



Smile Tostada



Carrot Nest With Olive Eggs



Veggie Dippers



Vegetable Pizza



Olive Blossoms

California Ripe Olives Create Nutritious and Fun School Meals

Looking for ingredients to be crafty and fun for your school meals?

Looking for ingredients that add texture, flavor and color?

We have the answer California Ripe Olives!
With our "Meals for your week" recipes this is easy to accomplish.

California olive brands available:



California grows 95% of the ripe olives grown in the U.S. and consists of two family owned canners and over 1,100 growers.



Meals For Your Week Featuring California Ripe Olives

Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY TOTALS
1.5 oz. eq. m/ma 2 oz. eq. grain 1/8 cup red/orange veggie 1/8 cup other veggie 1/4 cup dark green veggie 1/2 cup fruit 1/4 cup starchy 1 milk condiment	2 oz. eq. m/ma 1 oz. eq. grain 3/8 cup red/orange veggie 1/8 cup other veggie 1/2 cup legume 1/2 cup fruit 1 milk	2 oz. eq. m/ma 1.5 oz. eq. grain 3/8 cup red/orange veggie 1/8 cup other veggie 1/2 cup fruit 1/2 cup starchy 1 milk condiment	1.5 oz. eq. m/ma 2 oz. eq. grain 3/8 cup red/orange veggie 1/8 cup other veggie 1/4 cup dark green veggie 1/2 cup fruit 1 milk condiment	1.5 oz. eq. m/ma 2 oz. eq. grain 1/8 cup red/orange veggie 1/8 cup other veggie 1/2 cup fruit 1/2 cup starchy 1 milk	8.5 oz. eq. m/ma 8.5 oz. eq. grain 4 1/4 cups vegetables 1/2 cup dark green veggie 1 3/8 cup red/orange veggie 5/8 other veggie 1 1/4 starchy veggie 1/2 cup legumes 2 1/2 fruit 5 milk
<ul style="list-style-type: none"> • Vegetable Flat Bread With Olives, Marinara And Cheese • Salad • Sliced Strawberries • Ranch Dressing • 1% White Milk 	<ul style="list-style-type: none"> • Olive Blossoms on Carrot Sticks Served With Baked BBQ Chicken • Baked Beans • Kiwi and Strawberries • Whole Grain Roll • 1% White Milk 	<ul style="list-style-type: none"> • Shredded Carrot Nest With Olive Eggs Served With A Mini Cheese Burger • Potato Wedges • Fruit Cocktail • Ketchup • Ranch Dip • 1% White Milk 	<ul style="list-style-type: none"> • Olives, Carrot Coins, Tomatoes And Broccoli Served With Ranch Yogurt Dip • Mozzarella Cheese Stick • Peaches • Whole Grain Bread Sticks • 1% White Milk 	<ul style="list-style-type: none"> • Cheese and Salsa Tostada With Olive Smile • Seasoned Brown Rice • Corn • Orange Wedges • 1% White Milk 	
Recipe: Cal: 228.45 Sat Fat: 14.19% Sodium: 723	Recipe: Cal: 43.76 Sat Fat: 0.38% Sodium: 156.57	Recipe: Cal: 41.91 Sat Fat: 0.35% Sodium: 153.46	Recipe: Cal: 106.06 Sat Fat: 20.62% Sodium: 337.28	Recipe: Cal: 244.67 Sat Fat: 15.12% Sodium: 788	
Meal: Cal: 569.5 Sat Fat: 7.72% Sodium: 905	Meal: Cal: 535.8 Sat Fat: 5.24% Sodium: 689	Meal: Cal: 586 Sat Fat: 8.83% Sodium: 813	Meal: Cal: 536 Sat Fat: 6.89% Sodium: 957	Meal: Cal: 585 Sat Fat: 7.05% Sodium: 950	Weekly Meal Average: Cal: 562.46 Sat Fat: 7% Sodium: 862.8

