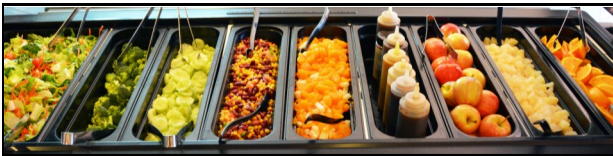




California Food For California Kids™ California Thursdays are Here!

Food and Nutrition Services has joined with 15 other California school districts to participate in California Thursdays, an initiative of California Food for California Kids™. We are piloting the program by offering meals at 27 SD Unified elementary schools on Thursdays that are made from scratch with food grown in California with a plan to eventually expand to all district elementary schools.

Thursday's menu will include Mary's free-range, antibiotic-free chicken drumsticks; fresh colorful salad bar choices full of California produce including the November Harvest of the Month, Fuyu persimmons, fresh kiwis and great build-your-own salad ingredients that can be topped with all-natural honey mustard dressing from San Diego's own Green Bellies; plus a whole grain dinner roll. Don't forget milk from the happy California cows at Hollandia Dairy.



The heart of the *Kid's Choice Café* program is the garden fresh salad bar(s) found at every SD Unified elementary school.

Preparing and serving fresh locally grown food to children is a triple win. We all know that better nutrition improves academic performance, but the program also supports California agriculture and local farmers and reduces the carbon footprint by reducing the transport miles from field to table.

"California Thursdays is a great first step in celebrating all that California agriculture has to offer," says California Department of Food and Agriculture Secretary Karen Ross. "It brings awareness to the fresh, wholesome and seasonally appropriate bounty of our great state. If we feed our children good, healthy food, if we connect them back to the place and the people and the practices that it came from, I think we're going to have great decision makers in our future."

Your Farmer

Ron Sahu
Sahu Subtropicals

November's Harvest of the Month: Organic Fuyu Persimmons

Farm: Sahu Subtropicals
Farmers: Ron and Kathy Sahu
Location: Rainbow, CA
Farm Size: 60 acres
Farm Age: started in 2009
Main Crops: Tropical and rare fruits!
Growing Style: Certified Organic

What's a Fuyu Persimmon?
 Fuyu Persimmons are very sweet and kind of look like little pumpkins because they are orange on both the inside and outside. They are one of the brightest fall fruits and taste great!

Don't Forget

Find Your school's menu on the New Menu App
 go to the Apple App Store or Google Play Store

Search for:
YumYummi digital school menus
It's FREE!

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San Diego Unified Farm to School **@SDFarmtoSchool**

<p>How to Prepay for School Meals</p> <p>\$\$\$ Breakfast: - \$ 1.00 - Lunch - \$2.00 \$\$\$ PREPAY BY CREDIT CARD Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. The free PayPAMS Mobile App is now available for Android and iPhone. Make payments, view meal account balance, cafeteria purchases and payment history.</p> <p>Or visit our website at www.sandi.net select <i>School meals/Application</i> and select the link <i>Pre-payment for meals</i>, or www.paypams.com.</p> <p>PREPAY AT SCHOOL-CASH OR CHECK Put cash or checks made payable to your child's school cafeteria in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.</p>	<p>Come and Join our Team!</p> <p>Looking for a job that lets you be at home when your family needs you there?</p> <p>>Enjoy working with school-age children >Enjoy part time work near home. We are especially looking for team members who are available to work in the following zip codes: 92037, 92106, 92107, 92111, 92117, 92119, 92122, & 92131.</p> <p>Starting Pay: \$10.34/hour</p> <p>For more information: 858 627-7321 6735 Gifford Way, Rm 5 San Diego, CA 92111</p>	<p>School Meals are the Right Choice</p> <p>Under the Healthy Hunger-Free Kids Act of 2010 school meals are required to meet vigorous new nutrition standards. SDUSD meals follow these standards which include:</p> <ul style="list-style-type: none"> - Offering the five components of a healthy meal: milk, fruits, vegetables, proteins, grains - Age-appropriate calorie limits and portion sizes - Larger servings of vegetables and fruits (students must take at least 1/2 cup of fruit and/or vegetables) - A wider variety of vegetables, including dark green and red/orange vegetables and legumes - Fat-free or 1% milk - More whole grains - Less sodium and saturated fat
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