

NUTRITION SERVICES NEWSLETTER

NOVEMBER HIGHLIGHTS

SPOTLIGHT OF THE MONTH



This past month, we partnered with several farmers and agencies to provide nutrition and agricultural education to our students at various school sites. Students got a chance to participate in a farmers market at their school site, learn about farm animals and where our food comes from. These were great opportunities for our Fresno Unified students and we hope to do this again next school year. Nutrition Services will continue to provide free nutritious meals for breakfast and lunch everyday. Let's help our students succeed every day in and out of the classrooms.

Looking For the Menu?

Scan the QR code to see the monthly menu at your children's school site.

nutrislice



SCAN ME

EVENTS AND HOLIDAYS:

NOVEMBER 11TH:
Veteran's Day - No School

NOVEMBER 24TH-28TH
Thanksgiving Break - No School



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SCAN ME

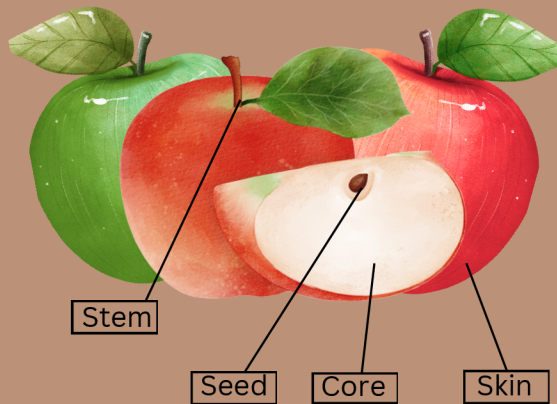
HARVEST OF THE MONTH: APPLES

FUN FACTS:

On average, Americans eat more apples than any other fruit.

Four leading varieties of California apples are Gala, Granny Smith, Fuji, and Pink Lady.

Apple contains Vitamin C, which helps fight bacteria, and fiber, which helps your digestive system to stay healthy.



FUN FACTS:

California ranks 4th in the US in producing 1.5 to 2.5 millions of apples per year.

There are roughly 2,500 varieties of apples

Apples float in water because they are 25% air.



APPLES



WORD SCRAMBLE

EPAPL_____

RDE_____

GEERN_____

TIRFU_____

YEWLLO_____

PEALP JIUCE_____

RAIIAOCFLN_____

GLAA_____

GANNYR HTSMI_____

IUFJ_____

NPKI YLAD_____

REET_____

WORD BANK

california

pink lady

apple juice

grannny smith

red

gala

fuji

yellow

tree

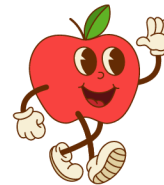
apple

fruit

green

Did You Know?

It takes 15 years for an apple tree to grow from a seed. Grafting is used to grow an apple tree instead for faster growth.



Why did the apple cry?

Because it's peelings were hurt.

APPLE SLAW

Ingredients:

- 3 cups apples, peeled, cored, and chopped
- 2 tablespoons lemon juice
- 2 cups green cabbage thinly sliced
- ½ cup celery diced
- ½ cup red bell pepper diced
- ½ cup carrot thinly sliced
- 1 ½ teaspoons sugar
- ¼ cup mayonnaise low fat



Directions:

In a large bowl pour lemon juice over the apples to help keep them from darkening. Add cabbage, celery, carrots and bell pepper to the apples. In a small bowl, mix the mayonnaise and sugar. Combine mayonnaise mixture with salad and mix well.

Nutrition information per serving (1 cup): Calories 120, Carbohydrate 19g, Dietary Fiber 2g, Protein 0g, Total Fat 5g, Sodium 135mg

Recipe adapted from eatfresh.org