



©2007. Terri Hill "Just Peachy"

Summer Fruit Salad

(Linda Sanders, Longfellow Middle School)

Ingredients:

- 2 peaches
- 2 plums or other stone fruit
- 1 basket strawberries, approximately 1 pint
- 1 cup blackberries

Topping:

- 1 cup plain lowfat yogurt
- 2 tablespoons honey or maple syrup

Directions:

Wash and cut fruit into slices or bite-sized pieces. Combine fruit in bowl and add yogurt topping.

8 servings

JUNE

Monday

2 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

9 Chef's Choice

16

23

30

Tuesday

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

10 Chef's Choice

17

24

Wednesday

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

11 Chef's Choice

18

25

Thursday

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

12 Chef's Choice

19

26

Friday

6 Chicken or Vegetable Quesadilla
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

13 Chef's Choice

20

27