

Menus for November 2015

Chula Vista Elementary School District

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Pan Dulce	Cinnamon Toast	Yogurt Parfait	Apple Frudel	Blueberry Muffin
Trix Yogurt & Crackers	Aunt Jemima Mini Pancakes	Benefit Bar	Breakfast Pizza	Ultimate Breakfast Round
Assorted Cereal with Cheese Stick	Assorted Cereal with Cheese Stick	Assorted Cereal with Cheese Stick	Assorted Cereal with Cheese Stick	Assorted Cereal with Cheese Stick

SALAD BAR

A variety of fruits and vegetables offered each week:

Fresh: apples, bananas, plums, persimmons, grapes, salad mix, cantaloupe, carrots, kiwi, mandarins, tomatoes, cucumbers, broccoli, jicama, celery, cauliflower, zucchini, limes, 100 percent fruit juice.

Canned: pineapple, pears, peaches and beans

Dried: cranberries and raisins



Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.

What's on YOUR plate?

Default fruit.

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Stuffed Crust Pepperoni Pizza	Orange Chicken w/ Brown Rice	Cheesy Pizza Crunchers	Crispy Chicken Tenders	Primo Cheese Pizza
Chicken Sandwich	All-Beef Burger	Hot Dog	Taco Salad	Corn Dog
Macaroni & Ch. w/ Bread	Booyah Burrito	Brunch for Lunch	Star Cheese Sandwich	Baja Fish Taco

Students may choose 1% white milk OR nonfat white milk

All breakfast and lunch items are made with 51% or more **WHOLE GRAIN**

*Served w/ a Cookie or Chips



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Surf on over to
our site!

<http://www.cvesd.org/PARENTS/Pages/NutritionalServices.aspx>

PARENT PAYMENT OPTIONS

1. Pay online: parentonline.net
Questions? Call (866) 442-6030
2. Mail a check payable to:
"Child Nutrition Services" with your student's name and school to:
Attn: Child Nutrition Services
84 E J Street
Chula Vista, CA 91910
3. Fill out a payment envelope from your school's front office and put it in the office or cafeteria drop box with cash or check.

Harvest of the Month™



PERSIMMON— The English word "persimmon" is derived from the Algonquian language of the eastern United States meaning "dry fruit." Today, all persimmons cultivated in California (and most in the United States) are of the *D. kaki* species. Half of a medium persimmon contains an excellent source of vitamin A and a good source of fiber, vitamin C, and antioxidants.




Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall."




And that's why, to this day, this is the only season we have two words for!

OUR NATION'S HISTORY



In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



WITH LIBERTY & JUSTICE FOR ALL

Thank You



★ VETERANS' DAY ★
NOVEMBER 11