



Bananas

MON	TUE	WED	THU	FRI
2 No Service	3 Meat or Vegetarian Lasagna or Penne with Light Butter Sauce and Garlic Bread	4 Harris Ranch Beef, Chicken or Veggie Burgers or Grilled Cheese	5 Beef or Veggie Nachos with Cheddar Sauce, Black Beans & Rice or Bean and Cheese Burrito	6 Teriyaki Chicken or Tofu Rice Bowl with Jasmine Rice, Broccoli & Carrots
9 Gourmet Cheese, Italian Sausage, Pepperoni, Pesto, Veggie or Breakfast Pizza	10 Shell Pasta with Cheddar, Light Butter, Organic Marinara or Meat Sauce and Sourdough Baguette	11 Harris Ranch Beef, Chicken or Veggie Burgers or Grilled Cheese	12 Baked Chicken or Soy Tenders with Mashed Potatoes, Carrot Coins & BBQ Sauce	13 Steamed Chicken or Vegetarian Pot Stickers with Jasmine Rice and Steamed Veggies
16 No Service	17 Fettuccini with Pesto, Light Butter, Organic Marinara or Meat Sauce and Garlic Bread	18 Harris Ranch Beef, Chicken or Veggie Burgers or Grilled Cheese	19 Grilled Chicken Soft Tacos or Cheese Quesadilla with Black Beans & Fiesta Rice	20 Idaho Baked Potato with Toppings or Grilled Turkey and Cheddar Melt
23 Gourmet Cheese, Italian Sausage, Pepperoni, Hawaiian, Veggie or Breakfast Pizza	24 Spaghetti with Light Butter, Organic Marinara or Meat Sauce and Sourdough Baguette	25 Harris Ranch Beef, Chicken or Veggie Burgers or Grilled Cheese	26 Grilled Chicken & Veggie or Vegetarian Gyro with Golden Couscous & Cucumber Tzatziki	27 Scrambled Eggs, Bacon or Chicken Apple Sausage or Veggie Links and Tater Tots
30 Gourmet Cheese, Italian Sausage, Pepperoni, Pesto, Veggie or Breakfast Pizza	31 Rigatoni with Cheddar, Light Butter, Organic Marinara or Meat Sauce and Garlic Bread		<i>Additional Items Available Online</i>	<i>Fresh Seasonal Fruit Included with Every Entree</i>

Bananas are one of the most widely consumed and popular fruits in the world. They're sweet, easy to chew and very portable fruit.

A medium banana (7-8 inches) has 105 calories and a whopping 3 grams of dietary fiber. It's also a super source of potassium at about 425 mg, and has excellent vitamin B6. And it's a soothing fruit for a fussy tummy or intestinal tract. There are many ways to include bananas in your diet. Here are a few child-pleasing ideas.

- 1) Cut bananas into bite-sized pieces and roll them in finely-crushed, dry cereal and cinnamon. Freeze them for easy-to-grab, healthy snack bites.
- 2) Cut the banana length-wise and spread with peanut butter.
- 3) Add sliced banana to peanut butter or cream cheese sandwiches.
- 4) Add banana to *any* smoothie for flavor and thickness.
5. Add your ripe bananas to cookies, muffins, pancakes, waffles and other favorite recipes.
- 6) Slice it into fruit salads just before serving.