

December 2018

What is a Reimbursable Meal??

- A meal must include:
 - 1/2 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

Kiwi Lemonade

- 3 ripe kiwis, peeled
- 1/2 cup freshly squeezed lemon juice
- 1/4 cup sugar (adjust if kiwis are not sweet)
- 3 cups water



Add all ingredients to a blender and puree. Strain to remove pulp, if desired. Pour over ice to serve.

Fun Food Feature of the Month:



Kiwi

Fun Facts

- Kiwi are native to China and were originally known as Yang Tao. They were brought to New Zealand by missionaries and renamed Chinese Gooseberries.
- Kiwi were introduced to the United States in 1961 and renamed to Kiwi to increase their marketability.

Nutrition

- Kiwi are an excellent source of Vitamin C for a healthy immune system.
- They are also an excellent source of Vitamin K and a good source of fiber, Vitamin E, potassium, and folate.


Enjoy!

- Kiwi are typically eaten raw. Kiwi pairs well with strawberries, cantaloupe, pineapple, & oranges.
- The peel is edible! You can wash and rub the "fuzz" off to improve the texture.

- Selected kiwi that yield to gentle pressure, but are not soft. Ripen at room temperature.
- Source: <http://whfoods.org/>

***Mealless option**

Nutritional information is on our website at: www.hudsonriders.org
 This institution is an equal opportunity provider.

3 1) Chicken Party on Bun 2) Cheese Quesadilla* 3) Turkey & Cheese Sandwich Baked Beans Vegetable Tray Blushing Pear Sauce Orange Smiles	4 1) Chicken Alfredo with Breadstick 2) Sloppy Joe on Bun 3) Turkey & Cheese Sandwich Broccoli Vegetable Tray Peach Sauce Fresh Kiwi	5 1) Pepperoni Pizza 2) Chef Salad & Dinner Roll 3) Turkey & Cheese Sandwich Corn Vegetable Tray Cinnamon Applesauce Sherbet	6 1) French Toast & Scrambled Eggs* 2) Grilled Chicken Party on Bun 3) Turkey & Cheese Sandwich Hash Browns Vegetable Tray Banana Strawberries & Blueberries	7 1) Mini Corn Dogs 2) Fish Party on Bun 3) Turkey & Cheese Sandwich Sweet Potato Waffle Fries Vegetable Tray Mixed Fruit Fresh Fruit
10 1) Popcorn Chicken 2) Meatball Sub 3) <i>Ham & Cheese Sandwich</i> Potato Wedges Vegetable Tray Applesauce Pudding	11 Fun Food Feature Baked Beans Vegetable Tray Pear Sauce Fresh Kiwi 	12 1) Stirring Peppers with Macaroni & Cheese 2) Chicken Taco Salad 3) <i>Ham & Cheese Sandwich</i> Peas Vegetable Tray Pineapple Sauce Apple Wedges	13 1) Walking Tacos 2) Turkey Wrap 3) Ham & Cheese Sandwich Green Beans Vegetable Tray Fruit Pluff Grapes	14 1) Italian Dunkers* 2) Hamburger on Bun 3) <i>Ham & Cheese Sandwich</i> Glazed Carrot Coins Vegetable Tray Peach Sauce Fresh Fruit
17 1) Corn Dog 2) Pizza Express 3) Turkey & Cheese Sandwich Baked Beans Vegetable Tray Pear Sauce Orange Smiles	18 1) Yogurt Parfait & Muffin* 2) Chicken Tenders 3) Turkey & Cheese Sandwich Brown Rice Vegetable Tray Peach Sauce Grapes	19 Fun Food Feature 1) Grilled Cheese Sandwich 2) Beef Taco Salad 3) Turkey & Cheese Sandwich Seasoned Pasta Vegetable Tray Applesauce Kiwi Strawberry Slushie	20 1) Pancakes* with Sausage Links 2) Rib-E-Q on Bun 3) Turkey & Cheese Sandwich Potato Rounds Vegetable Tray Warm Apples Banana	21 1) Cheese Pizza* 2) BBQ Pork Sandwich 3) Turkey & Cheese Sandwich Corn Vegetable Tray Mixed Fruit Fresh Fruit