

NUTRITION SERVICES NEWSLETTER

DECEMBER HIGHLIGHTS

Looking For the Menu?

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

nutrislice



SCAN ME

SPOTLIGHT OF THE MONTH



Check out what our CTE teachers have going on with the hydroponics that we've received through our CDFA Farm to School Incubator Grant. Teachers are continuing to ramp up their use of the hydroponics and teaching students about sustainable agriculture. So far, our CTE teachers have experimented with propagating from another plant, using our Flex Farm seeds versus store bought seeds, and growing food for students to take home. We hope to see the hydroponics used to it's full extent in the upcoming months. Stay tuned on our social medias to see more of our hydroponics in action. Let's continue serving success to our students.

EVENTS AND HOLIDAYS:

DECEMBER 22ND:
Winter Break Begins

DECEMBER 25TH:
Christmas Day

DECEMBER 31ST:
New Years Eve



FOLLOW US



SCAN ME

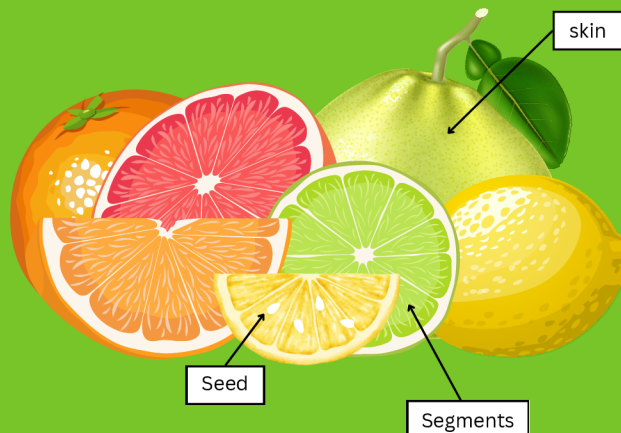
HARVEST OF THE MONTH: CITRUS

FUN FACTS:

All citrus fruits are high in Vitamin C, which helps your immune system to stay strong.

Eating one orange provides you 100% of the recommended daily intake of Vitamin C.

California leads the country in producing fresh citrus fruits to eat and Florida leads the country in producing citrus fruits to be made into juice.



FUN FACTS:

Citrus fruits contains fiber, which helps your digestive system to stay healthy.

Citrus fruits can be used to make into natural cleaning products to help clean grease and grime around the house.



CITRUS



Word Bank

Citrus
California
lemon
grapefruit
orange

H B F N U P V Y N L A I Q G V
K M N C S O C P A F E S L B X
L G V G C K W L J P R M L B Q
N R T T O C W H R R I U O J C
G R A P E F R U I T W O I N T
S F N C C U F C J L F U O T Z
Q L G A I C L W O I E J R N N
M Z E L Q T G E Z M O Y A W K
A Y R I V V R F F E L O N J A
N O I F A I X U T B P E G F E
D I N O I I T P S R F C E E K
A Q E R R X K A E Z X N A F I
R B E N N U H C M O N B M N F
I S T I F U Y H Y I N J J E P
N G K A H M C F R N N P J I J

Word Bank

vitamin
tangerine
mandarine
fruit
lime

Did You Know?

In the past, oranges were so rare that they were gifted as gifts to the kings.



BREAKFAST FRUIT CUP

Ingredients:

- 2 oranges, peeled, sliced into bite-size
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- 1/3 cup lowfat vanilla yogurt
- 1/2 teaspoon ground cinnamon



Directions:

In a small bowl, combine fruit. Divide fruit equally into 4 bowls. Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amount of ground cinnamon before serving.

Nutrition information per serving: Calories 81, Carbohydrate 19g, Dietary Fiber 2g, Protein 2g, Total Fat 3g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 14mg

Recipe adapted from calfreshhealthyliving.cdph.ca.gov