



Great Schools
Successful Kids

Nutrition Services Newsletter

Volume 4, Issue 2

Fullerton School District

December 2011

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What's In Season Now?

As we hit the cool mornings of Winter and hear the those holiday songs playing in the malls, you might be wondering what fruits and vegetables are in season now?

It's true that as the warmth of Spring and Summer are barely a memory, and the gentle days of Fall have left us, the typical thought is "all the good stuff is out of season." Here's a quick guide of some tasty items that you can find this time of year.

Greens are a variety of vegetables that include collard greens, swiss chard, kale, and even bok choy. They are an excellent source of vitamins A, C, and K.



Greens are often known as cool-season crops, but they can be harvested all year. They are commonly-used as Fall or Winter vegetables since they do better in cooler weather and can survive an occasional frost. Some varieties like Kale or Collard Greens actually taste sweeter after a frost.

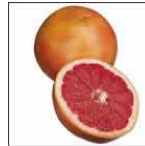
Winter Squash is another durable vegetable that comes in a variety of shapes and sizes. The more commonly used are butter-nut squash, pumpkins, acorn squash, and spaghetti squash.

Winter squashes are high in vitamins A, C, fiber, iron, and potassium. Squashes are gourds, along with cucumbers and melons.

California leads the nation in total squash production at 20%. Most of the squash production takes place in the central San Joaquin Valley.

Grapefruit is a wonderful fruit that is available at this time of

the year. As with many other citrus fruits, it is an excellent source of vitamin C, but is also high in other nutrients such as potassium, fiber, thiamin, and vitamins A and B6.



Temperature greatly affects the length of time it takes for a grapefruit flower to blossom into a mature fruit. For example, in the cooler area of Riverside it can take 13 months, but in the desert of the Imperial Valley it only takes about 8 months.

It might be getting late in the season for Persimmons but typically you can still find them around in December.

Persimmons are a great source of vitamins A and C, along with several antioxidants including beta-carotene. All persimmons cultivated in California of the *D.Kaki* species. Seeds were brought to the US in the early



1850s and eventually made their way to California in 1870.

Beets are a commonly overlooked

item that provides 2 types of vegetables: the beet and the beet green. Beets are a great source of folate, riboflavin, and manganese. The greens are a great source of vitamins K, A, C, and potassium.

Beets come in a variety of shapes and colors including golden, red, purple, striped, round, cylindrical, or elongated.

There is also a variety called Sugar Beets which contain a natural sugar called sucrose and contains twice the amount of sugar as table beets. They provide about one-third of the world's table sugar.



Verification Complete

This year's annual verification of Free and Reduced Meal Applications has been completed.

If your family was randomly selected this year, you received a letter stating the final determination based on the documentation you supplied in November.

If you were chosen for verification and did not respond by the November 15th deadline, any meal benefits you had been receiving so far this year were terminated.

If your benefits were terminated due to lack of response,

you can complete the verification process at any time this year during our regular business hours. You will need to supply all the documentation requested in the original verification packet.

If your benefits were reduced or terminated due to the documentation you submitted, remember you can always reapply at anytime throughout the school year if your status changes. You will need to provide documentation for any and all changes made from the old application to the new one.

Milk Mustache at Raymond School

Nutrition Services, in partnership with the Dairy Council, put on a milk mustache photo booth at Raymond School during lunch on November 8th. This activity promotes the consumption of milk in a fun and memorable way.

Students, staff, parents, and principals all took their pictures with milk mustaches made from a mixture of low-fat yogurt and 1% white milk. The event can be done at any school site, at breakfast or lunch time. There is no cost to the school site. Photos are developed, and collages are made from all of the photographs for the school to display.



A-Z Salad Bar Is a Hit at Rolling Hills

This Fall, Nutrition Services held an A-Z Salad Bar Luncheon at Rolling Hills and Maple Schools.

These events were centered around a 26-item buffet of fruits, vegetables, and proteins. Unusual items such as daikon, leeks, quince, and nopales exposed the students to new and different fruits and vegetables that they might not have experienced before. Many of the students' favorites are also included such as grapes, honeydew, apples, yogurt, and string cheese.

Student helpers were used to serve the items, and they also helped encourage their fellow students to try new fruits and vegetables.

This event replaces the regularly-menued lunch for the day and can be held at any school site. There is no cost to the school site, and the lunch price remains the same as a regular lunch.



Mobile Dairy comes to Fullerton

The Mobile Dairy Classroom visited Fullerton schools between October 17th and October 20th. Four elementary schools, Acacia, Beechwood, Sunset Lane, and Laguna Road, were able to get up close and personal with Jasmine and Poly and learn about agriculture and dairy farming.

