

Nutrition Services Newsletter

September Highlights

Welcome Back to School



We've kicked off the new school year. This year we have new menu items for our students to choose from during lunch and breakfast. We have been working hard with our nutrition staff in preparing all these new items. Some new items that we have this year are: Fruit smoothie, biscuit and gravy, chili and baked potato, and many more. Have your students come and try these new menu items. Breakfast and Lunch is free for every student at Fresno Unified. Let's continue Serving Success every day to our students.

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:

September 7th:
Labor Day



FOLLOW US



SCAN ME

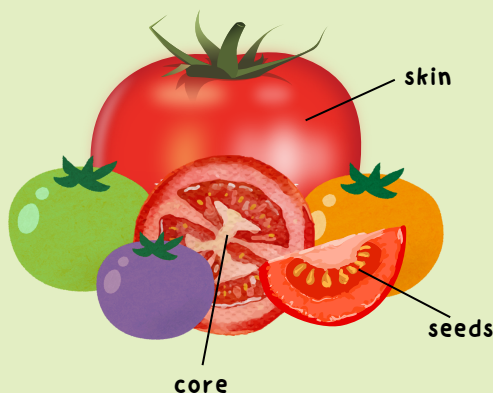
Harvest of the month: Tomatoes

Fun Facts:

California produces 96% of the tomatoes in the United States.

There are more than 2,750 varieties of tomatoes.

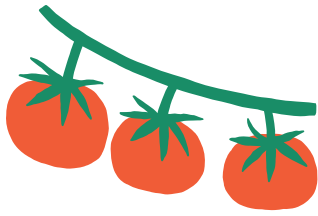
Tomatoes are considered a fruit and a vegetable.



Fun Facts:

Tomatoes contains Vitamin C and Vitamin A to help your immune system, eyes, and skin to stay healthy.

Tomatoes are used to make pasta sauce, pizza sauce, ketchup, and salsa.



Tomatoes



Word Search

Word Bank

California
Harvest
Minerals
Vitamins
tomato

Word Bank

vegetable
fruit
green
red
vine

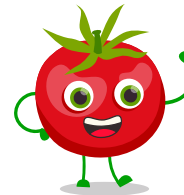
C A L I F O R N I A
T J H A R V E S T F
K O R G R E E N V Y
F C M I N E R A L S
R M K A R N Z P L P
U K B E T R E D P R
I J J M F O O F R S
T V I T A M I N S W
V E G E T A B L E Q
K V I N E W R O H C

Did You Know?

Tomatoes can come in a variety of colors such as yellow, pink, white, purple, and black.

What is a tomato's favorite dance?

"Salsa"



Salsa Fresca

Ingredients:

- 1 bunch Fresh Cilantro chopped, stems included
- 1 Red Onion small, chopped
- 1 Green Bell Pepper chopped
- 6 Plum Tomatoes
- 2 tablespoons Red Wine Vinegar
- 1 Lime juiced
- 1/2 teaspoon Ground Cumin
- 1 teaspoon Olive Oil
- Salt to taste



Directions:

Roughly chop the cilantro. Cut the onion and peppers into large pieces. Process in a blender until coarsely chopped. Quarter the tomatoes. Add, along with remaining ingredients and pulse until the mixture is chopped into small pieces. Serve immediately, or cover and chill for up to three days.

Recipe adapted from eatfresh.org