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San Bernardino City Unified School District

# Nutrition News



MOBILE MENUS

### Sign up for the Interactive Nutritional Menu App!

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

### **Meal Applications**

Remember you can now fill out meal applications online at <http://onlinemealapp.sbcusd.com/> By completing the meal application online, it goes directly to Nutrition Services, which means that your application will be processed faster!

### **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 ex240**

### **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](http://FoodAllergyAwareness.org)**

**DO 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

**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.