



Great Schools  
Successful Kids

# Nutrition Services Newsletter

Volume 4, Issue 1

Fullerton School District

September 2011

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## New Website

Our website will be completely overhauled in the next few weeks! Our information will be easier to find and we will have added new resources on health and wellness. You will also be able to follow our twitter feed. Visit us at <http://fsd.k12.ca.us/menus/BusSvc/Food%20Services/index.html>.



## Are You Experiencing Tough Financial Times?

We may be able to help. Did you know that the Fullerton School District offers free and reduced-price meals to students?

To qualify for free or reduced-price meals, your total household income must be at or below the limits set by the State of California.

Also, if your family receives food stamps, CalWORKS, Kin-GAP, or FDIPIR your children may be eligible to receive free or reduced-price meals. Foster children are also eligible to receive free meals.

Applications are accepted throughout the entire school year. Your situations may change during the school year. If your household income has decreased, or the number of people living in your household has increased you may want to reapply for free or reduced-priced meals.

To begin the application process, just complete an application for Free and Reduced-Price Meals, and mail it to the Nutrition Services Office.

Meal applications are available every school day between 6 a.m. and 4 p.m. on the table outside of the Nutrition Office. If you'd like to ask that an application be mailed to your home,

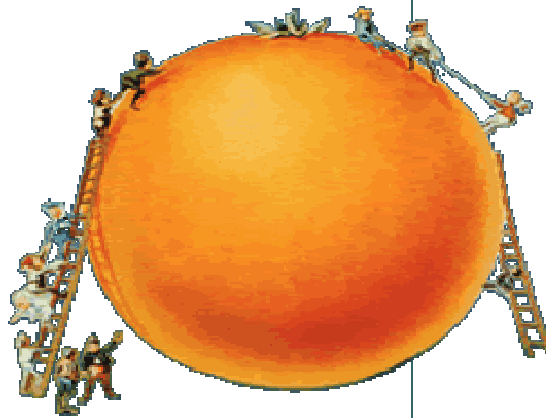
please email [debbie\\_hjorth@fsd.k12.ca.us](mailto:debbie_hjorth@fsd.k12.ca.us) and make your request. You may also call the Nutrition Office at 714-447-7435 and ask that an application be mailed to your home.

Be sure that the application is filled out completely and that you've signed it. If you submit your application

by mail, a letter will be sent to your home to advise you of your student's meal benefit eligibility. Application processing can take up to ten school days, so please be patient.

It will not be made known who receives free or reduced meals. Our cafeteria workers will tell each student his/her eligibility if they ask, but do not discuss it with anyone.

If you have questions about free or reduced-price meals, please contact our office. We're here to help!



## Farm to School

This year Nutrition Services is launching a new partnership with Old Grove Orange (OGO).

OGO is a group of farmers in Southern California dedicated to making the last remaining local farms sustainable through partnerships with local school districts in Orange, Los Angeles, Riverside, and San Bernardino counties.

The farmers and the schools that participate in this collaboration have created a whole new model that has some astounding features:

- Fruit so freshly picked and delivered that it doesn't need to have any chemical treatment whatsoever - no fungicides, no waxes! Picked and in our kids hands right away!

- Farms so close

to their eaters that the food they produce has a negative carbon footprint. OGO's 30,000 trees do more than absorb the greenhouse gases produced by its delivery trucks, so the more you eat, the better the environment becomes!

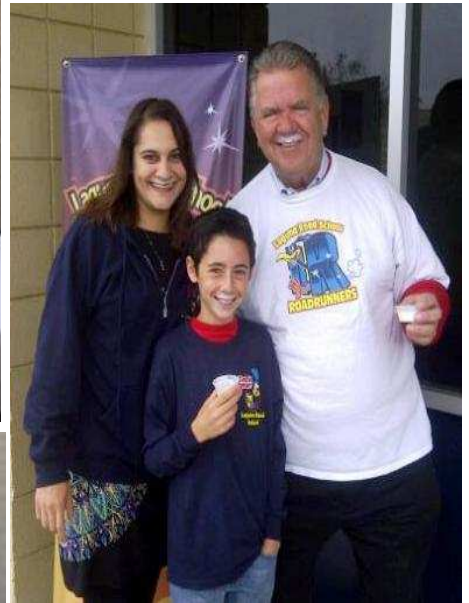
- Farms nested in our communities so that our employees and our kids still have a chance to see from where our food comes and from where our community heritage springs.

