



©2007. Terri Hill "California Greenback"

Sautéed Greens

(Michael Bauce,
Thousand Oaks Elementary)

Ingredients:

- 1 large bunch collard greens or other greens
- 1 tablespoon olive oil
- 1 clove minced garlic
- ¼ teaspoon sea salt
- ¼ cup water

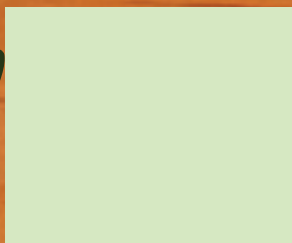
Steps:

1. Wash greens and chop into 1-inch pieces.
2. Heat oil in a large pot. Add garlic, greens, sea salt and sauté for 2 to 3 minutes. Cover pot and simmer until greens are soft and tender, adding water as necessary, 5–10 minutes. Serve and enjoy.

4 servings

February

Monday



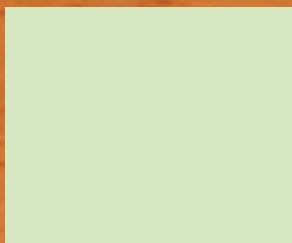
4 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

11 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

18 Holiday

25 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

Tuesday



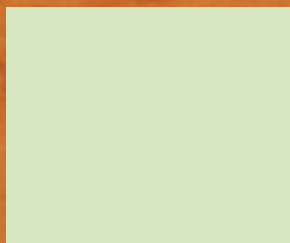
5 Sloppy Joes or Vegetable Joes
Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

12 Hamburgers or Vegetable Burgers
Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

19 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

26 Chicken or Vegetable Chow or Lo Mein
Salad Bar
Fresh Fruit
1% Milk

Wednesday



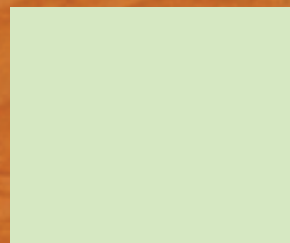
6 Meat or Vegetable Pasta with Marinara Sauce
Salad Bar
Fresh Fruit
1% Milk

13 Macaroni & Cheese
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

20 Meat or Vegetable Pasta with Marinara Sauce
Salad Bar
Fresh Fruit
1% Milk

27 Garlic Chicken & Pasta or Vegetable Pasta with Cheese
Salad Bar
Fresh Fruit
1% Milk

Thursday



7 Chinese New Year Asian BBQ Chicken or Tofu
Fried Rice & Vegetable Stir-Fry
Salad Bar
Fresh Fruit
1% Milk

14 Tofu & Vegetable Stir-Fry on Rice
Salad Bar
Fresh Fruit
1% Milk

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21 BBQ Chicken or Tofu
Roasted Potato Fries & Fresh Vegetables
Whole-Wheat Roll
Salad Bar, Fresh Fruit
1% Milk

28 Turkey or Vegetable Pot Pie with Crumb Topping
Salad Bar
Fresh Fruit
1% Milk

Friday

1 Chicken or Vegetable Burritos
Beans & Greens
Salad Bar
Fresh Fruit
1% Milk

8 Beef or Vegetable Nachos
Beans & Greens
Salad Bar
Fresh Fruit
1% Milk

15 Holiday

22 Chicken or Vegetable Quesadilla
Beans & Greens
Salad Bar
Fresh Fruit
1% Milk

29 Chicken or Vegetable Tamales
Beans & Greens
Salad Bar
Fresh Fruit
1% Milk