



Food Service would like to wish all of our LUSD students and families a happy and healthy new year. We hope everyone had a refreshing winter break and that you are rejuvenated for the start of 2014.

The year of 2013 was a year of plenty in Food Services. There were plenty of challenges that came with the new changes in our menus, a new Nutritionist, new regulations and a new Director. We have taken numerous exciting, positive steps in the first half of the school year and are looking forward to many exciting things to come in 2014. January's calendar celebrates Martin Luther King on the 20th, the Chinese New Year on the 31st and National Soup Month on our menu. February has us seeing red with Valentines Day and Heart Healthy Month, as well as Lincoln and Washington's Birthday. *National School Breakfast Week* will be our focus March 3-7 just before we start to see green for St. Patrick's Day and we head off for spring break at the end of the month. Remember to visit our website for details.

What's Cooking in Food Service?

Our lunchrooms offer a wide variety of choices and popular foods. We are striving, through careful selection and preparation, to make those favorite foods nutritionally sound and appealing to a diverse demographic population.

Our popular pizza, is now made on a whole grain crust, with low sodium, low fat cheese. We are making whole wheat cinnamon rolls and whole wheat muffins fresh from scratch for breakfast and when available, we offer locally grown produce on our salad bars.

We try to take into consideration our customers likes and dislikes when developing the menus, so this next quarter we will be introducing a "new" vegetarian black bean burger that was taste tested and selected by our students in response to the request for more vegetarian options.

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As a new year begins, it brings with it the opportunity to start anew and think about the changes we would like to make in our lives for the months ahead. To help you keep your New Year's Resolutions for eating smart, remember to eat a wide variety of foods in moderation, snack smart and exercise daily.

Healthy Snack Ideas:

- * Hummus with wheat pita triangles
- * Fresh Fruit
- * Vegetable sticks, such as carrots or celery
- * One handful of almonds or walnuts
- * Apple slices with almond butter
- * Low fat string cheese with multigrain crackers



**"Name our Newsletter"
Contest Winner is...
Alexander Landry
of Lodi High
for his winning submission
*"The Lunch Line"***

Alexander Landry of Lodi High School is the winner of a pair of movie tickets and \$10 concession stand credit for his winning entry. Thank you Alexander, we can't wait to see you in the lunch line!

Movie tickets and concession stand credit donated by LUSD Food Service



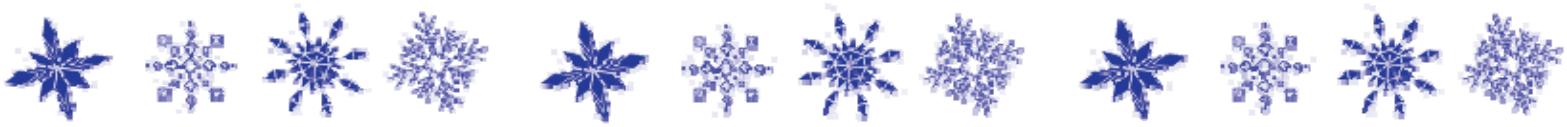
Farmer Spotlight

Abraham Bettancourt with BC Fruta has been farming since 1997. He started working as a construction worker and rolled the dice right in to farming by leasing a few acres. Abraham now farms over 100 acres in Lindsay and provides Mandarins & Murcott Oranges from his farm to our schools. BC Fruta is a



Soy Butter is Coming to our Menu

It is peanut free, tree nut free, dairy free, egg and gluten free and is a great alternative to peanut butter. It is very similar in looks, taste and texture to peanut butter and we hope it will satisfy the demand to bring back our most popular sandwich, the PB&J, which was removed from our menus in the fall. While our kitchens no longer prepare or serve anything containing peanut butter, students may still choose to bring peanut butter items from home in their own lunches.



In the Months Ahead:

January is...

National Soup Month
Keep warm with a tasty pot of soup.
National Oatmeal Month



Make oatmeal and add raisins, nuts and honey.

January 1st - New Year's Holiday
January 20th - Martin Luther King
January 31st - Chinese New Year
Eat lunch with us to get your fortune cookie.

February is...

Healthy Heart Month
Take care of your heart, exercise, eat well, relax.



National Children's Dental Health Month
Get a dental checkup!



February 2nd - Groundhog Day
February 7th - Lincoln's Holiday
February 14th - Valentine's Day
February 17th - Washington's Holiday

March is...

National Nutrition Month
Enjoy foods from all 5 food groups
National School Breakfast Week
Join us for Breakfast!



March 17th - St. Patrick Day
March 17th - 28th - Spring Break

You have a whole year ahead of you -enjoy it and make it healthy. Eat a **RAINBOW** of foods every day!



**Don't Forget—
Breakfast Is
Brain Food!**



Did you know???
Fortune cookies have been around since the 19th century. The first cookie was made in Kyoto, Japan. It was in the early 1900's that the fortune cookie was first introduced to the USA by San Francisco's Benkyodo Bakery.



SCHOOL BREAKFAST PROGRAM

WORD SEARCH

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

- Mardi Gras
- Chicken Gumbo
- Jambalaya
- Healthy
- MLK JR
- January
- Valentines
- Heart
- Sweets
- February
- March
- Exercise
- Cabbage
- Squash
- New Year
- St Patricks
- Winter
- Oranges

