NEWS FROM THE KITCHEN

Our first themed lunch (Halloween) was a huge success! The participation was 10% higher than our highest count since the beginning of the school year! Students’ motto on that day was “best day ever!”

Do not miss our special Thanksgiving lunch on November 17! Roast Turkey and Gravy with Mashed Potatoes, Cranberry Sauce with Biscuit, Apple Sauce and Brownie Bite.

We are excited to announce that, in our effort to buy more local food, SSFUSD Nutrition Services joined the Community Alliance with Family Farmers (CAFF) Committee. CAFF’s mission is to build sustainable food and farming systems. Their Farm-to-school program connects schools to farms, in the classroom, on the farm, and in the cafeteria to provide fresh, healthy, and tasty food for students while also increasing farmer income. More to come after our first meeting on November 1st.

We are thankful for the privilege of serving your children and wish you a very happy and blessed Thanksgiving!
Fran Debost, MS, RDN, Director of Nutrition Services

TIP OF THE MONTH
Making Healthier Thanksgiving Choices

Thinking of new ways to achieve a healthier Thanksgiving? Here are some simple solutions for a more well-balanced holiday:

• **Look for smarter substitutions.** Rather than preparing your family’s favorite Thanksgiving entrées or side dishes using ingredients high in fat, sugar or calories, give some healthier habits a try. The American Heart Association recommends using vegetable oils (like olive oil) instead of butter; serving whole-grain breads and pastas instead of white; and baking, grilling or steaming vegetables instead of frying.

• **Eat your greens first.** Before your family dives into the main courses, make sure to serve an assortment of salad and vegetable options. Stocking up on greens will allow your kids to fill their plates with healthier choices (and their tummies with essential nutrients).

DID YOU KNOW?

- **Add orange to the menu.** Traditionally known as “Jack-O-Lanterns,” pumpkins make a delicious and healthy dessert item. These bright orange fruits are packed with vitamins A and C, omega-3, beta-carotene and fiber.

- **Increase physical activity.** After the plates are cleared, head outside for some calorie-burning activities. Take a peaceful stroll around the block or play a fun game of catch football.

FREE AND REDUCED-PRICE MEAL APPLICATIONS

You can reapply anytime during the school year if your income or the size of your household change. The online application only takes a few minutes and is the fastest, easiest way to get approved. The application link can be found on our district homepage, [www.ssfusd.org](http://www.ssfusd.org)

Please take advantage of the options to prepay your student’s meal account. Prepaid meal accounts help the lunch lines go faster giving the students more time to eat, relax, and play. Pre-paying 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. Follow the link on our district homepage: [www.ssfusd.org](http://www.ssfusd.org)