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Tomato Salsa

(Carrie Fehr, Rosa Parks and Washington Elementary Schools)

Ingredients:

- 8 to 10 medium sized tomatoes, diced
- 1 green, red, and yellow bell pepper, diced
- ½ red onion, diced, or ½ bunch of green onions, sliced into rings
- 2 cloves of garlic, minced
- 5 sprigs of cilantro, coarsely chopped
- ¼ teaspoon salt

Directions:

Combine the tomatoes, bell peppers, onions, garlic and salt. Just before serving, add the cilantro.

4-6 servings

September

Monday

3 Holiday

10 Meat or Vegetable Pizza

Salad Bar
Fresh Fruit
1% Milk

17 Mediterranean Pita Pizza

Salad Bar
Fresh Fruit
1% Milk

24 Meat or Vegetable Pizza

Salad Bar
Fresh Fruit
1% Milk

Tuesday

4 Meat or Vegetable Pizza

Salad Bar
Fresh Fruit
1% Milk

11 Meat or Vegetable Sloppy Joes

Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

18 Hamburgers or Vegetable Burgers

Roasted Potatoes
Salad Bar
Fresh Fruit
1% Milk

25 Tuna Melt on Whole-Wheat Bagel

Salad Bar
Fresh Fruit
1% Milk

Wednesday

5 Meat or Vegetable Pasta with Marinara

Salad Bar
Fresh Fruit
1% Milk

12 Macaroni & Cheese

Salad Bar
Fresh Fruit
1% Milk

19 Meat or Vegetable Pasta with Marinara

Salad Bar
Fresh Fruit
1% Milk

26 Garlic Chicken or Vegetable Pasta with Cheese

Salad Bar
Fresh Fruit
1% Milk

Thursday

6 Turkey or Vegetable Pot Pie with Crumb Topping

Salad Bar
Fresh Fruit
1% Milk

13 BBQ Chicken or Tofu

Roasted Potato Fries
Fresh Vegetables, Salad Bar
Whole-Wheat Roll
Fresh Fruit
1% Milk

20 Roasted Turkey or Vegetable Patty

Mashed Potatoes
Fresh Vegetables
Whole-Wheat Roll
Salad Bar
Fresh Fruit, 1% Milk

27 Oven-Fried Chicken or Tofu

Mashed Potatoes
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

Friday

7 Chicken or Vegetable Tamales

Rice & Beans
Tomato Salsa
Salad Bar
Fresh Fruit
1% Milk

14 Beef or Vegetable Nachos

Rice & Beans
Tomato Salsa
Salad Bar
Fresh Fruit
1% Milk

21 Chicken or Vegetable Burritos

Rice & Beans
Tomato Salsa
Salad Bar
Fresh Fruit
1% Milk

28 Chicken or Vegetable Quesadilla

Rice & Beans
Tomato Salsa
Salad Bar
Fresh Fruit
1% Milk