



# Nutrition Services Newsletter

Volume 1, Issue 1

Fullerton School District

January 2009

## Message from the Director

*Lisa Saldivar, Director  
Nutrition Services*

Let me introduce myself...

A product of the great "Education Community", I grew up in Fullerton and attended schools in the district from Kindergarten through High School. I am a proud parent of two wonderful children, a daughter in sixth grade and a son who is a senior in High School.

With a Bachelors Degree in Nutrition, it is my passion to make a difference in children's lives by encouraging healthy eating habits. In this newsletter, we will share information with you about our department. We are committed to meet the nutritional needs of your children with the foods we serve.

Our goal is to support the District learning environment by offering nutritious and appealing foods to our students. Food and beverages served at school meet all governmental program requirements. We support the well-being of students and their ability to learn by encouraging healthy eating habits and physical fitness.

Best wishes for a happy and healthy 2009. I hope you enjoy this first issue! Please contact our department if you have any questions.❖

### Nutrition Services Support Staff

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## School Lunch Menus Continue to Change

Did you notice something different about the December menu?

Beginning this month, our Lunch Menu has been expanded to include a weekly summary of the nutritional values of lunches served to our students. When your child eats lunch every school day of a week, he/she will have consumed an average of the number of calories, cholesterol, sodium, fiber, Iron, calcium, etc. shown in that week's summary.

### Nutrition Services "Going Green"

In January, students will receive the last of the menus printed by the Fullerton School District Reprographics Department. Beginning in February, student breakfast and lunch menus will be available on the District webpage under the Nutrition Service link. ❖

## Kids Need Calcium!

The American Academy of Pediatrics recommends the following daily intake of calcium:

Age	Calcium Need (mg per day)	Servings of Milk to Meet Need
4-8 years	800	3 servings
9-18 years	1,300	4 servings

The best way to get enough calcium is by eating and drinking foods that naturally contain calcium.

Some of the best sources are:

- Low-fat milk and yogurt are the best sources of calcium that is most readily absorbed by the body.
- Dark green, leafy vegetables such as kale and

*continued on page 3*

## A Message from Amanda Colón Assistant Director Nutrition Services

Happy 2009! I hope everyone had a fantastic and restful holiday.

January also means I've been with the Fullerton School District for 6 months, and it's been better than I could have expected. We have a wonderful staff that is extremely helpful, knowledgeable, and experienced. They really have welcomed me with open arms and helped me along the way.

During the Fall we met with all of our vendors, and saw some new ones. We are continuing to focus on healthier menu items. We're always looking for new items that our students will enjoy.

Several new items were menued for the first time. One of the items offered in November was a whole grain chicken corndog. It replaced our previously offered turkey corndog. Last month highlighted our new meatball & marinara entree, vegetarian tostada, and our double-stuffed 100% mozzarella cheese pizza. We will also be serving a lower fat double-stuffed pepperoni pizza with turkey pepperoni.

We have also re-vamped our breakfast menu this year. With the cold months here, we've added new hot entrees including a turkey sausage frittata, maple pan-egg cake, whole grain French toast sticks, and mini pancakes. In addition, we now serve only reduced-sugar cereals. So far, the response has been great.

Time flies when you're having fun, and these months have gone by in the blink of an eye. I look forward to all of the excitement that the new year brings. ❖

## Inside Nutrition Services

### Name Change Reflects Enhanced Focus

Earlier this year, Food Services changed its name to reflect the focus on healthy children and nutrition in schools. We provide healthy meals to our students! Each meal meets the nutritional needs of students based on their age. Lunch menus include the average daily nutrient value for the week.

Healthy Food Guidelines Resource Guide  
In June 2008, the Nutrition Services Department and

Educational Services Division produced Fullerton School District's "Healthy Food Guidelines Resource Guide". This guide provides a brief overview of our District policy, Federal standards and policies, State standards and policies, District contact numbers and additional resource information. The guide is available through the Nutrition Services' link on the District webpage [www.fsd.k12.ca.us](http://www.fsd.k12.ca.us). ❖

## Interesting Nutrition Services Facts

- We serve approximately 8,000 meals each day to 20 schools district wide.
- Meals and snacks we provided meet all guidelines set by the United States Department of Agriculture (USDA), Dietary Guidelines for Americans, Department of Education, Nutrition Services Division State and other local of State regulations.
- The target goal for total calories in a lunch meal is a minimum of 664 calories.
- The total fat percentages meet less than 30% of calories, and 10% or less from saturated fat.
- Other nutrients meeting standards are; Calcium, Iron and Vitamins A and C. Studies have shown these nutrients are lacking in young children.
- Fiber, cholesterol and sodium are monitored in the foods we serve.
- As part of National School Lunch program regulations, students are required to choose at least 3 out of 5 menu items offered as their complete meal.
- We provide meals at reduced costs or free to needy families that qualify under income guidelines published by the State of California each year. Applications are available at any time throughout the year at our office.
- We employ 80 dedicated employees who serve meals at all schools and prepare food at our central kitchen location. ❖

THINK & EAT HEALTHIER!

BE MORE ACTIVE!

DON'T SUPERSIZE...MINIMIZE!

