



Sub Your Way Day



Veggie Pizza



Southwest Stuffed Potato



Mediterranean Salad

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

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY TOTALS
1.5 oz. eq. m/ma 2 oz. eq. grain ½ cup dark green veggie ½ cup other veggie ½ cup fruit 1 milk condiment	2 oz. eq. m/ma 2 oz. eq. grain ½ cup red/orange veggie ½ cup other veggie ½ cup starchy ½ cup fruit 1 milk	2.5 oz. eq. m/ma 1 oz. eq. grain ½ cup red/orange veggie ½ cup other veggie ½ cup starchy ¼ cup legume ½ cup fruit 1 milk	2 oz. eq. m/ma 1.5 oz. eq. grain ¼ cup red/orange veggie ¾ cup other veggie ¼ cup dark green veggie ¼ legume ½ cup fruit 1 milk	2 oz. eq. m/ma 2 oz. eq. grain ½ cup red/orange veggie ¼ cup other veggie ½ cup dark green veggie ½ cup starchy ½ cup fruit 1 milk	10 oz. eq. m/ma 8.5 oz. eq. grain 4¾ cups vegetables ¾ cup dark green veggie ¾ cup red/orange veggie 1¾ other veggie 1½ starchy veggie ½ cup legumes 2½ fruit 5 milk
<ul style="list-style-type: none"> • Olive Oil Rubbed Vegetable Pizza With Olives • Salad • Sliced Strawberries • Ranch Dressing • 1% White Milk 	<ul style="list-style-type: none"> • Spicy Baked Chicken With Brown Rice and Olives • Corn • Kiwi and Strawberries • 1% White Milk 	<ul style="list-style-type: none"> • Southwest Stuffed Potato With Olives • Salsa • Black Beans • Turkey Taco Meat • Cheese • Fruit Cocktail • Whole Grain Dinner Roll • 1% White Milk 	<ul style="list-style-type: none"> • Mediterranean Salad With Olives, Cucumber And Tomato. Served With Ranch Yogurt Dip • Garbanzo Beans • Feta Cheese • Peaches • Whole Grain Pita Bread • 1% White Milk 	<ul style="list-style-type: none"> • Sub Your Way Day Smoked Turkey Breast Sandwich With Olives, Romaine And Tomato • Spicy Spiral French Fries • Orange Wedges • 1% White Milk 	
Recipe: Cal: 349.44 Sat Fat: 5.7% Sodium: 613.24	Recipe: Cal: 284.24 Sat Fat: 2.81% Sodium: 146.19	Recipe: Cal: 383.9 Sat Fat: 10.02% Sodium: 502.73	Recipe: Cal: 328.48 Sat Fat: 7.45% Sodium: 924.79	Recipe: Cal: 372.87 Sat Fat: 1.80% Sodium: 789.3	
Meal: Cal: 544 Sat Fat: 3.35% Sodium: 537	Meal: Cal: 595 Sat Fat: 4.96% Sodium: 396.4	Meal: Cal: 631.5 Sat Fat: 5.6% Sodium: 768	Meal: Cal: 554 Sat Fat: 12.51% Sodium: 1183	Meal: Cal: 670 Sat Fat: 3.32% Sodium: 1242	
					Weekly Meal Average: Cal: 600 Sat Fat: 6% Sodium: 825.3

