**  
 (Free of BGH and High Fructose Corn Syrup)  
 • White Skim • White 1% • Chocolate Skim

**Apricot Smoothie**  
 1 (15 oz) can apricot halves, chilled  
 1 cup low-fat vanilla yogurt  
 ¼ tsp vanilla extract  
 6-8 ice cubes  
 Combine all ingredients in a blender. Cover and blend on high speed until smooth.  
 Yield: 2 servings



**Fun Food Feature: Apricots**

**Fun Facts**

- Apricots are related to peaches, nectarines, plums, and pears.
- Apricots originated in China.
- Over 90% of the apricots grown in the United States come from California.
- Each piece of dried apricot is one half of a fruit.

**Nutrition**

- Apricots are an excellent source of vitamins A and C.
  - Vitamin C keeps your immune system strong.
  - Vitamin A keeps our eyes, skin, and hair healthy.
- Apricots are also a good source of potassium and fiber.
- Unlike most fresh fruits, apricots contain a high amount of iron.
- Apricots are fat-free and sodium-free.

**Enjoy!**

- Fresh apricots do not keep very long. Most are canned or dried.
- Canned or dried apricots can be substituted for fresh in most recipes.
- Apricots can be eaten raw, grilled, poached, broiled, or preserved in jams or jellies.
- Cinnamon, clove, and honey are great additions to enhance the natural flavors of apricots.
- Add apricots to your oatmeal, yogurt, or pancake batter or use them to top waffles or salad.

**\* Meatless option**  
 Nutritional information is on our website at: [www.hudson.k12.wi.us](http://www.hudson.k12.wi.us)  
 This institution is an equal opportunity provider.

29	30	31	1	2
<b>1) Chicken Patty on Bun</b> <b>2) Cheese Quesadilla*</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Baked Beans Vegetable Tray Blushing Pear Sauce Orange Smiles	<b>1) Chicken Alfredo with Breadstick</b> <b>2) Sloppy Joe on Bun</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Broccoli Vegetable Tray Peach Sauce Fresh Kiwi	<b>1) Pepperoni Pizza</b> <b>2) Chicken Taco Salad</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Corn Vegetable Tray Cinnamon Applesauce Sherbet	<b>1) French Toast &amp; Scrambled Eggs*</b> <b>2) Grilled Chicken Patty on Bun</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Hash Browns Vegetable Tray Banana Strawberries & Blueberries	<b>1) Mini Corn Dogs</b> <b>2) Fish Patty on Bun</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Sweet Potato Waffle Fries Vegetable Tray Mixed Fruit Fresh Fruit
5	6	7	8	9
<b>1) Popcorn Chicken</b> <b>2) Meatball Sub</b> <b>3) Ham &amp; Cheese Sandwich</b>  Potato Wedges Vegetable Tray Applesauce Rice Krispie Treat	<b>1) Hot Dog on Bun</b> <b>2) Pizza Calzone</b> <b>3) Ham &amp; Cheese Sandwich</b>  Baked Beans Vegetable Tray Pear Sauce Fresh Kiwi	<b>1) Macaroni &amp; Cheese*</b> <b>2) Mandarin Chicken Salad &amp; Dinner Roll</b> <b>3) Ham &amp; Cheese Sandwich</b>  Peas Vegetable Tray Pineapple Sauce Apple Wedges	<b>1) Walking Tacos</b> <b>2) Turkey Wrap</b> <b>3) Ham &amp; Cheese Sandwich</b>  Green Beans Vegetable Tray Fruit Fluff Grapes	<b>1) Italian Dunkers*</b> <b>2) Hamburger on Bun</b> <b>3) Ham &amp; Cheese Sandwich</b>  Quinoa Pilaf Vegetable Tray Peach Sauce Fresh Fruit
12	13	14	15	16
<b>1) Corn Dog</b> <b>2) Pizza Express</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Baked Beans Vegetable Tray Pear Sauce Orange Smiles	<b>1) Chicken Patty on Bun</b> <b>2) Yogurt Parfait &amp; Muffin*</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Brown Rice Vegetable Tray Peach Sauce Grapes	<b>1) Grilled Cheese Sandwich and Tomato Soup*</b> <b>2) Beef Taco Salad</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Glazed Carrot Coins Vegetable Tray Applesauce Sugar Cookie	<b>1) Waffles* with Sausage Links</b> <b>2) Rib-E-Q on Bun</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Potato Rounds Vegetable Tray Strawberries Banana	<b>1) Cheese Pizza*</b> <b>2) Chicken Tenders</b> <b>3) Turkey &amp; Cheese Sandwich</b>  Corn Vegetable Tray Mixed Fruit Fresh Fruit
19	20	21	22	23
<b>1) Chicken Nuggets</b> <b>2) Hot Ham &amp; Cheese Sandwich</b> <b>3) Ham &amp; Cheese Sandwich</b>  Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Slushie	<b>1) Spaghetti &amp; Meat Sauce with Garlic Toast</b> <b>2) Grilled Chicken Patty on Bun</b> <b>3) Ham &amp; Cheese Sandwich</b>  Garlic Green Beans Vegetable Tray Pineapple Sauce Apple	<b>1) Pigs in a Blanket</b> <b>2) Chef Salad &amp; Dinner Roll</b> <b>3) Ham &amp; Cheese Sandwich</b>  Broccoli & Cheese Sauce Vegetable Tray Pear Sauce Grapes	<b>1) Beef Tacos</b> <b>2) Fish Nuggets</b> <b>3) Ham &amp; Cheese Sandwich</b>  Brown Rice Refried Beans Vegetable Tray Rosy Applesauce Fresh Pineapple	<b>1) Pizza Dippers*</b> <b>2) Hamburger on Bun</b> <b>3) Ham &amp; Cheese Sandwich</b>  Corn Vegetable Tray Mandarin Oranges Fresh Fruit

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