



Nutrition Education



**Vary
Your
Veggies!**

Vegetables are organized into five sub groups based on their nutrient content. It is good to eat from each sub group throughout the week.

Dark-Green Vegetables

broccoli, collard greens, kale, spinach

Red & Orange Vegetables

carrots, sweet potatoes, tomatoes

Starchy Vegetables

corn, potatoes, green peas

Beans & Peas

black eyed peas, lima beans, pinto beans

Other Vegetables

green beans, cauliflower, cucumber, zucchini

Winter Produce

During the winter it can be challenging to think of fresh produce during the cold temperatures. However, there are an abundant amount of seasonal winter produce available such as **apples, sweet potatoes, and onions**. Check out the list below for more available produce.

Available Winter Produce:

- ◆ Avocados
- ◆ Bananas
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Collard Greens
- ◆ Kiwifruit
- ◆ Leeks
- ◆ Pears
- ◆ Potatoes
- ◆ Winter Squash
- ◆ And more!



Did you know that citrus fruits are in season during the winter months?

Winter is a great time to enjoy the citrus fruits such as lemons, limes, oranges, and grapefruit.



Citrus fruits are a great source of vitamin C and fiber!







When fresh produce isn't available it is also ok to choose frozen fruits and vegetables. Frozen vegetables and fruit are nearly equivalent in nutritional value as fresh and are convenient and cost effective.

Sources: Understanding Nutrition by Whitney Roles & EatRight.org

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December 2022

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day		1 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit	2 Salisbury Steak with Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+ 
5 Roast Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit, Dessert	6 Baked Southwestern Fish Mexican Coleslaw+ Corn & Black Beans Rice Pilaf Fruit	7 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	8 Turkey Squash Frittata* Veg Medley Salad* WW Roll Fruit+	9 Chicken Gumbo w/Okra+ Red Beans Carrots* Brown Rice Fruit
12 Baked Fish w/Coconut Curry Sauce Seasoned Cauliflower+ Carrots* Rice Pilaf, Fruit	13 Pasta w/ Marinara Sauce Brussels Sprouts + House Salad Garlic Bread Fruit 	14 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	15 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	16 Albondigas Soup +* (with beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit
19 Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit 	20 Turkey Chili Tossed Veg Salad* Cornbread Fruit +	21 Greek Fish w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad Brown Rice Fruit	Holiday Meal < > 22 Ham Collard Greens Sweet Potatoes+* Hawaiian Roll Fruit, Dessert 	Closed for Holiday 23 
Closed for Holiday 26 	27 Miss Olive's Chicken Pasta Parmesan Veggie Cup: Diced Carrots* Fig Bar Fruit Cup+	28 Miss Olive's Southwest Style Bean & Grain Bowl Veggie Cup: Peas & Carrots* Granola bar Fruit Cup+ 	29 Miss Olive's Lentils & Beef Low sodium V8 Roll Fruit Cup+	30 Miss Olive's Cheese Ravioli with Tomato Basil Sauce Veggie Cup: Green Beans Nut Mix Fruit Cup+ 

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org