



©2007. Terri Hill "Leaf it to Me"

Salad Bar with Vinaigrette

(Carrie Fehr, Rosa Parks and Washington Elementary)

Ingredients:

- 6 handfuls mixed greens
- 1 carrot, peeled and sliced into coin shapes
- 4 radishes, sliced into half-moon shapes
- ½ avocado, peeled and diced
- 2 scallions, white parts and lower half of green parts, sliced
- ¼ cup toasted pumpkin seeds or sunflower seeds
- ½ cup raisins
- 1 baguette, sliced

Vinaigrette:

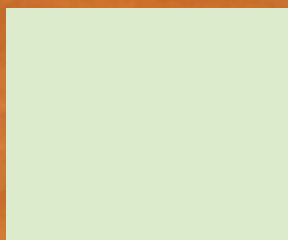
- 1 ½ tablespoons raspberry or other fruit vinegar
- ¼ teaspoon salt
- 5 tablespoons extra virgin olive oil

Steps:

1. Wash mixed greens in a large bowl of water and dry in a salad spinner. Discard any leaves that are yellow or bruised. Put greens in a large serving bowl.

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Monday



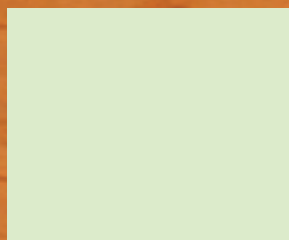
5 **Chicken or Vegetable Quesadillas**
Rice & Beans
Salad Bar, Fresh Fruit
1% Milk
**** CINCO DE MAYO ****

12 **Mediterranean Pita Pizza**
Salad Bar
Fresh Fruit
1% Milk

19 **Holiday**

26 **Holiday**

Tuesday



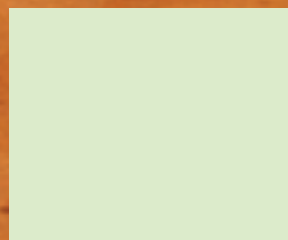
6 **Hot Dogs or Vegetable Dogs on a Whole-Wheat bun**
Baked Beans or Corn
Salad Bar
Fresh Fruit
1% Milk

13 **Beef or Vegetable Shepherd's Pie**
Mashed Potatoes
Whole-Wheat Roll
Salad Bar
Fresh Fruit
1% Milk

20 **Meat or Vegetable Pizza**
Salad Bar
Fresh Fruit
1% Milk

27 **Meat or Vegetable Pizza**
Salad Bar
Fresh Fruit
1% Milk

Wednesday



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

14 **Macaroni & Cheese**
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

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

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

Thursday

1 **Teriyaki Chicken or Tofu, Rice & Stir-Fried Vegetables**
Salad Bar
Fresh Fruit
1% Milk

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

15 **Roast Turkey or Vegetable Patty**
Mashed Potatoes & Fresh Vegetables, Whole-Wheat Roll
Salad Bar
Fresh Fruit
1% Milk

22 **Oven-Fried Chicken or Tofu**
Mashed Potatoes & Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

29 **Teriyaki Chicken or Tofu, Rice & Stir-Fried Vegetables**
Salad Bar
Fresh Fruit
1% Milk

Friday

2 **Chicken or Vegetable Tamales**
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

9 **Asian Pork or Vegetable Lo Mein & Stir-Fried Vegetables**
Salad Bar
Fresh Fruit
1% Milk

16 **Beef or Vegetable Nachos**
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

23 **Chicken or Vegetable Burritos**
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

30 **Chicken or Vegetable Tamales**
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

MAY