





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?

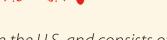
We have the answer California Ripe Olives! With our "Meals for your week" recipes this is easy to accomplish.

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 1⁄4 cup red/orange veggie 3⁄6 cup other veggie 1⁄4 cup dark green veggie 1⁄4 legume 1⁄2 cup fruit 1 milk	2 oz. eq. m/ma 2 oz. eq. grain ½ cup red/orange veggie ½ 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 4% cups vegetables % cup dark green veggie % cup red/orange veggie 1% other veggie 1½ starchy veggie ½ cup legumes 2½ fruit 5 milk
 Olive Oil Rubbed Vegetable Pizza With Olives Salad Sliced Strawberries Ranch Dressing 1% White Milk 	 Spicy Baked Chicken With Brown Rice and Olives Corn Kiwi and Strawberries 1% White Milk 	 Southwest Stuffed Potato With Olives Salsa Black Beans Turkey Taco Meat Cheese Fruit Cocktail Whole Grain Dinner Roll 1% White Milk 	 Mediterranean Salad With Olives, Cucumber And Tomato. Served With Ranch Yogurt Dip Garbanzo Beans Feta Cheese Peaches Whole Grain Pita Bread 1% White Milk 	 Sub Your Way Day Smoked Turkey Breast Sandwich With Olives, Romaine And Tomato Spicy Spiral French Fries Orange Wedges 1% White Milk 	
Recipe:	Recipe:	Recipe:	Recipe:	Recipe:	
Cal: 349.44	Cal: 284.24	Cal: 383.9	Cal: 328.48	Cal: 372.87	
Sat Fat: 5.7%	Sat Fat: 2.81%	Sat Fat: 10.02%	Sat Fat: 7.45%	Sat Fat: 1.80%	
Sodium: 613.24	Sodium: 146.19	Sodium: 502.73	Sodium: 924.79	Sodium: 789.3	
Meal:	Meal:	Meal:	Meal:	Meal:	Weekly Meal Average:
Cal: 544	Cal: 595	Cal: 631.5	Cal: 554	Cal: 670	Cal: 600
Sat Fat: 3.35%	Sat Fat: 4.96%	Sat Fat: 5.6%	Sat Fat: 12.51%	Sat Fat: 3.32%	Sat Fat: 6%
Sodium: 537	Sodium: 396.4	Sodium: 768	Sodium: 1183	Sodium: 1242	Sodium: 825.3

