



K C NEWS

For the Family
October 2011

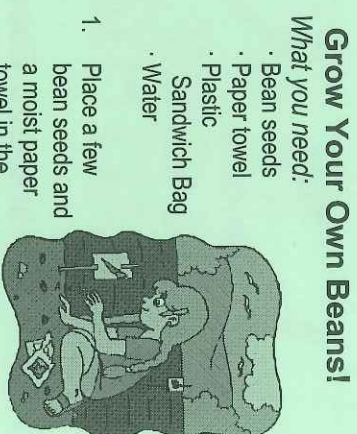
School Lunch—Let's Grow Healthy Seasonal, Locally Grown Produce on School Menu Draws Raves!

School lunch keeps kids nourished and helps them thrive at school and beyond. October 10-14 is National School Lunch Week whose theme is *Let's Grow Healthy* and October is also National Farm to School Month. Together they celebrate a national trend that is also close to home—to source and serve fresh locally-grown foods to students. During this school year SDUSD students will experience some new flavors with Kabocha squash, persimmons and Romanesco cauliflower along with many of their favorites.

Our Farm to School Specialist, Vanessa Zajien, works with farmers, produce distributors, food planners, buyers and food preparation personnel to bring the local harvest to our Kid's Choice Cafés. This September SDUSD's Farm to School Program celebrated it's first anniversary. In the program's 1st year SDUSD has sourced over 90 tons of local and organic foods directly from San Diego farmers. Some farmers now plant and grow healthy farm-fresh foods exclusively for the Farm to School program.

Part of the Farm to School experience for students is not only understanding where their food comes from but getting to know the farmers who produced it. Zajien developed "Farmer Cards" (shown below) with a picture of the farmer on the front and his "stats" on the back that include the size and location of the farm and even the kind of tractor he/she drives.

Parents and school personnel are encouraged to become a Good Food Champion to assist Food Services in broadening the Farm to School program and health and wellness programs on their campus.



Grow Your Own Beans!

What you need:

- Bean seeds
- Paper towel
- Plastic Sandwich Bag
- Water

1. Place a few bean seeds and a moist paper towel in the sandwich bag.
2. Tape the bag to a warm window for maximum sunlight (required for germination) and wait for your beans to sprout. (You could read "Jack and the Beanstalk" while you are waiting.)
3. You should see sprouts within a week.

Farm to School Crossword

Across

1. Where do apple trees grow?
2. Oranges, lemons and lines are all zesty _____ fruits.
3. These grow on vines and form raisins when dried
4. Cheese and yogurt is made from milk in this place (sounds like "fain").

Down

1. Water, sunshine and soil are all required to help plants do this.
2. This person tends the crops and farm animals.
3. Which barnyard birds lay eggs for you to eat?
4. An orange gourd popular at Halloween.

1 2
3 4
5 6 7 8 9
10 11 12 13 14
15 16 17 18 19
20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

*Across: 1. Citrus 2. Citrus 3. Garden 4. Seeds 5. Dairy 6. Sprouts 7. Fruit 8. Sprouts 9. Sprouts 10. Sprouts 11. Sprouts 12. Sprouts 13. Sprouts 14. Sprouts 15. Sprouts 16. Sprouts 17. Sprouts 18. Sprouts 19. Sprouts 20. Sprouts 21. Sprouts 22. Sprouts 23. Sprouts 24. Sprouts 25. Sprouts 26. Sprouts 27. Sprouts 28. Sprouts 29. Sprouts 30. Sprouts 31. Sprouts 32. Sprouts 33. Sprouts 34. Sprouts 35. Sprouts 36. Sprouts 37. Sprouts 38. Sprouts 39. Sprouts 40. Sprouts 41. Sprouts 42. Sprouts 43. Sprouts 44. Sprouts 45. Sprouts 46. Sprouts 47. Sprouts 48. Sprouts 49. Sprouts 50. Sprouts 51. Sprouts 52. Sprouts 53. Sprouts 54. Sprouts 55. Sprouts 56. Sprouts 57. Sprouts 58. Sprouts 59. Sprouts 60. Sprouts 61. Sprouts 62. Sprouts 63. Sprouts 64. Sprouts 65. Sprouts 66. Sprouts 67. Sprouts 68. Sprouts 69. Sprouts 70. Sprouts 71. Sprouts 72. Sprouts 73. Sprouts 74. Sprouts 75. Sprouts 76. Sprouts 77. Sprouts 78. Sprouts 79. Sprouts 80. Sprouts 81. Sprouts 82. Sprouts 83. Sprouts 84. Sprouts 85. Sprouts 86. Sprouts 87. Sprouts 88. Sprouts 89. Sprouts 90. Sprouts 91. Sprouts 92. Sprouts 93. Sprouts 94. Sprouts 95. Sprouts 96. Sprouts 97. Sprouts 98. Sprouts 99. Sprouts 100. Sprouts



