



EXTRA EATS!

EVERY FRIDAY

APRIL - JUNE 2021

8:00 AM – 10:00 AM

Entrée Choices:

Weekly Choices Vary – See Page 3

Fruits:

100% Fruit Juice

Vegetables:

Variety of Fresh or Canned Vegetables

Snacks:

Cereal Bowl, Whole Grain Crackers, Whole Grain Grahams,
Reduced Fat Chips, String Cheese & Sunflower Seeds

Milk:

½ Gallon Low-Fat or Non-Fat Milk

Good nutrition and learning go hand in hand. The Nutrition Services Department is comprised of a team of nutritional professionals who are dedicated to students' health, well-being, and their ability to learn. We support learning by promoting healthy habits for lifelong fitness.

The school foods provided meet state and federal requirements which are based on the USDA Dietary Guidelines. We also model proper portion sizes.

LOOKING FOR ADDITIONAL ENRICHMENT ACTIVITIES?

Check out our library of Nutrition Education featuring lessons on:

- Language Arts
- Math
- Science
- Gardening
- Health

Scan here or visit www.eatsmart2besmart.org/nutrition-lessons

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Visit www.eatsmart2besmart.org/nutrition-lessons for enrichment activities.



*Once food has left site, Norwalk-La Mirada USD is not responsible for improper food handling resulting in illness



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School Site Pick Up Locations:

All Elementary Sites, Los Alisos, Glenn HS, La Mirada HS & Norwalk HS

Safety Precautions

- Do the two “W’s”: Wear a Mask & Wash your Hands
- Maintain 6-feet physical distance from others.
- Stay home if you are ill.

Food Precautions

- Make sure to eat perishable and/or prepared foods first
- Check expiration dates/best by dates.
- Our products DO NOT contain preservatives.
 - Frozen foods need to be eaten within 2 days after thawing.

Food Allergens

- Food allergens and food safety handling procedures are on the last two pages.

Recipe Ideas

- The new menu is on the next page.
- Recipe suggestions for your menu are on the following page
- Storage and reheating directions are on the last two pages



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