

**WHAT'S SO SPECIAL ABOUT CHILD NUTRITION?**

The Lynwood USD Child Nutrition Program is committed to providing our students with nutritious meals meeting all USDA recommendations.

These standards include age appropriate calorie limits, larger servings of vegetables and fruits, a wider variety of vegetables, fat-free or 1% milk, more whole grains and less sodium.

We encourage students to choose school breakfast, lunch and after-school snack for free! School meals are a great value and a huge convenience for busy families.

**Nominees for Employee of the Quarter**

- Veta H.
- Terri C.
- Adriana H.
- Maria A.
- Marta M.
- Nuria A.
- Beatriz G.
- Guillermina D.
- Claudia C.
- Marta R.
- Michelle G.
- Celestine R.
- Brandi H.
- Jeanette A.
- Lourdes A.
- Lisa H.
- Jennifer V.
- Jake L.
- Deloise P.
- Franzena M.
- Jose S.
- Patricia M.
- Susan A.
- Lorena D.
- Gladys S.

# The Lynwood Café

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## Nutrition Services Employee of the Quarter!!

### Way to Go!

**Maria Bravo won the Nutrition Services Employee Attendance and Safety Award! She is a Nutrition Services Worker who excels at being present at work and focused on safety everyday. Maria is reliable and is committed to serving the students at Helen Keller Elementary. She has been working for Lynwood USD for over 20 years!**

**Thank you Maria for your hard work and dedication!**



## March is National Nutrition Month!



The Academy of Nutrition and Dietetics theme for this year is "Eat Right, Bite by Bite."

This month, remember the basics of good health:

- Consume a variety of foods and beverages for optimal nutrition within your calorie limits.
- Good health should be a continual balancing act between nutrition and physical activity on a consistent basis.
- Be mindful of what you eat, consuming each food group in moderation.
- Lastly, enjoy food with family and friends, making memorable experiences!

## Build a Healthy Plate with Whole Grains




Any food made from wheat, rice, oats, cornmeal, barley or cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals and tortillas are examples of grain-rich products.

Grains are divided into two groups: Whole Grains and Refined Grains.

Whenever possible, whole-grain versions of these grain products should be offered. Most children, 2 years and older, do not consume enough whole grains or other foods rich in dietary fiber. The Dietary Guidelines for Americans recommends making at least half your grains whole grains. Whole grain foods in meals and snacks can:

- Give a child the B vitamins and minerals (iron, zinc and magnesium) they need for energy to play and learn.
- Promote proper digestion and make bathroom time easier by providing dietary fiber.
- Help children feel full for longer and maintain a healthy weight as they grow.
- Add texture and flavor to their plate.

<u>Instead Of:</u>	<u>Choose Whole Grains:</u>
White Rice	Brown Rice, Wild Rice, Quinoa
White Bread or Wheat Bread	100% Whole-Grain Bread
Noodles, Pasta, Spaghetti	Whole-Wheat Pasta and Noodles
Flour Tortillas	Whole-Grain Tortillas and Whole-Corn Tortillas
Crackers	Whole-Grain Crackers



### Help Wanted!

Nutrition Services Substitute opportunities are available through Lynwood Unified School District. Apply on the district's website.

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