

# Rainbow Oasis



The Rainbow Oasis Features Minimum Daily Offerings. Other Options may be available for Selection. All servings contribute 1/2 cup to the meal requirement. Students in all grades may choose up to two 1/2 cup servings of vegetables. Grades K-8 may choose up to one 1/2 serving of fruit. High School Students may choose up to two 1/2 cup servings of fruits. All grade levels must include at least 1/2 cup Fruit or Vegetable with each meal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vegetables</b>					
<b>DARK GREEN</b>	Fresh Broccoli & Dip	Romaine & Spinach Salad	Steamed Broccoli	Romaine & Spinach Salad	Broccoli Salad
<b>RED/ORANGE</b>	Sweet Potato Wedges	Fresh Baby Carrots	Ripe Tomato Salad	Roasted Carrots	Stewed Tomatoes
<b>LEGUMES</b>	Freshly Made Hummus	Marinated 3 Bean Salad	Roasted Garbanzo Beans	Fiesta Bean Toss	Black Bean Salad
<b>STARCHY</b>	Cool Green Peas	Chef's Choice Potato	Whole Kernel Corn	Potato Of the Day	Roasted Corn & Redskins
<b>OTHER</b>	100% V-Blend Juice	Sautéed Cabbage	100% V-Blend Juice	Fresh Celery & Cuke Sticks	100% V-Blend Juice
<b>Fruits</b>					
<b>FRESH FRUITS</b>	Apple Slices Orange Wedges	Apple Slices Banana	Apple Slices Orange Wedges	Apple Slices Banana	Apple Slices Orange Wedges
<b>CANNED IN LIGHT SYRUP, OWN JUICE OR WATER</b>	Pears	Peaches	Applesauce	Pineapple	Fruit Mix
<b>100% JUICE</b> <u>K-8 Fruit Juice Tuesday &amp; Thursday only</u>	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice

Enjoy these Features and other Selections Daily in your School Café.