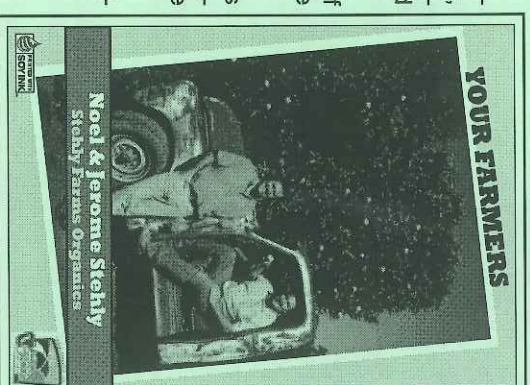
This month our students can once again enjoy the flavorful, juicy organic Valencia oranges from **Stehly Farms Organics**, a family-owned farm that grows, packs, and distributes certified organic avocados, citrus and berries nationwide. Located in Valley Center, CA. Stehly Farms Organics is owned and operated by brothers Jerome & Noel Stehly.

Last year when we introduced Stehly Farms Organics Valencia oranges, the Kid's Choice Café staff were amazed each time their kitchen filled with the sweet aroma of fresh oranges when they were sectioned for service. They are truly one of the best tasting oranges anywhere and not to be missed! Sweet oranges first appeared in the 15th century in Spain or Portugal. They spread quickly across Europe and Asia and then were taken on the second voyage of Columbus to the West Indies. Spanish explorers took them to Florida and Spanish missionaries took them to California. Oranges were introduced into California with the founding of the first Spanish Mission in San Diego in 1769.

Oranges are packed with Vitamin C and rich in fiber and folate. They are also good sources of Vitamin A, calcium, potassium, thiamin and magnesium.

Enjoy these delicious organic Valencia oranges on the salad bar on Mondays in October.

Farm to School Harvest of the Month for October—Organic Valencia Oranges



Noel & Jerome Stehly
Stehly Farms Organics

How to Prepay for School Meals

Breakfast: - \$ 1.00 - Lunch - \$2.00

PREPAY BY CREDIT CARD

Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. Call 1-888-994-5100 (automated phone system) or visit our website at www.sanddi.net—select *School meals/applications* and select the link *Pre-payment for meals*, or www.lavpams.com. To set up an account you will need your child's student ID number.

PREPAY AT SCHOOL - CASH OR CHECK

Put cash or checks made payable to your child's school cafeteria account in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.



School Meals are the Right Choice

SDUSD Food Services follows SHAPE California (Shaping Health as Partners in Education) guidelines for menu planning. These healthy eating guidelines are even more strict than those of the USDA. Meals are computer analyzed and provide 1/3 of the Recommended Daily Allowances (RDA). The SHAPE program insures that less than 30% of calories come from fat and that whole-grains, fresh fruits and vegetables are included in the meal. School meals are the healthy choice for every student.

We are hiring!

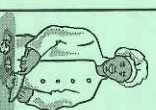
The Food Services Team is expanding and needs YOU now!

- > Enjoy part time work near home
- > Enjoy working with school aged children

Starting Pay: \$9.65 an hour

Food Handler's Card Required
Apply in person for this opportunity at the

Food Services Central Office
6735 Gifford Way
(Linda Vista)



This institution is an equal opportunity provider.

"Healthy Bodies, Healthy Minds"

San Diego Unified School District
Food Services Department
www.sanddi.net—select *school meals*



