

# Cafeteria Connection

Winter 2016-17

## West Covina Unified School District

### Nutrition Services



Thank you to our amazing staff for all of your hard work.

We hope you and your families had a wonderful holiday and a happy new year!

#### Wellness Tip

Sleep is essential to your health! You need 7-8 hours of sleep to help lower stress, help keep your heart healthy and lower your risk of disease.

#### Coming Soon...

Bulletin Board Contest! Stay tuned for more details!

#### Reminders:

**Mandatory K-12 Staff  
Development Training on January  
23rd from 8:30-12:30pm.**

#### New Items

Antibiotic and hormone free Mighty Chicken Meatballs with whole-grain penne pasta and a delicious tomato basil sauce will be featured in the month of December at Elementary sites and in January for the Secondary sites. Green Bellies Company is an independently owned, San Diego based company that offers nutritious and tasty options for schools. We are excited to launch this new entrée in our cafeterias!



#### Happy Birthday/Anniversary!

##### December

Anna Ornelas  
Guadalupe Manzano  
Helen Korolis  
Sandra Preciado  
Lorena Quezada  
Lourdes Ruiz

##### January

Rosa Manzano  
Maria Benitez  
Pauline Rosales  
Wendy Mendoza  
Martha Vega  
Cynthia Sanchez

##### February

Ines Barreto  
Veronica Miranda  
Vicky Acosta  
Blanca Castillo

##### Happy Anniversary!

Janette Vizcaino  
Jessica Kern  
Adelina Hernandez

#### Student Taste Test

A student taste test for new menu items was held at Edgewood High. Students had the chance to taste and rate sub sandwiches, Asian rice bowls and fun-flavored snacks.



West Covina Unified School District is an equal opportunity employer.