



Winter Newsletter



The BHUSD Food and Nutrition Services Department



From the Food and Nutrition Services Director...

I hope everyone had a wonderful Thanksgiving with their families and friends. We are so thankful for the support of our students, parents, and community and truly appreciate your involvement in our school food service program. While we are busy preparing for the upcoming holidays, I wanted to take a moment to reflect on the challenges the global situation presents close to home. We are committed to doing our part for the environment and are now using recycled paper products and biodegradable flatware manufactured from potato starch. Our immaculate kitchens are cleaned using “green” products that are non-toxic and non-damaging to the Earth. Our District is committed to serving every one of our students the freshest and finest quality food possible. All lunches are served as combo meals and include a side salad or vegetable, choice of 2 beverages, and a piece of seasonal fresh fruit. We maintain an expansive, exciting menu while keeping costs down. While we have tried everything in our power to keep from raising lunch prices, the skyrocketing cost of food has forced us to increase our prices. The increase will take effect when we return to school in January. We believe we offer considerable value and excellent product and greatly appreciate your understanding. Wishing you and your families a very happy and healthy holiday season.

Warmest Regards,

Maria Hunsaker

Director of Food and Nutrition Services



LunchBox Update

For parents who would like to use LunchBox to monitor their student’s purchasing patterns and habits and/or to electronically replenish their student’s account, email Chad Michaels, BHUSD’s Food Service Account Technician for a detailed instructional on how to initialize their student’s LunchBox account at: cmichaels@bhUSD.k12.ca.us



*Gobble Gobble

The foodservice department strives to offer nutritious and delicious entrée items. We’re making a change and will now be preparing entrée items with ground turkey in lieu of beef. Our delicious homemade meatloaf, tacos, and other entrees made in the BHUSD kitchen will now be made using lean ground turkey decreasing the amount of total fat and saturated fat. We will continue to serve 100% all beef hamburgers.



On the Road

We are taking our popular International Exhibition Explosion on the road as part of a new pilot program. Beginning late winter, 6th, 7th, and 8th grade students at El Rodeo will have an opportunity to purchase a special “Exhibition” lunch on Thursdays. International Exhibition offers students the opportunity to see their lunch being assembled right before their very eyes by one our chefs. This unique display cooking station offers international favorites including tostada bowl, teriyaki chicken rice bowl, pasta bar, and Thai sesame noodles. The program has been extremely successful at the High School and we’re hoping it is as well received by Middle school students. We expect to bring the program to all Middle Schools and to all grade levels by fall of 2009.



Food For Thought...from the Dietitian

Calcium plays a crucial role in bone formation and most children and teenagers fall short of the Recommended Daily Intake. For children (up to age 10) 800 milligrams is recommended while for teenagers and young adults (ages 11-24) 1200 milligrams is recommended. On-the-go adolescents balancing school, sports, and social activities often squander opportunities for good nutrition by skipping meals or skimping on foods that help fuel their growth and development. Also, increased intake of soft drinks combined with reduced consumption of milk appears to be contributing to bone fractures and future osteoporosis in today's youth. Do your body a favor and choose low-fat milk with your lunch for a low calorie, nutrient dense beverage that will pack in a whopping 300 mg of calcium. Below is a table that shows good sources of calcium with their calorie content.

Food	Amount	Calories	Calcium (mg)
Yogurt, low-fat	1 cup	143	413
Skim milk	1 cup	85	301
Soy milk (fortified)	1 cup	79	300
Tofu	1 cup	188	260

Food	Amount	Calories	Calcium (mg)
Cheese	1 ounce	114	204
Broccoli, cooked	1 cup	44	72
Spinach, cooked	1 cup	42	244
Dried beans	1 cup	209	120



National School Lunch Participant Information

Students who qualify for free or reduced lunch are entitled to one complete lunch including entrée, accompanying sides, beverage, and choice of fruit. Please note that lunch may not be obtained at the speed line and must be collected in the cafeteria only. Additionally, BHUSD does not participate in a breakfast program and cannot offer free or discounted items during "Nutrition" as a result. We are sorry for any inconvenience.



Effective January 1st, 2009, school lunch prices are: **K-5 \$3.75**

6-8 \$4.50

If you have any questions or comments about the Food and Nutrition Services program, please contact us (310) 551-5100 extension 2385. Thank you for your continued support.



Happy and Healthy Holiday Season to all of our Students, Parents, Faculty, and Staff
We look forward to an exciting 2009!

