

# SOUTH SAN FRANCISCO UNIFIED SCHOOL DISTRICT NUTRITION SERVICES



February–March 2018



First day of Spring is in less than 2 months! Time flies and the Nutrition Services department has been busy working on new projects.

We are collecting very interesting suggestions in the comment boxes we placed in secondary schools and are working on bringing them in our menus. The first one, coming in February will be a **Bean and Cheese Pupusa**. We also added a **Turkey Meatball Sandwich** and a **Potato Bar**. In March we will offer an “in-house” **breakfast Burrito**. **Fresh Bread** (starting with hot dog buns, hamburger buns, and English Muffin) will also appear in February.

We met with Food 4 Thought, a Fresno-based company that works with small family-owned growers located throughout California’s Central Valley to get locally grown fruits into schools. The samples we tested were excellent and reasonably priced. We will start ordering in-season fruit and will partner with them to organize nutrition education events in schools.

USDA rules regarding food left overs and food donations were recently changed. In order to reduce food waste we are working with the Health Department to implement shared tables in cafeterias. Students will be able to put some of the food they won’t eat on a table where any student will be allowed to help themselves. We will communicate and train noon supervisors on the rules that will have to be respected to ensure food safety.

## Special menus

**Feb 8 & Mar 22** Treat Day, **Feb 20 & Mar 29** Birthday Celebration, **Feb 14** Valentine’s Day , Mar 15 St Patrick’s Day.

*Fran Debost, MS, RDN Nutrition Services Director*

## *Mandarins: Fill Up with Vitamin C*

Part of the Citrus family, the mandarin is native to Southeastern Asia and the Philippines. In 1840, Willow-leaf and China mandarin varieties are imported by Italian consulate from Italy and planted in New Orleans; varieties later travel to Florida and then California by end of 19th century.

Mandarins that have a deep orange-red color are called tangerines. Mandarins are categorized into 3 major cultivars:

Mandarin Cultivars	Marketed as	Popular California Grown Varieties of Cultivar
Common Mandarin	Mandarins & Tangerines	Clementine, Honey, Sunburst, Dancy, Pixie
Satsumas	Satsuma or “Emerald Tangerine”	Kara, Owari, Silverhill (70 California varieties and 200 worldwide)
Mandarins Hybrid	Tangelos (tangerine-pomelo) & tangors (tangerine-orange)	Minneola tangelo, Sampson tangelo, Thornton tangelo, King tangor

China is the leading grower of mandarins, producing more than half of the world’s supply. The United States ranks seventh globally. Satsumas were once the most popular mandarin variety but are second now to Clementines. Clementines are available from November to January leading to their nickname as “Christmas Oranges.” .

Mandarins are an excellent source of vitamin C and a good source of vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. It also helps keep the body from bruising and helps build the tissue that holds muscles and bones together.

Vitamin C also helps the body absorb the iron found in foods. Too little vitamin C in the diet can cause dry and splitting hair, bleeding gums, easy bruising, and swollen and painful joints. Vitamin C is found only in plant foods. Our bodies do not make or store vitamin C. So try to eat foods with vitamin C every day .

## Healthy Serving Ideas

- Mandarins are easy to peel and make a great snack.
- Add mandarin slices to green salads.
- Mix cooked long grain rice with mandarins, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.
- Dip tangerine segments into low-fat flavored yogurt.

### *Fruit and Nut Slaw*



**Serves 6**

**Preparation:  
45 minutes**

#### Ingredients:

- 1 (8 ounce) can sliced pineapple, drained with juice reserved
- 2 tablespoons lemon juice
- 1 banana, peeled and sliced
- 3 cups shredded cabbage
- 1 cup diagonally sliced celery
- 1 (11 ounce) can mandarin oranges, drained
- 1/2 cup chopped walnuts
- 1/4 cup raisins
- 1 (8 ounce) container orange flavored yogurt
- 1/2 teaspoon salt

#### Directions:

- Drain pineapple, reserving 2 tablespoons juice. Cut pineapple into thin strips, and place in a large bowl.
- In a medium bowl, combine reserved pineapple juice and lemon juice. Toss with banana, and add to pineapple. Add cabbage, celery, mandarin oranges, walnuts and raisins; toss to combine.

- Blend yogurt and salt together, and add to cabbage mixture; toss lightly. Cover, and refrigerate until thoroughly chilled.

## *PART TIME JOB OPPORTUNITIES*

**You come to school everyday to pick up your students. Why not come earlier, spend a few hours in the kitchen and get paid ?**

**Nutrition Services has several positions open, daily work or substitute. To find out more please contact Ana Miramon at :**

**amiramon @ssfusd.org.**

## *ONLINE MEAL PAYMENTS*

Please take advantage of the option to prepay your student's meal account. Prepaid meal accounts help the lunch lines go faster . Prepaying also gives you the peace of mind of not having to send cash on a daily basis. It also decreases the chance of lost lunch money.

You can also set an alert on your account to inform you when the balance is running low.

Find this link on our district home-page,

**[www.ssfusd.org](http://www.ssfusd.org):**

Meal Payments  
Pagos para Alimentos

## *FREE AND REDUCED-PRICE MEALS*

Please remember than you can **reapply anytime during the year** for free and reduced-price meals if your income or household size changes.

The online application only takes a few minutes and is the fastest, easiest way to get approved.

Find this link on our district homepage,

**[www.ssfusd.org](http://www.ssfusd.org):**

Meal Application  
Solicitud para Alimentos

If you do not have access to a computer, you can use one in the Nutrition Services Department and be assisted if necessary (our staff speaks Spanish).