



Welcome back to school and Happy New Year! Our cafeterias will be celebrating 2018 by offering freshly made hot meals, like chicken noodle soup and beefy chili, to help keep you toasty warm. We're also offering a variety of winter fruits and vegetables to enjoy on our fresh salad bars. Come see what's cooking in our school cafeteria!

Baked Sweet Potato Fries

- Olive oil, for tossing
- 5 Sweet Potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-inch strips
- Salt, pepper and garlic powder
- 1/2 teaspoon paprika



Preheat oven to 450 degrees F. Line a sheet pan with parchment paper. In a large bowl, toss sweet potatoes with just enough oil to coat. Sprinkle with paprika, salt, pepper, and garlic powder to taste. Spread sweet potatoes in a single layer on prepared sheet pan. Bake until potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool and enjoy!

National School Breakfast Week **March 5th -9th**

Mark your calendar for National School Breakfast Week! This year's theme, "I Heart School Breakfast," encourages parents, students, and school officials to get social over school breakfast. Breakfast is proven to help kids perform their best in school. Send your kids to join us for homemade fresh baked muffins, scones and rolls, fresh fruit, and low fat local milk.



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

March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. "Go Further with Food" is the theme for 2018. Whether it's starting the day off right with a healthy breakfast or

fueling before an athletic event, the foods you choose can make a difference.

Here's some quick, healthy ideas for breakfast from the Academy of Nutrition and Dietetics:

- **Apple Pie Oatmeal:** Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- **Super Waffle:** Toast a whole-grain waffle and top with low-fat yogurt and peaches, or other seasonal fresh fruit.
- **Fruit Smoothie:** Blend low-fat milk, frozen strawberries and a banana for 30 seconds.

Is your student enrolled in a Lodi Unified After School Program? Did you know an after school meal is provided with fresh fruits and vegetables, and whole grain items? Check out our menu to see what is offered!

This Institution is an Equal Opportunity Provider.

California Thursdays!

We are continuing our commitment to "serve California Food to California Kids". These are a few of the recipes on our menus that feature California products.



Featured Entrees Include:

Pasta Fagioli with cannellini beans from Elegant Beans of Mohr-Fry Ranches in Lodi, and creste di gallo pasta from Community Grains of Northern CA, paired with homemade focaccia bread baked fresh in our kitchens.

Chili Beans w/ Chips: this meaty chili features Don Lee Farms 100% beef from Southern California, Teasdale Foods beans from Atwater, and tortilla chips from Warnock Foods in Madera.

Sloppy Joe: this popular entrée features homemade tangy red sauce made with local tomatoes from Stanislaus Foods in Modesto, and Don Lee Farms 100% beef served on a fresh bun from Bimbo Bakeries in Sacramento.

All entrees are served with local fresh fruits and vegetables, and milk from Producer's Dairy in Fresno.

Featured on KVIE's Inside California Education Season 2! Check our website for details from Lodi High filming and air date.

Read Across America & Dr. Seuss' Birthday

Green Eggs & Ham, Thing 1 & Thing 2, and Reading—March 2nd is an exciting day! We are celebrating with a delicious Dr. Seuss style breakfast, and classroom reading. See if your school is participating!



Harvest of the Month

January's featured fruit is Citrus. High in folate, this fruit helps to produce new proteins and red blood cells. Citrus falls into three categories, limes, lemons, and oranges.

February's featured vegetable is Radish. CA leads the nation in production of radish and daikon.

March's featured vegetable is Sweet Potato. Boil them, mash them, stick them in a stew—Potatoes are a versatile vegetable!

April's featured vegetable is Carrots. High in Vitamin A and fiber, carrots come in purple, red, white and yellow colors as well as orange.

Wellness Committee

Interested in learning more about the LUSD Wellness Policy, physical activity, nutrition education, and the health and wellness of your student? We invite you to our next meeting on February 15th. It will be held in the Training Room at The Nutrition Services Central Kitchen, 840 S. Cluff Ave., Lodi.

For more information, call (209) 331-7155.