

MARCH 2020

FARM to SCHOOL

Organic

Rainbow Carrots

from Bolthouse Farms
in Bakersfield, CA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breaded Chicken Drumstick, Annie's Bunny Friends OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	3 Mozzarella Cheese Bites with Marinara Sauce OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	4 Fernando's Bean & Cheese Burrito OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	5 Breaded Chicken Sandwich OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	6 Mandarin Orange Chicken with Hawaiian Brown Rice OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers
9 Tucson Chicken Strips with Tater Tots OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	10 Pork & Beef Pepperoni Pizza or Cheese Pizza OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	11 Taco Bowl with or without Pork Carnitas, Refried Beans OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	12 Angus Beef Cheeseburger OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	13 Chicken Corn Dog & White Cheddar Popcorn OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers
16 Breaded Chicken Drumstick, Annie's Bunny Friends OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	17 Mozzarella Cheese Bites with Marinara Sauce OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	18 Fernando's Bean & Cheese Burrito OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	19 Breaded Chicken Sandwich OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	20 Mandarin Orange Chicken with Hawaiian Brown Rice OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers

Don't forget!
 Soil Born Farms is hosting their annual "Garden in Every School" Symposium on March 14.
 Learn more and sign up at www.soilborn.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Tuson Chicken Strips with Tater Tots OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	24 Pork & Beef Pepperoni Pizza or Cheese Pizza OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	25 Taco Bowl with or without Pork Carnitas, Refried Beans OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	26 Angus Beef Cheeseburger OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	27 Chicken Corn Dog & White Cheddar Popcorn OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers
30 Breaded Chicken Drumstick, Annie's Bunny Friends OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	31 Mozzarella Cheese Bites with Marinara Sauce OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers			

ALL MEALS INCLUDE
 Unlimited produce bar - full of
 fresh, locally-sourced fruits and
 vegetables. Low-fat or non-fat
 milk or Lactaid

Did you know? • Carrots were originally white or purple! Then a yellow carrot appeared through mutation and the familiar orange carrot was bred from it. • Carrots are the second most popular type of vegetable, after potatoes. • Rainbow carrots come in purple, red, orange, yellow, and white. Try each color to get a variety of health benefits. Eat unpeeled, as many of the nutrients live in the skin. • The biggest carrot recorded is more than 19 pounds; the longest is over 19 feet!

Bothouse
 FARMS

"We believe making one better choice
 each day is something we can all do!"

Reducing food waste: Our process is designed to make use of the whole carrot. From tip to greens, we make sure each inch of the carrot reaches its full potential. Carrots are juiced into fresh beverages, cut and peeled into baby carrots or shaped into Chips and Matchstix. Even the leftover carrot tops are used as fertilizer in the fields.

Bothouse started in 1915 in Michigan. After "a century worth of roots" they have farms across the country, including nearby Bakersfield.

Are you awesome?
We're Hiring!

UPCOMING JOB FAIR
 April 14 • 9am-3pm
 We have 3-hour food service assistant
 positions available now! Call the Nutrition
 office for more information: 916.395.5600



Nutrition Services
 916-395-5600
 This institution is an equal
 opportunity employer and provider.
 Menus subject to change.

CENTRAL KITCHEN
 thecentralkitchen.org