Steve Miller was the presenter that educated the students and explained about the lives and biology of the animals from 500 pound Jasmine (seen right) and Poly, a calf (seen below).

Students had many questions and even got sprayed with milk at one point in the presentation. The lesson was ended with the students being able to pet Poly if they wanted to.



Saturday School Lunches

Don't forget, if your child is attending Saturday School you can order a lunch for them also!

You can place your order for a Saturday School lunch by calling the Nutrition Center at 714-447-7437. The order must be placed by the Wednesday before the Saturday School session by 2pm. Any orders placed after this time will not be able to be accommodated.

Snacks are also available at the school sites for all children.

December 2011

Lunch Menu

Fullerton School District


Lunch Price: \$2.55
 Reduced-Price: \$0.40

Lunch menu is served at all K-6 schools,
 Beechwood K-5, and Fidler K-5

Online payments can be made at
www.myschoolbucks.com

All products are Trans Fat free.
] Denotes pork.

If paying by check, make checks
 payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Analysis																										
			1 MANDARIN ORANGE CHICKEN Steamed Brown Rice Applesauce Pizza Hut: Richman	2 SALSA VERDE TAMALES POCKET Celery Sticks Big Bite Cherry Tomatoes Goldfish Graham Cracker Pizza Hut: Fidler/Hermosa Dr	<table border="1"> <thead> <tr> <th>Avg. Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>680</td></tr> <tr><td>Cholesterol (Mg)</td><td>50</td></tr> <tr><td>Sodium (Mg)</td><td>1142</td></tr> <tr><td>Fiber (g)</td><td>8.0</td></tr> <tr><td>Iron (Mg)</td><td>3.6</td></tr> <tr><td>Calcium (Mg)</td><td>452.6</td></tr> <tr><td>Vitamin A (IU)</td><td>2592</td></tr> <tr><td>Vitamin C (Mg)</td><td>37.2</td></tr> <tr><td>Protein (g)</td><td>29</td></tr> <tr><td>Carb (g)</td><td>101.9</td></tr> <tr><td>Total Fat (g)</td><td>16.9</td></tr> <tr><td>Saturated Fat (g)</td><td>4.3</td></tr> </tbody> </table>	Avg. Nutrients	Target	Calories	680	Cholesterol (Mg)	50	Sodium (Mg)	1142	Fiber (g)	8.0	Iron (Mg)	3.6	Calcium (Mg)	452.6	Vitamin A (IU)	2592	Vitamin C (Mg)	37.2	Protein (g)	29	Carb (g)	101.9	Total Fat (g)	16.9	Saturated Fat (g)	4.3
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5 TYSON ALL NATURAL CHICKEN NUGGETS Baked Oven Potatoes Crisp Apple Pizza Hut: Pacific Drive	6 LEAN MESQUITE HAMBURGER ON A WHOLE WHEAT BUN Lettuce and Pickle Fresh Banana Whole Grain Jungle Crackers Pizza Hut: Maple	7 WHOLE GRAIN MAX PIZZA QUESADILLA Celery Sticks Mixed Fruit Cup Pizza Hut: Sunset Ln/Golden Hill	8 JENNIE-O SUPER TURKEY NACHOS Baby Carrots Fresh Pear Pizza Hut: Woodcrest	9 MINI CHEESEBURGERS Green Beans Frozen Pear Cup Whole Grain Chocolate Belly Bear Pizza Hut: Laguna Rd/Rolling Hills	<table border="1"> <thead> <tr> <th>Avg. Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>667</td></tr> <tr><td>Cholesterol (Mg)</td><td>59</td></tr> <tr><td>Sodium (Mg)</td><td>1289</td></tr> <tr><td>Fiber (g)</td><td>6.6</td></tr> <tr><td>Iron (Mg)</td><td>3.5</td></tr> <tr><td>Calcium (Mg)</td><td>499</td></tr> <tr><td>Vitamin A (IU)</td><td>2396</td></tr> <tr><td>Vitamin C (Mg)</td><td>18.3</td></tr> <tr><td>Protein (g)</td><td>31.9</td></tr> <tr><td>Carb (g)</td><td>96.1</td></tr> <tr><td>Total Fat (g)</td><td>18.4</td></tr> <tr><td>Saturated Fat (g)</td><td>5.9</td></tr> </tbody> </table>	Avg. Nutrients	Target	Calories	667	Cholesterol (Mg)	59	Sodium (Mg)	1289	Fiber (g)	6.6	Iron (Mg)	3.5	Calcium (Mg)	499	Vitamin A (IU)	2396	Vitamin C (Mg)	18.3	Protein (g)	31.9	Carb (g)	96.1	Total Fat (g)	18.4	Saturated Fat (g)	5.9
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Menu subject to change.

