NUTRITION SERVICES NEWSLETTER

FEBRUARY 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 our new recipes for this month. We have been taste testing these new recipes with our students at the middle and high schools. They are officially arriving this month and will be on the menu throughout the month of February. These new items are chicken meatball sub, orange chicken salad, and orange chicken wraps. Students have been giving us great feedbacks on these new items and we hope that they will enjoy these new menu items. Fresno Unified Nutrition Services continues to provides free breakfast and lunch every day for our students. Don't miss out and come try these new items at a school near you!

EVENTS AND HOLIDAYS:

FEBRUARY 9TH:
Lincoln's Birthday - No School

FEBRUARY 14TH:
Valentine's Day

JANUARY 16TH:
President's Day - No School



FOLLOW US

SCAN ME

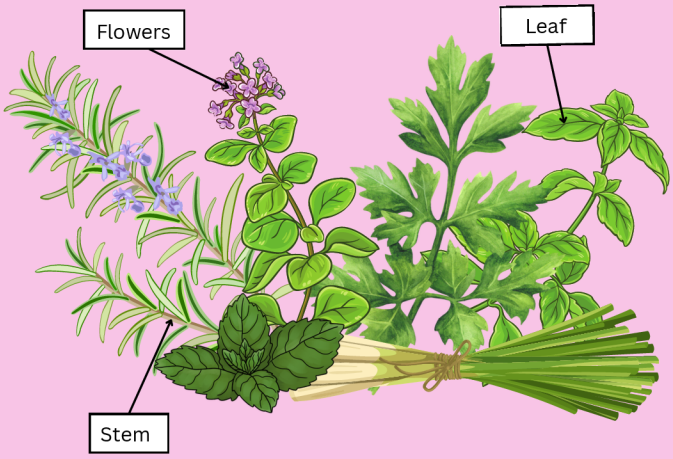
HARVEST OF THE MONTH: HERBS

FUN FACTS:

California grows 56 million pounds of cilantro.

Heat can destroy the flavor of fresh herbs, which is why dry herbs are used in cooking.

Fresh herbs contains antioxidants that help fights diseases.



FUN FACTS:

Herbs can be used to keep pests away.

Herbs contain good sources of Vitamin A, C, K, and E.

Mint can be used to spice up a recipe or used as a tea and infused water for flavor.

Fresno Unified School District

CA FARM TO SCHOOL INCUBATOR GRANT

CALIFORNIA FARM TO SCHOOL NETWORK

Nutrition Services Fresno Unified School District



HERBS



WORD SCRAMBLE

TNRAILOC	_____	RRMOEAYS	_____
GLMNROESSA	_____	TINM	_____
GRNAEOO	_____	AILSB	_____
YASLRPE	_____	GCIARL	_____
YHEMT	_____	ILDL	_____

WORD BANK

Thyme	Cilantro	Rosemary	Basil	Garlic
Dill	Parsley	Lemongrass	Oregano	Mint

Did You Know?

Herbs can be made into oils and used for medicinal puporses.



What do herbs use to travel to the future?

"A thyme machine!"

HERB RICE AND CHICKEN AND BEANS

Ingredients:



- 1 tablespoon Olive Oil
- 1 Onion Small, halved and sliced thinly
- 2 cups Brown Rice Cooked
- 8 ounces Fava Beans about 2 cups or of Lima Beans or of Butter Beans
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper
- 1 cup Fresh Herbs chopped, such as dill, mint, cilantro, and/or parsley
- 2 Chicken Breasts cooked, skinned, shredded (about 2 cups)

Directions:

Heat oil in a large, nonstick skillet. Add onion and saute utnil soft about 5 minutes. Add cooked rice, beans, salt and pepper. Add the herbs, saving some of them for garnish later. Stirk in ¼ cup water and simmer until completely absorbed, about 5 minutes. Mound rice on a platter and top with cooked chicken. Garnish with reserved herbs. Serve with yogurt with cucumber and large salad.

Nutrition information per serving: Calories 393, Carbohydrate 51g, Dietary Fiber 5g, Protein 29g, Total Fat 7g, Saturated Fat 1g, Trans Fat 0g, Sodium 360mg

Recipe adapted from eatfresh.org

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