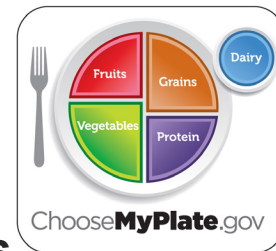


smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

April 2014 High School Menus



Breakfast \$1.45
Reduced Breakfast \$.30
Visitor Breakfast \$1.90
Extra Milk \$.35

Lunch \$2.35
Reduced Lunch \$.40
Visitor Lunch \$3.30

Monday	Tuesday	Wednesday	Thursday	Friday	
Weekly Breakfast Options					
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered every other week on the day of the week listed. ●Breakfast Round, ●Butterscotch Bar & ●Assorted Cereal are daily breakfast bundles. ●Juice, ●fruit and ●milk offered daily.					
Week 1 (3/3, 3/31) ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks	
Week 2 (3/10, 3/24) ●●Pancakes	●●Egg & Cheese in Pita	●●Sausage Biscuit~	●●Chocolate Chip Waffle	●●Breakfast Bites~	
Lunch Options					
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. We cannot guarantee all menu choices will be available for all students.					
	1 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Potato Puffs	2 ●●Quesadilla^ ●●Burrito ●Tortilla Chips ●●Refried Beans	3 ●●Chicken Nuggets ●●Chicken Sticks ●●Green Beans	4 ●●Cheeseburger on Bun ●●Sloppy Joe on Bun ●●Baked Fries	
	7 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	8 ●●Buffalo Chicken on Bun ●●Corn dog ●●Potato Wedges	9 ●●Soft Taco ●●Taco Burger ●Tortilla Chips ●●Spicy Beans	10 ●●Chicken Nuggets ●●Green Peas	
	14 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork	15 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Baked Fries	16 ●●BBQ Rib Sandwich ●●BBQ Turkey Sliders ●●Celery Sticks ●●Baked Potato	17 ●●Chicken Nuggets ●●Steak Fingers ●●Golden Corn	18 Conference Release Day Prepay for School Meals 1-866-736-9007 www.MyPaymentsPlus.com
	21 District Inservice Day Nutrition Services Office 316-973-2160 www.nutrition.usd259.org	22 ●●Buffalo Chicken on Bun ●●Sloppy Joe on Bun ●●Potato Puffs	23 ●●Cheese Stuffed Breadsticks^ & Marinara Sauce ●●Baked Potato	24 ●●Chicken Nuggets ●●Country Beef Steak ●●Green Beans	25 ●●Cheeseburger on Bun ●●Breaded Fish on Bun ●●Baked Fries
	28 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Teriyaki Chicken & Rice	29 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Potato Wedges	30 ●●Nachos^ ●●Burrito ●●Spicy Beans	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> The five components for menu planning are: ● Grains ● Protein ● Fruit ● Vegetable ● Milk </div>	
	Daily Entrée Choices				
●●Pizza, ●●Turkey Deli Sandwich, ●●Ham Deli Sandwich~, ●●PBJ Sandwich^, String Cheese^ & Fish Crackers, ●●Turkey Chef Salad, ●●Chef Salad^, ●●Hummus^ & Pita, ●●Yogurt^ & String Cheese^ with Pretzel					
Daily Side Choices					
●●Broccoli & Cauliflower Salad ●●Garden Salad ●●Lettuce & Tomato ●●Sandwich Toppings ●●Fruit Cocktail ●●Fresh Fruit	●●Fresh Carrots ●●Baked Beans ●●Lettuce & Tomato ●●Sandwich Toppings ●●Pineapple Tidbits ●●Fresh Fruit	●●Chocolate Chip Cookie ●●Spinach Dip ●●Broccoli & Cheese ●●Lettuce & Tomato ●●Sandwich Toppings ●●Sliced Peaches ●●Orange Juice	●●Dinner Roll ●●Mashed Potatoes ●●Lettuce & Tomato ●●Sandwich Toppings ●●Applesauce ●●Fresh Strawberries ●●Fresh Fruit	●●Cooked Carrots ●●Lettuce & Tomato ●●Sandwich Toppings ●●Tropical Fruit ●●Fresh Fruit	

^Vegetarian ~Pork

USDA is an equal opportunity provider and employer.

~~Menu Subject to Change