



©2007. Terri Hill "Gotta Half Some"

Citrus Smoothie

(Carrie Orth, Emerson and John Muir Elementary Schools)

Ingredients:

- 2 cups freshly squeezed orange juice
- ¾ cup plain low-fat yogurt
- 1 banana
- ¼ teaspoon ground cinnamon
- 2 ½ cups apple juice
- Orange, tangerine or other citrus fruit segments, for garnish

Steps:

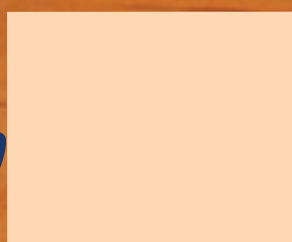
Peel and mash the banana. Place the yogurt, banana and cinnamon in a blender and process until smooth. Add the orange juice and apple juice and blend until smooth. Pour into individual glasses and garnish with citrus slices.

Variation: layer the citrus smoothie with granola and citrus segments in a parfait glass.

4 servings

January

Monday



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

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

21 **Holiday**

28 **Staff Development No School**

Tuesday

1 **Holiday**

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

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

22 **Tuna Melt on a Whole-Wheat Bage**

29 **eat or Vegetable Pizza**
Salad Bar
Fresh Fruit
1% Milk

Wednesday

2 **Holiday**

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

16 **Macaroni & Cheese**
Fresh Vegetable
Salad Bar
Fresh Fruit
1% Milk

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

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

Thursday

3 **Holiday**

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

17 **Pulled Pork Sandwich or Vegetable Patty**
Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

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

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

Friday

4 **Holiday**

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

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

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