

Stanley G. Falk School Lunch
Cambridge & Rossler
April 2024

NEW YORK STATE
HARVEST OF THE
MONTH ~

SPINACH



Spinach is a leafy green vegetable. Scientifically known as *Spinacia oleracea*. **Spinach** belongs to the amaranth family and is related to beets and quinoa. **Spinach** originated in Persia, but is now produced mostly in the US and China. It is loaded with nutrients and antioxidants, and considered very healthy. Benefits to eating spinach include improving blood glucose levels, lowering the risk of cancer, and improving bone health. Spinach has been linked to lowering blood pressure, promotion of digestive regularity, and healthy skin and hair.

Offered Daily
Fresh or prepared
Fruits
Non-fat or Low-fat
white milk or Non-
fat chocolate milk

Meal Pattern
Requirements K-8
(Weekly Minimums)
Grains Range = 8-9 G
EQ
100% of all grains must be whole grain rich
M/MA Range = 8-10 oz.
Vegetable = 3 3/4
In appropriate subgroups
Fruit = 2 1/2 cups
Milk = 5 cups

Monday	Tuesday	Wednesday	Thursday	Friday
Spring Recess Classes Resume on Tuesday April 9, 2024				
8	9	10	11	12
	Chicken Patty on a Bun	French Toast Sticks Warm Syrup Sausage Patty	Sweet & Sour Chicken Seasoned Rice	Cheese & Pepperoni Pizza
	----- Vegetarian beans French Fries	----- Green Beans Hash Browns	----- Broccoli Carrots	----- Spinach Salad Cauliflower
15	16	17	18	19
Hot Dog on a Bun	Turkey & Gravy WG Stuffing	Taco in a Bag Seasoned Rice	Grilled BBQ Chicken Bomber	Pizza Logs Pasta Salad
----- Vegetarian Beans French Fries	----- Broccoli Mashed Potato	----- Romaine Salad Corn	----- Carrots Green Beans	----- Tater Tots Cucumbers
22	23	24	25	26
Spaghetti & Meat Sauce Garlic Roll	Grilled Cheese Tomato Soup	Nacho Grande Seasoned Rice	Cheese & Pepperoni Pizza	Cheeseburger on a Bun
----- Spinach Salad Carrots	----- Broccoli Vegetarian Beans	----- Romaine Salad Corn	----- Cauliflower Green Beans	----- Broccoli French Fries
29	30	Meal Pattern Requirements 9-12 <i>(weekly Minimums)</i> Grains Range = 10-12 G EQ <i>100% of all grains must be whole grain rich</i> M/MA Range = 10-12 oz. Vegetable = 5 cups <i>in appropriate subgroups</i> Fruit = 5 cups Milk = 5 cups		
Macaroni & Cheese Garlic Roll	Assorted Sub Sandwich			
----- Romaine Salad Carrots	----- Pepper Strips Cucumber & Tomato Salad			

#FalkForward Recipe Card # 8:
Spinach and Banana Power Smoothie

Ingredients: 1 C plain almond milk, 3/4 c spinach leaves, 1 large banana,

Directions: Blend the almond milk and the spinach leaves together until smooth. Add banana and pulse until thoroughly blended.



Delicious!!

We are an equal opportunity provider