OGO's small family farmers band together to share packing facilities and a delivery truck. We are truly excited about the opportunities this new relationship will unveil in the future.

# Milk Mustache Events are a Hit

Nutrition Services, in partnership with the Dairy Council, put on three milk mustache photo booths last spring. Laguna Road, Pacific Drive, and Commonwealth Elementary schools promoted the consumption of milk and eating breakfast in this fun and exciting activity.

Students, staff, parents, and principals are all welcome to take their pictures with milk mustaches made from a mixture of low-fat yogurt and 1% white milk. The event can be done at any school site, at breakfast or lunch time. There is no cost to the school site. Photos are developed and collages are made from all the student photographs for the school to display.



# A-Z Salad Bars Spread to New Schools

This year Nutrition Services added three new schools to those hosting A-Z Salad Bar Luncheons at their sites. Hermosa Drive, Commonwealth, and Raymond Elementary scheduled this great event for their schools last Spring.

The event is centered around a 26-item buffet of fruits, vegetables, and proteins. Unusual items such as daikon, leeks, quince, and nopales expose the students to new and different fruits and vegetables that they might not be familiar with. Many student favorites are also included such as grapes, honeydew, apples, yogurt, string cheese, etc.

Student helpers are used to serve the items and help encourage their fellow students to try new fruits and vegetables.



# September 2011

## Lunch Menu

## Fullerton School District

Online payments can be made at [www.myschoolbucks.com](http://www.myschoolbucks.com)

Lunch menu is served at all K-6 schools, Beechwood K-5, and Fisler K-5

All products are Trans Fat free.  
J Denotes pork.

