

Sack Meal Form

Please provide signed form with **TEN WORKING DAY'S NOTICE** to your Serving Kitchen Operator

School _____

Delivery Date _____

Teacher _____

Date of Trip _____

Room Number _____

Time Leaving _____

Total Number of **Breakfasts** Needed _____

Total Number of **Lunches** Needed _____

Principal's Signature

Date

SKO Signature

Date Received Completed Form

White – Serving Kitchen Operator
Yellow – Production Supervisor

Date Received at Nutrition Center

CF-4 (Rev. 7/07)

INTEROFFICE COMMUNICATION

To: All Principals

Subject:

Date: July 27, 2018

Field Trip Meal Count
Procedures

From: Adriane Robles, Director ^{AR}
Nutrition Services

Message:

Nutrition Services can provide breakfast/lunch sack meals to students participating in field trips. When using this service, the following Meal Counting Procedures are required.

- Sack meals must be ordered ten (10) working days before they are required. Submit the orders on a Sack Meal Form (CF-4) to your Serving Kitchen Operator/Cafeteria Manager.
- Three days before the field trip, each teacher attending and responsible for a class attending the field trip, needs to provide their Class Roster showing the names of students requiring a sack meal to your Serving Kitchen Operator/Cafeteria Manager.
- The day of the field trip, each teacher will need to pick up the sack meals for their class from the Serving Kitchen Operator/Cafeteria Manager along with their Class Roster.
- At breakfast and/or lunch time, the teacher will need to hand out the sack meals and make a check mark (✓) next to each student's name on the Class Roster as they are given their sack meal.
- On the same day of field trip return, the completed Class Roster should be placed in the kitchen's mailbox. If the roster is not received, this will result in a potential charge to your school site.

If you have any further questions, please contact your assigned Nutrition Services Supervisor.

PIZZA PARTY ORDER FORM

The Nutrition Department will provide components for your pizza party. The following items will be sent:

Pepperoni Pizza
Garden Salad
Baby Carrots
Fresh Fruit
Milk

School _____

Date Ordered _____

Teacher _____

Date Needed _____

Room Number _____

Total Number of Students _____

Please provide three signed copies with ten working days' notice to your Serving Kitchen Operator.

Principal's Signature & Date

- Retain one copy for site.
Send one copy each to:
- Supervisor
 - Distribution

INTEROFFICE COMMUNICATION

To: K-3rd Grade Teachers

Subject:

Date: July 27, 2018

“Nutrasaurus Rex”

From: Adriane Robles ^{AR}
Nutrition Services Director

Message:

Nutrition Services would like to offer your students entertaining nutrition instruction presented by the Nutrition Services staff with the help of Nutrasaurus Rex (the big green dinosaur). Rex is most enjoyed by our students in Kindergarten through Third Grade. The students are captivated by the possibility that he might even be “real” and eats many of the same types of foods that they do but in dinosaur-sized portions.

A little preparation also makes the lesson more fun for the students. Please try to review the USDA Food Guide “My Plate” with your class (Proteins, Fruits, Vegetables, Grains, and Dairy Products) prior to the lesson (attached). Since we know that the majority of children do not eat the suggested five to six servings of the nutrient-rich fruit and vegetable foods each day, this can also be an emphasis.

Please consider Nutrasaurus Rex in your lesson planning, and make a reservation by contacting Nutrition Services at (909) 881-8008, x223.

Thank you.





Local Foods MYPLATE MENU



LIST YOUR MENU ITEMS USING THE TIPS BELOW:



TIPS FOR YOUR MENU:

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Vary your protein routine.
- Limit sodium, saturated fat, and added sugars.



FLIP OVER TO DRAW YOUR MENU!

DRAW YOUR MENU!



#MyPlateMyState

October 2016

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10 tips Nutrition Education Series



Based on the
**Dietary
Guidelines
for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."