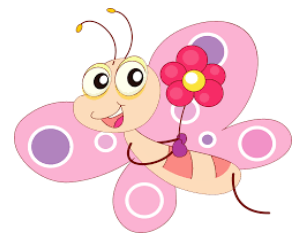
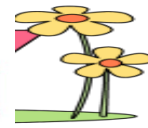


THANK YOU! H A P P Y W E WELCOME YOU!  
SCHOOL LUNCH HERO  
YOU ARE THE HERO DAY



## FINLEY & PINE FFVP MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2	Mangos		1 Oranges	2 Honeydew Melon
5	6 Grapefruit	7	8 Carrotinies Goldstar	10 Strawberries
12	13 Apple Sliced	14	15 Grapes	16 Sunshine Bananas
19	20 Oranges Smiles	21	22 Strawberries	24 Green Apples
<b>MEMORIAL DAY</b>	27 Carrotinies with Ranch	28	29 Sunshine Bananas	30 Mandarins

## Let's Celebrate School Lunch Hero Day on May 2th

Health and Learning Success Go Hand-in-Hand

### Harvest of the Month™ STRAWBERRY



#### Healthy Serving Ideas

Slice strawberries into high fiber cereal and calcium-rich low-fat yogurt. • Blend frozen strawberries with orange juice (or low-fat yogurt) and ice to make a quick and tasty smoothie. • Add strawberries to a spinach salad. • Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles

### BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5

1 small banana, peeled

$\frac{1}{2}$  cup low-fat vanilla yogurt

1 tablespoon low-fat granola

$\frac{1}{2}$  cup sliced strawberries (fresh or frozen) Directions:

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Places banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving: Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

For recipes and tips, visit: [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

LSWP is available at:

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