If paying by check, make checks payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Analysis
Aug. 29 TONY'S 100% MOZZARELLA CHEESE PIZZA Celery Sticks Mixed Fruit	Aug. 30 HAMBURGER ON A WHOLE WHEAT BUN Oven Potatoes Applesauce	Aug. 31 JENNIE-O SUPER TURKEY NACHOS Broccoli and Carrots Diced Pears Whole Grain Chocolate Belly Bear	1 MINI CHEESEBURGERS Green Beans Fresh Banana Sunflower Seeds	2 TERIYAKI CHICKEN Steamed Brown Rice Corn Crisp Apple	Avg. Nutrients Target Calories 672 101% Cholesterol (Mg) 64 Sodium (Mg) 1240 Fiber (g) 6.5 Iron (Mg) 3.5 Calcium (Mg) 517.9 Vitamin A (IU) 2421 Vitamin C (Mg) 25 Protein (g) 34.4 Total Fat (g) 90.5 Saturated Fat (g) 20.5 27.4% of Cal 9.2% of Cal
5 Labor Day Holiday	6 ROASTED CHICKEN Baby Carrots Fruited Jello Pizza Hut: Acacia	7 BREAKFAST FOR LUNCH French Toast Sticks Chicken Sausage Patty Applesauce Pizza Hut: Commonwealth	8 JENNIE-O TURKEY SPAGHETTI Whole Grain Breadstick Green Beans Orange Smiles High Fiber Graham Crackers Pizza Hut: Laguna	9 BEAN AND CHEESE BURRITO WITH WHOLE WHEAT TORTILLA Corn Fresh Banana Pizza Hut: Beechwood/Hermosa	Avg. Nutrients Target Calories 665 100% Cholesterol (Mg) 76 Sodium (Mg) 941 Fiber (g) 7.3 Iron (Mg) 3.7 Calcium (Mg) 431.4 Vitamin A (IU) 1977 Vitamin C (Mg) 33.4 Protein (g) 34.7 Total Fat (g) 94.8 Saturated Fat (g) 17.6 5.1 7% of Cal
12 HAMBURGER ON A WHOLE WHEAT BUN Oven Potatoes Crisp Apple Pizza Hut: Maple	13 WHOLE GRAIN MAX PIZZA QUESADILLA Baby Carrots Orange Smiles Goldfish Graham Cracker Pizza Hut: Pacific Dr./Fisler	14 WHOLE GRAIN CHICKEN CORN DOG Corn Diced Pears Raisins Pizza Hut: Orangethorpe	15 TERIYAKI BEEF DIPPERS Steamed Brown Rice Mixed Fruit Cup Fortune Cookie Pizza Hut: Valencia Park	16 REDUCED FAT MACARONI AND CHEESE Whole Grain Dinner Roll Green Beans Fruit Jello Pizza Hut: Raymond	Avg. Nutrients Target Calories 662 100% Cholesterol (Mg) 45 Sodium (Mg) 1238 Fiber (g) 6.5 Iron (Mg) 3.8 Calcium (Mg) 562.4 Vitamin A (IU) 2462 Vitamin C (Mg) 21.3 Protein (g) 30 Total Fat (g) 98.1 Saturated Fat (g) 17.6 5.1 7% of Cal
19 MINI CHEESEBURGERS Baby Carrots Crisp Apple Pizza Hut: Woodcrest/Sunset Ln.	20 JENNIE-O CRUNCHY TURKEY TACO Lettuce and Cheese Diced Pears Rosati 100% Frozen Juice Cup Raisins Pizza Hut: Richman	21 TYSON CHICKEN SANDWICH ON A WHOLE WHEAT BUN Corn Cutie Pie Pizza Hut: Golden Hill	22 MANDARIN ORANGE CHICKEN Green Beans Baby Carrots Frozen Pear Cup Pizza Hut: Fern	23 MAX WHOLE GRAIN CHILI WRAP Celery Fruit Jello Pizza Hut: Rolling Hills	Avg. Nutrients Target Calories 672 101% Cholesterol (Mg) 62 Sodium (Mg) 1324 Fiber (g) 8.1 Iron (Mg) 3.5 Calcium (Mg) 504.9 Vitamin A (IU) 3673 Vitamin C (Mg) 45.4 Protein (g) 32.3 Total Fat (g) 86.3 Saturated Fat (g) 22.5 5.1 6.8% of Cal
26 BBQ RIB SANDWICH ON A WHOLE WHEAT BUN ] Broccoli and Carrots Crisp Apple	27 TYSON ALL NATURAL WHITE MEAT CHICKEN NUGGETS Baby Carrots Orange Smiles	28 CHEESE QUESADILLA Jicama Kiwi	29 CHICKEN FAJITAS Steamed Brown Rice Snap Peas Fresh Banana	30 FOSTER FARMS TURKEY HOT DOG ON A WHOLE WHEAT BUN Celery Grapes	Avg. Nutrients Target Calories 674 101% Cholesterol (Mg) 78 Sodium (Mg) 1469 Fiber (g) 5.8 Iron (Mg) 3.6 Calcium (Mg) 483.7 Vitamin A (IU) 2395 Vitamin C (Mg) 37.1 Protein (g) 37.4 Total Fat (g) 92.8 Saturated Fat (g) 17.6 5.5 7.3% of Cal

NATIONAL CHILDHOOD OBESITY PREVENTION AND FITNESS WEEK !! LUCKY TRAY DAY ALL WEEK

USDA and NSD are equal opportunity providers and employers.

Menu subject to change.

# September 2011 Elementary Breakfast Fullerton School District

Breakfast is served at the following sites:  
 Commonwealth, Hermosa Drive, Maple, Orangethorpe,  
 Pacific Drive, Raymond, Richman, Rolling Hills,  
 Valencia Park, and Woodcrest.

Online payments can be made at [myschoolbucks.com](http://myschoolbucks.com)  
 If paying by check, make checks payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday
29-Aug Reduced Sugar Cereal with Whole Grain Cracker or String Cheese	30-Aug Whole Grain Apple Bear Claw or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	31-Aug Cherry Fruitel Stick or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	1 Breakfast Tac-Go or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	2 Apple Cinnamon Benefit Breakfast Bar or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese
5 <div style="border: 1px solid black; padding: 5px; text-align: center;">                         Labor Day Holiday                          No school K-8                          Dia del Trabajo                          No hay clases K-8                     </div>	6 Whole Grain Muffin or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	7 Low-Fat Yogurt and Whole Grain Muffin or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	8 Banana and Chocolate Chunk Benefit Breakfast Bar or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	9 * Chorizo and Egg Breakfast Burrito or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese
12 Whole Grain Apple Bear Claw or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	13 Reduced Fat Cinnamon Roll or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	14 Whole Grain Mini Pancakes or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	15 Apple Fruitel Stick or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	16 * Reduced Fat Breakfast Pizza or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese
19 Breakfast Wrap or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	20 Whole Grain Cinnamon Glazed French Toast or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	21 Turkey and Egg Sunrise Stick or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	22 Whole Grain Muffin or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	23 Breakfast Tac-Go or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese
26 * Chorizo and Egg Breakfast Burrito or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	27 Chicken Sausage Breakfast Sandwich with Whole Grain Biscuit or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	28 * Reduced Fat Breakfast Pizza or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	29 Low-Fat Yogurt and Whole Grain Muffin or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese	30 Whole Grain Mini Pancakes or Reduced Sugar Cereal With Whole Grain Cracker or String Cheese

