



California Taco & Rice Bowl



California Chicken Salad

# California Olives Dress Up Any School Meal

## They Go With Everything

- California Ripe Olives are a double-duty ingredient that your students are sure to enjoy.
- California Ripe Olives add texture, flavor and color to any dish while staying in those nutritional guidelines.
- Try them as a tapenade for wraps and sandwiches, in a pasta dish, on a salad or in your students favorite ethnic dishes.
- California Ripe Olives go with everything and dress up any school meal.
- California produces 95% of the ripe olives grown in the US. The industry consists of two family owned canners and over 890 growers.

California olive brands available:



CALIFORNIA OLIVE COMMITTEE  
770 E. Shaw #310, Fresno, CA 93710  
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[calolive.org](http://calolive.org)



Turkey Tapenade Wrap



# Meals For Your Week

## Featuring California Ripe Olives

### High School

MONDAY	2.5 m/ma 2 whole grain ½ cup red veggie ½ cup other veggie 1 cup fruit 1 milk	<ul style="list-style-type: none"> <li>• <i>Chicken &amp; Pasta Puttanesca on a bed of whole grain penne pasta topped with shredded mozzarella</i></li> <li>• <i>Fruit Cocktail</i></li> <li>• <i>Diced Apricots</i></li> <li>• <i>1% White Milk</i></li> </ul>	<b>Recipe:</b> Cal: 469.4 Sat Fat: 7.34% Sodium: 638.64	<b>Meal:</b> Cal: 723.77 Sat Fat: 6.68% Sodium: 828.5
TUESDAY	2 m/ma 2 whole grain ¼ cup dark green veggie ¼ cup other veggie ½ cup orange veggies 1 cup fruit 1 milk Condiment	<ul style="list-style-type: none"> <li>• <i>Turkey Tapenade Wrap on whole grain flat bread with fresh baby spinach</i></li> <li>• <i>Sweet Potato Fries</i></li> <li>• <i>Strawberries</i></li> <li>• <i>Fresh Blueberries</i></li> <li>• <i>1% White Milk</i></li> <li>• <i>9 g Natural Ketchup</i></li> </ul>	<b>Recipe:</b> Cal: 321.8 Sat Fat: 4.92% Sodium: 1075	<b>Meal:</b> Cal: 741.5 Sat Fat: 5.28% Sodium: 1399
WEDNESDAY	2.5 m/ma 2 whole grain-rich ¼ cup other veggie ½ cup dark green veggie ¼ cup red veggie 1 cup fruit 1 milk	<ul style="list-style-type: none"> <li>• <i>California Chopped Chicken Salad with Ripe olives</i></li> <li>• <i>Whole Grain Bread Stick</i></li> <li>• <i>Raisins</i></li> <li>• <i>Pears</i></li> <li>• <i>1% White Milk</i></li> </ul>	<b>Recipe:</b> Cal: 305.17 Sat Fat: 8.43% Sodium: 999.37	<b>Meal:</b> Cal: 744.16 Sat Fat: 7.66% Sodium: 1382.19
THURSDAY	2.5 m/ma 2 whole grain ¼ cup other veggie ¼ cup red veggie ½ cup legumes 1 cup fruit 1 milk	<ul style="list-style-type: none"> <li>• <i>California Taco and Rice Bowl With Ripe Olives and Salsa</i></li> <li>• <i>Refried beans</i></li> <li>• <i>Fresh Apple Slices</i></li> <li>• <i>Diced Peaches</i></li> <li>• <i>1% White Milk</i></li> </ul>	<b>Recipe:</b> Cal: 484.5 Sat Fat: 7.55% Sodium: 908.9	<b>Meal:</b> Cal: 802.38 Sat Fat: 7.00% Sodium: 1163.3
FRIDAY	2 m/ma 2 whole grain-rich ½ starchy veggie ¼ cup other veggie ¼ cup dark green veggie 1 cup fruit 1 milk	<ul style="list-style-type: none"> <li>• <i>California Ripe Olive &amp; Broccoli Frittata</i></li> <li>• <i>Two whole grain mini cinni rolls</i></li> <li>• <i>Fresh Kiwi</i></li> <li>• <i>100% Orange</i></li> <li>• <i>Juice</i></li> <li>• <i>1% White Milk</i></li> </ul>	<b>Recipe:</b> Cal: 205.55 Sat Fat: 8.58% Sodium: 441.09	<b>Meal:</b> Cal: 749.06 Sat Fat: 7.26% Sodium: 862.14
WEEKLY TOTALS	11.5 m/ma 10 grain (6 whole grain, 4 whole grain-rich) 5 cups vegetables ½ cup starchy veggie ½ cup orange veggie ½ cup legumes	1 cup dark green veggie 1 cup red veggie 1 ½ cup other veggie 5 cup fruit 5 milk	<b>Weekly Meal Average:</b> Cal: 752.17 Sat Fat: 6.78% Sodium: 1127.03	

