**NEWS FROM THE KITCHEN**

Students of South San Francisco High School love our new breakfast menu. Participation more than doubled, from 7% last year to 16% on the highest day of November! Hearty entrées such as Mini Pancakes with Turkey Links & Country Potatoes or French Toast Sticks with Turkey Sausage Patty & Potato Rounds provide the much needed fuel to keep our high schoolers energized! Students can also enjoy “Parfaits” (yogurt, fruit, and granola) or new creations such as the Warm English Muffin with Scrambled Eggs and the Morning Biscuit (Turkey Bacon, Egg Patty and Cheese).

In November we enriched the salad bar at Westborough. More bulk diverse and colorful fruits and vegetables were offered at lunch, such as cherry tomatoes, pineapple, cucumbers, jicama, corn, and mandarins. Students love the new choices and some of them even come back for second servings! We will keep offering different produce everyday and will extend this improvement to Parkway in December.

Holiday lunch will be on December 15! The menu will include Winter Wonderland Chicken Nuggets & Potato Smiles, Snow Joe Apple Ice Cups and Holiday Wreath Cookies.

We will celebrate National Milk Day on January 11 with “Got Milk Mookie” Crackers and a special milk flavor. Milk is one of the best sources of calcium for the body and is filled with Vitamin D that helps the body absorb calcium. Proper calcium intake contributes to strong and healthy bones. Drinking milk provides other benefits such as healthy teeth, rehydration and improves vitamin intake. Every day we offer low-fat white milk and fat-free, low-sugar chocolate milk. A cup of our white milk contains 16g of sugar and a cup of our chocolate milk 19g, whereas some brands can include up to 27g. As a reference, a cup of 100% orange juice contains 22g of sugar and a cup of from concentrate juice 24g.

If your student has a severe allergy to milk, we can provide you with a form to be filled out by your doctor and we will happily provide soy milk with the same nutritional content as milk. Please call Nutrition Services at 650-877-8716 for more information.

*The NS team wishes you happy holidays and a wonderful new year!*

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**RECIPE OF THE MONTH**

**Rainbow Bell Pepper Boats with Garbanzo Beans and Kale**

- Prep time: 1 hour
- Makes: 4 Servings

**Ingredients**

- 2 cups instant brown rice (cooked)
- 4 medium bell peppers (red, yellow, and orange)
- 2 cups kale (chopped)
- 1 can 15 oz. garbanzo beans, unsalted
- 1/2 cup walnuts (chopped)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

**Directions**

1. Preheat oven to 375 degrees.
2. Cook rice according to package directions.
3. Slice bell peppers in half vertically and remove seeds.
4. Reserve about half of garbanzo beans; mash remaining portion with a fork.
5. Mix rice with kale, garbanzo beans, unsalted 1/2 cup walnuts (chopped)
6. Fill peppers with mix; place in baking dish and cover.
7. Bake about 30 minutes.
8. Remove lid and bake more 5 more minutes.

**TIP OF THE MONTH**

Choose fruits & vegetables rich in color!

“Eating the rainbow” provides all the different nutrients needed for good health. Colorful food is also more attractive and since we eat first with our eyes, a colorful plate is more likely to stimulate our appetites. Kids are also more attracted to colorful food, so eating the rainbow makes children more likely to eat healthy food instead of colorful junk food. Try summer squash, cherry tomatoes, bell peppers, or collard greens.

For more information about the benefits of each color of vegetable, please click on the nutrition icon on SSFUSD district homepage: [www.ssfusd.org](http://www.ssfusd.org)

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