USDA and NSD are equal opportunity providers and employers.

December 2011

Elementary Breakfast

Fullerton School District

Breakfast Price: \$1.80
 Reduced-Price: \$0.30

Breakfast is served at the following sites:
 Commonwealth, Hermosa Drive, Maple, Orangethorpe,
 Pacific Drive, Raymond, Richman, Rolling Hills,
 Valencia Park, and Woodcrest.

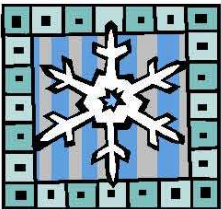
All Breakfasts include:
 100% Juice or Fruit
 Low-fat or Non-fat Milk

Online payments can be
 made at myschoolbucks.com

*If paying by check, make
 checks payable to
 FSD - "Name of School"*

All products are Trans Fat free.

★ Denotes pork.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Breakfast Wrap Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Benefit Banana and Chocolate Chunk Breakfast Bar Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
5	6	7	8	9
Whole Grain Muffin and Low-Fat Yogurt Or Reduced-Sugar Cereal with Whole Grain Crackers	Chorizo and Egg Breakfast Burrito ★ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Whole Grain Apple Bear Claw Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Breakfast Tac-Go Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Whole Grain Blueberry Pancakes Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
12	13	14	15	16
Whole Grain Turkey Sausage Breakfast Squares Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Turkey and Egg Sunrise Stick Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Apple Cinnamon Frudel Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Reduced-Fat Cinnamon Roll Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
19	20	21	22	23
<i>Winter Recess No School K-8</i>				
26	27	28	29	30
<i>Winter Recess No School K-8</i>				

Menu subject to change.

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Jicama Taste Testing

Raymond School participated in a jicama taste testing in October and November.

Each week, one grade level participated in making and eating a jicama recipe which included jicama, cucumbers, chili powder, and lime juice.

Nutrition Services provided all the ingredients, supplies, and a teacher packet full of activities, curriculum content standard information, and information related to jicama and other root vegetables. All the information and activities were gathered from the

Network for Healthy California's Harvest of the Month program.

The Network for Healthy California has seasonal materials with nutrition facts, recipes, classroom activities, etc. There are also newsletters for families

and all the materials are available in other languages.

If your school or class would be interested in participating in a similar taste test, feel free to contact Nutrition Services.



Harvest of the Month

Root Vegetable Produce Tips

If you are going to buy jicama in the grocery store, make sure to keep these tips in mind:

1. Select firm jicama that are smooth with no bruises or spots and feels solid.
2. You can store whole jicama in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
3. Choose small- to medium-sized turnips that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.



MEAL APPLICATION INFORMATION

APPLICATIONS FOR FREE AND REDUCED-PRICED MEALS MAY BE PICKED UP AND PROCESSED AT:

389 WEST TRUSLOW AVENUE

FULLERTON, CA 92832

PHONE: 714-447-7435

HOURS : 8:30 A.M. - 11:00 A.M & 1:00 P.M. - 3:30 P.M.*

*EACH DAY SCHOOL IS IN SESSION

STUDENT MEAL ACCOUNT INFORMATION

MAKE PAYMENTS ON-LINE AT:

www.myschoolbucks.com by credit card

PAYMENTS ACCEPTED AT SCHOOL OFFICES:

Pay by cash or check using the prepaid meal envelopes. Indicate student's full name, grade, and identification number. Money deposited in the office before 9:30 AM will be credited the same day. Fees will apply if we receive notification of non-sufficient funds or "bounced checks".

CATERING

MENU ONLINE AT:

WWW.FSD.K12.CA.US UNDER NUTRITION SERVICES LINK.

WE CAN PROVIDE FOR STUDENT CLASSROOM PARTIES, STAFF, AND PTA CELEBRATIONS. WE DELIVER DAILY TO ALL SITES.

FOR ORDERS:

EMAIL: AMANDA_COLON@FSD.K12.CA.US

PHONE: 714-447-7437

FOOD ALLERGIES

FORMS* ARE AVAILABLE ONLINE OR IN SCHOOL OFFICES.

*Physician's signature is required

CHILD CARE & PRESCHOOL

APPLICATIONS

PLACE: CHILD CARE OFFICE

1401 W. VALENCIA DRIVE

FULLERTON, CA 92833

PHONE: 714-447-2858

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