# Network for a Healthy California

This year Nutrition Services and Educations Services are partnering with the Orange County Department of Education to become part of the Network for a Healthy California (also known as "the Network").

The Network represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity

The Network works with Local Incentive Awardees (LIAs) that represent almost 100 local agencies in a variety of different community channels, including 37 low resource school districts, 26 local health departments, 10 county offices of education, six public colleges and universities, four Indian tribal organizations, two city governments, two First Five Commissions, two cooperative extension agencies, as well as sister programs within

the California Department of Public Health, park and recreation departments, and non-profit organizations.

The services provided by the Network consist of the following:

- Community interventions funded through over 160 local assistance contracts with a variety of local governments and community based organizations.
- Staff support for statewide public private partnerships, planning and administration, including resource development.
- Research and evaluation that supports interventions.
- Media and supermarket interventions.
- Special projects of statewide significance to promote systems and environmental change within USDA parameters.

The Network will provide wonderful opportunities in the Fullerton School District to continue to improve the nutrition and education of our students.



## Salad Bars in Schools

Over the summer we were busy giving our elementary lunch service areas a fresh look! All elementary school sites, (except for those that had been recently modernized or had built-in equipment) have received new salad bar serving stations.

The salad bars will allow Nutrition Services to provide a wider range of offerings in a more easily accessible manner to the students. The bars have tray rails along the sides for students' trays to minimize spills.

The schools also received matching cash registers, and many received new portable milk coolers.



## MEAL APPLICATION INFORMATION

APPLICATIONS FOR FREE AND REDUCED-PRICED MEALS MAY BE PICKED UP AND PROCESSED AT:

389 WEST TRUSLOW AVENUE

FULLERTON, CA 92832

PHONE: 714-447-7435

HOURS : 8:30 A.M. - 11:00 A.M & 1:00 P.M. - 3:30 P.M.\*

\*EACH DAY SCHOOL IS IN SESSION

## STUDENT MEAL ACCOUNT INFORMATION

MAKE PAYMENTS ON-LINE AT:

[www.myschoolbucks.com](http://www.myschoolbucks.com) by credit card

PAYMENTS ACCEPTED AT SCHOOL OFFICES:

Pay by cash or check using the prepaid meal envelopes. Indicate student's full name, grade, and identification number. Money deposited in the office before 9:30 AM will be credited the same day. Fees will apply if we receive notification of non-sufficient funds or "bounced checks".

## CATERING

MENU ONLINE AT:

[WWW.FSD.K12.CA.US](http://WWW.FSD.K12.CA.US) UNDER NUTRITION SERVICES LINK.

WE CAN PROVIDE FOR STUDENT CLASSROOM PARTIES, STAFF, AND PTA CELEBRATIONS. WE DELIVER DAILY TO ALL SITES.

FOR ORDERS:

EMAIL: [AMANDA\\_COLON@FSD.K12.CA.US](mailto:AMANDA_COLON@FSD.K12.CA.US)

PHONE: 714-447-7437

## FOOD ALLERGIES

FORMS\* ARE AVAILABLE ONLINE OR IN SCHOOL OFFICES.

\*Physician's signature is required

## CHILD CARE & PRESCHOOL APPLICATIONS

PLACE: CHILD CARE OFFICE

1401 W. VALENCIA DRIVE

FULLERTON, CA 92833

PHONE: 714-447-2858

Applications for Free and Reduced-Price Meals are accepted and processed by the Child Care & Preschool Office for students participating in those programs.