**Calcium** - continued from page 1

turnip greens are also good sources of calcium but the calcium in plant sources are less available to the body because they contain substances (fiber, phytate and oxalate) which reduce the absorbability of calcium from the digestive tract.

- Broccoli, tofu, chickpeas, lentils, split peas, and canned salmon and sardines are excellent sources of calcium. ❖

## Catering Services

*More than just catering!*

Need your lunch delivered to your school?  
**We can do it!**

Our catering menu was expanded at the beginning of the school year. The new "Catering Guide" is available online, at school offices, or by request. Our catering staff prepares delicious individual meal items, fresh salads, sandwiches, fruit platters, yogurt parfaits, cakes for any occasion, baked potatoes with toppings, cookies, cupcakes, and much, much more.

Buffets for breakfast, lunch, meetings and other events are also available.

Individual items and special orders are delivered every day school is in session to all school sites, and district office locations including administrative offices, Maintenance & Operations and Transportation.

All of the information along with photos are available in the Catering Guide and on the Nutrition Services webpage. ❖

## Free and Reduced-Price Meals

Applications for Free and Reduced-Price Meals are accepted throughout the entire school year. Our office is open for processing applications from 8:30 a.m. to 11 a.m. and from 1:00 p.m. to 3:30 p.m. every day that school is in session. Currently, these are the statistics:

<b>Number of Applications Processed</b>	<b>6,350</b>
<b>% of Total Free &amp; Reduced Students Districtwide</b>	<b>40.09%</b>

\*Total Enrollment based on statistics taken from PowerSchool 12/12/08.

Fullerton School District is an agency that participates in the National School Lunch Program (NSLP) and the Child and Adult Care Food Program (CACFP). Application for students are submitted by parents/guardians to our office.

A District official will review the application to determine eligibility based on regulations governing the Program. The parents/guardians are then notified of the results on site. State officials conduct on-site audits of the applications. The District must remain in compliance in order to receive funding and remain in these programs.



*Families struggling to pay for their children's meals are encouraged to submit an Application for Free and Reduced-Price Meals at any time during the school year. ❖*

### APPLICATIONS FOR FREE AND REDUCED-PRICE MEALS

PLACE: NUTRITION SERVICES OFFICE  
389 WEST TRUSLOW AVENUE  
FULLERTON, CA 92832

TIME: 8:30 A.M. TO 11:00 A.M. AND 1:00 P.M. TO 3:30 P.M.  
EVERY DAY SCHOOLS ARE IN SESSION

Applications for Free and Reduced-Price Meals are accepted and processed throughout the school year.

### DEPARTMENT INFORMATION

#### STUDENT ACCOUNT BALANCES

PLACE: SCHOOL OFFICE LOCATIONS

Reports are available each week in each school office where parents/guardians may check their accounts.

#### MAKE PAYMENTS ON STUDENT'S LUNCH ACCOUNT

PLACE: SCHOOL OFFICE LOCATIONS

Pay by cash or check using the prepaid meal envelopes.

OR

ONLINE AT: [WWW.MYSCHOOLBUCKS.COM](http://WWW.MYSCHOOLBUCKS.COM)

by credit card. Payments made online are credited to students' accounts a minimum of 48 hours after payments are accepted.

#### PLACING CATERING MENU ORDERS

EMAIL: [NUTRITION\\_CENTER@FSD.K12.CA.US](mailto:NUTRITION_CENTER@FSD.K12.CA.US)

OR CALL

PHONE: 714-447-7437

#### FOOD ALLERGIES\*

PHONE: 714-447-7437

Forms are available at school offices and on the Nutrition Services webpage and in the Forms Library.

\*Physician's signature is required

#### CHILD CARE & PRESCHOOL APPLICATIONS

PLACE: CHILD CARE OFFICE  
1401 W. VALENCIA DRIVE  
FULLERTON, CA 92833❖  
PHONE: 714-447-7858

Applications for Free and Reduced-Price Meals are accepted and processed by the Child Care & Preschool Office for students participating in those programs. ❖

YOU MAY NOTICE, ON THE FEBRUARY MENU, A DECREASE IN THE NUMBER OF ITEMS OFFERED EACH DAY.

WHAT IS MISSING? SUGAR!

WE ARE REPLACING THE "GOODIES" WITH INCREASED PORTIONS OF PROTEINS AND HEALTHIER CARBS. ❖

Applications for next school year's Free and Reduced-Price Meal Program will be available after July 1, 2009. Look for updates on this topic in future issues of the Nutrition Services Newsletter! ❖



**One size doesn't fit all.** MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:

- ▶ Make smart choices from every food group.
- ▶ Find your balance between food and physical activity.
- ▶ Get the most nutrition out of your calories.
- ▶ Stay within your daily calorie needs.

## Word Search Puzzle!

T	N	E	K	C	I	H	C
O	E	C	D	H	H	T	M
R	L	I	M	E	E	R	A
T	K	R	I	E	A	B	C
I	C	W	L	S	L	E	A
L	I	P	K	E	T	A	R
L	P	T	R	V	H	N	O
A	H	A	P	P	Y	S	N
B	R	O	C	C	O	L	I

<b>HAPPY</b>	<b>BEANS</b>
HEALTHY	PICKLE
MILK	TORTILLA
CHEESE	MACARONI
APPLE	CHICKEN
RICE	BROCCOLI
MACARONI	