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San Bernardino City Unified School District



Nutrition News

Community Eligibility Provision (CEP)

Enjoy **FREE Breakfast & Lunch** at your school site!



Sign up for the Interactive Nutritional Menu App!

For information on Daily Menus, Menu Item Nutrient Information and Descriptions

Wellness Policy Implementation Summary

This summary can be viewed on the Nutrition Services Department web page at <http://sbcusd.com>.

Student Wellness Subcommittee

We are always looking for new members for the Student Wellness Subcommittee. We invite parents, teachers, students, and school administrators to be part of a team that promotes students' health, well-being, and ability to learn.

For more information

**Please contact Ivy Doan RD
(909)881-8000 ext. 240**

Wellness Policy

Our Wellness Policy is located at every café site. You can also view the policy online at <http://sbcusd.com>. Follow the directions under the Board Policy link under the "School Board" tab.

Food Allergy Awareness Week

May 12-18, 2019

**#ShareTheFAACTS
about
Food Allergies!**

FoodAllergyAwareness.org

DID YOU KNOW? Food Allergies affect as many as **15 million** Americans, including **6 million** children.

- Food Allergies can be life threatening
- The only way to prevent an allergic reaction is to avoid trigger foods

If your child has a food allergy, make sure to turn in your Medical Statements to your school office in order to receive meal accommodations

[Please Visit Our Website for the Form at SBCUSDnutritionservices.org](http://SBCUSDnutritionservices.org)



Harvest of the Month: Strawberries

- Rich source of Vitamin C
- Helps support the immune system
- Helps regulate blood sugar
- Improves heart health
- Helps prevent Cancer

Recipe Corner: Easy Pasta Primavera

Makes 4 servings



Ingredients

- 8 oz. Dried Wagon Wheel Pasta
- 1 of 16oz desired frozen mixed vegetables
- ½ cream cheese spread with chive and onion
- ¼ cup of milk
- Dash of salt and ground black pepper
- Finely shredded Parmesan cheese

Directions

1. In a Dutch oven cook pasta in a large amount of boiling lightly salted water for 4 minutes. Add frozen vegetables. Cook about 5 minutes more or until pasta and vegetables are tender; drain. Return pasta mixture to hot pan.
2. Add cream cheese spread to pasta mixture. Cook until heated through. Stir in milk.
3. Season to taste with salt and pepper and sprinkle with parmesan cheese.