



As the leaves start to change, and summer fades to fall; Nutrition Services is switching gears to warm comfort foods and seasonal fruits and vegetables. Cafeteria favorites like the turkey mashed potato bowl, and autumn spice muffin will be featured through January. Fall fruits and vegetables such as persimmons, butternut squash, apples, and root vegetables, will be a colorful change for the season on our salad bars and menus.



Corn Bread Recipe

Cooking Spray

- 1/4 cup butter (1/2 stick)
- 1 cup milk
- 1 large egg
- 1 1/4 cup corn meal
- 1 cup flour
- 1/2 cup sugar
- 1 TB baking powder
- 1/2 tsp salt



1. Heat oven to 400F. Spray bottom of 8 inch square or 9 inch round pan.
2. Melt butter over low heat.
3. Combine butter, milk, and eggs in large bowl. Mix until well combined. Add all other ingredients. Mix until just moistened. Batter will be lumpy. Pour into pan and spread evenly.
4. Bake 20-25 minutes or until toothpick comes out clean.

Recipe Source: Betty Crocker

Did you know Breakfast is FREE? Everyday, for all students!

Eating Healthy during the holidays

As we head into the holiday season, sticking to a healthy diet can become very challenging. Here's some tips to help you keep your healthy eating habits on track:

- *Keep the focus on fun, not food*—let holiday activities, instead of food, be your main event.
- *Indulge in only the most special holiday treats*—skip the high calorie foods that aren't as important so you can "budget" your calories for the special treats.
- *Stay physically active during the holidays*—the results: gaining less weight over the years.
- *Stock the freezer with healthy foods*—during the holidays when you're too busy to cook a healthy meal, you'll be thankful to be able to quickly pop one of the meals into the oven or microwave.

Source: Reader's Digest



National School Lunch Week
"School Lunch: Recipes for Success"
October 16-20



California Thursday's



California Thursdays is our commitment to serve healthy, freshly prepared school meals featuring California-grown foods. Every Thursday we're featuring a California sourced meal for our students; like our garden chili with scratch made corn bread, and 100% beef Texas straw hat over California produced tortilla chips. Proudly serving California Foods for California Kids.



October's featured vegetable is Root Vegetables.

Root vegetables are the roots of the plants that are eaten as vegetables. They are also a great source of Vitamin C and fiber.



Persimmons are November's featured fruit.

They are excellent sources of Vitamins C, A & fiber! California grows two major varieties, Hachiya, which are astringent and Fuyu, the non astringent variety.



December's featured fruit is Kiwi. They are a great source of Vitamin K, and C. Did you know—Kiwis grow on vines, and their skin is edible?

- Pumpkin
- Broccoli
- Rhubarb
- Radish
- Squash
- Yam
- Corn
- Carrot

Vegetable Word Search

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



Lodi Unified Wellness Committee Meetings

- Thursday, September 28, 2017—3:30-4:30
LUSD District Office 1305 E. Vine Street, Lodi
- Thursday, November 16, 2017—3:30-4:30
McNair High School Culinary Arts Room
9550 Ronald E. McNair Way, Stockton
- Thursday, February 8, 2018—3:30-4:30
Nutrition Services Central Kitchen—840 S. Cluff, Lodi
- Thursday, May 24—3:30-4:30
LUSD District Office 1305 E. Vine Street, Lodi

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What you drink is as important as what you Eat

Sugary drinks—including soda, energy drinks, and sports drinks—are the largest source of added sugar in the diet. Drinks with added sugar often provide extra calories, but few nutrients or fiber. Besides increasing tooth decay, experts believe they add to obesity, which increases the risk for type 2 diabetes and heart disease.

Do you know how much sugar is in the drinks you have every day? If you don't, you're not alone. Did you know the average California teen drinks almost 39 pounds of sugar from sugary drinks each year?



Be a role model. Choose health. Drink water!

Resources can be found at: cchampionsforchange.cdph.ca.gov