

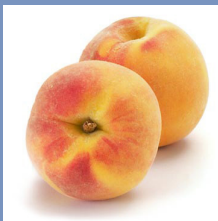
# RVUSD Nutrition Services Newsletter

May 2012

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### Fresh Pick of the Month



## DID YOU KNOW?

### MEALS AT RINCON VALLEY UNION SCHOOL DISTRICT FOODSERVICE PROGRAM

**Breakfasts:** We have four entrees served daily with milk or juice and fresh fruit. The cost of the full meal for both elementary sites and Rincon Valley Charter is only **\$1.50**. Reduced breakfast price is **\$0.30**.

**Lunch:** We offer 5 different entrees, including side choices in our variety bars and a beverage. Entrée and variety bar options vary daily. Full lunch price is only **\$2.85** for all elementary sites and at Rincon Valley Charter, students full lunch price is **\$3.15**. Reduced meal price is just **\$0.40**

You can view our breakfast and lunch menus through the district's web site. We hope that your child will enjoy the many choices we offer for our delicious and healthful meals.

We also understand the value of students' free time. Most of the students are served within the first 10-15 minutes of their mealtime.

**MAKE SURE YOUR STUDENT JOINS US  
FOR A GREAT MEAL AT A GREAT PRICE!**



### RVUSD'S CONVENIENT ONLINE PREPAYMENT SERVICE

The RVUSD Foodservice Department provides a convenient, easy and secure online prepayment service that can be used anytime to deposit money into your child's school meal account. This service is called MyNutrikids. It provides parents the ability to view their child's account balance, add money into their account, and access their eating history report, which consists of all the dates your child has purchased breakfast or lunch within the past thirty days. By having money in each child's account prior to entering the cafeteria, we find the lunch lines move along much faster so your child has more time to eat and be with friends.

**Sign Up Now @ [www.mynutrikids.com](http://www.mynutrikids.com)**



# RVUSD Nutrition Services



Eating healthy school meals has numerous benefits for your child. Yet many eligible families do not take the few simple steps to complete the application and take advantage of the free and reduced-price meals.

We want to help our students do better in the classroom and achieve their dreams! We work to help parents with the MVP application.

Here at Rincon Valley Union School District we do everything possible to ensure that our **MVP Program** participants:

- Feel no social stigma for applying to the program
- Are treated and greeted the same at the cash register as any other student
- Are not singled out in any way to ensure their complete anonymity
- Can be confident that all information is kept confidential.

All students are eligible to apply for the Meal Value Plan (MVP), which will help your child/children receive nutritious school meals for free or at a reduced price. A family application is distributed to all students in their "first day packet" of school. In addition, you can locate it on [www.rvUSD.org](http://www.rvUSD.org) in the foodservice section. The application needs to be filled out in its entirety and returned to your child's school office manager or to the District Office. **ALL** sections on the application must be completed to prevent delays in the approval process for your child. **Please complete only (1) application per Household.**

Students who attended schools in the Rincon Valley Union School District last year and were on the Meal Value Program **MUST** complete a **new application** for eligibility of extended benefits. If you do not reapply, all meal prices will **automatically change to full price.** New students applying for the Meal Value Plan are responsible for paying regular breakfast/lunch prices until benefits are issued.

## HIGHLIGHTED EVENTS:

- **May 7<sup>th</sup>-May 11<sup>th</sup>: A-Z Salad Bar (Matanzas and Whited)**
- **May 11<sup>th</sup>: BBQ DAY (All Sites)**
- **May 14<sup>th</sup>-May 18<sup>th</sup>: Color Your World (All Sites)**
- **May 28<sup>th</sup>: No School Memorial Day**
- **May 31<sup>st</sup>: Pizza Party**

## PRODUCE OF THE MONTH: Fun Facts about Peaches



### Did You Know?

- 1. Peach origins:** The fuzzy peach is actually a member of the rose family and originated in China.
- 2. Peaches on the Silk Road:** The peach's scientific name, *Prunus persica*, is a direct reference to the fruit's travels to Persia along the Silk Road.
- 3. Peach varieties:** You can buy two main varieties of peaches: *clingstone* (the flesh sticks to the stone) and *freestone* (the stone is easily separated from the flesh).
- 4. Peach colors:** The peach can have yellow or white flesh, which is sweeter and less acidic than its more traditional golden counterpart.
- 5. Top peach growers:** China is the largest producer of peaches, followed by Italy.
- 6. Peach nutrition:** A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.
- 7. Biggest peach cobbler:** "The world's largest peach cobbler" is made every year in Georgia, which is known as the Peach State. That cobbler measures 11 feet by 5 feet.
- 8. "The Peach State":** That would be the nickname for Georgia.
- 9. Peach season:** Peaches are best from June to the end of August.
- 10. Peach ripeness:** The flesh of a peach should

## Eating Better on a Budget

### 10 tips to help you stretch your food dollars

- 1) **Go back to the basics** Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save! Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.
- 2) **Cook once...eat all week!** Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.
- 3) **Spice up your leftovers—use them in new ways.** For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!
- 4) **Eating out.** Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.
- 5) **Plan, plan, plan!** Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.
- 6) **Get the best price.** Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.
- 7) **Compare and contrast.** Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.
- 8) **Buy in bulk.** It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.
- 9) **Buy in season.** Buying fruits and vegetables in season can lower the cost and add to the freshness!

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Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information

## Fun Fact!



### Where is the world's largest peach located?

The World's Largest Peach is located in Gaffney, South Carolina, and weighs over 10,000 pounds. The city of Gaffney, near Greenville, built this water tower in the shape of a peach back in 1981.

**CONTACT US! Call or send an e-mail message whenever you have a question or comment about school meals.**

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## Peachy Chicken Salad



Makes 4 servings

### Ingredients

- 3 boneless, skinless chicken breast halves
- 2 large peaches, peeled and chopped
- 1/2 cup shredded carrots
- 1 cup shredded cabbage (Napa, red, green, or substitute broccoli slaw)
- 4 large Bibb lettuce leaves
- 2 tablespoons crumbled goat cheese
- 2 tablespoons chopped walnuts, toasted

### Dressing

- 1/4 cup champagne vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon minced shallots
- 1 tablespoon fresh chopped basil
- 2 teaspoon honey
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

### Directions

1. Heat grill pan or grill to medium-high heat.
2. Spray the pan or grill with cooking spray, and place the chicken on it. Grill 5 to 6 minutes on each side until done.
3. Shred or chop the chicken and add it to the mixing bowl along with peaches, carrots, and cabbage.
4. Place the dressing ingredients in a separate mixing bowl; whisk to combine.
5. Pour the dressing over the chicken mixture and toss gently.
6. Arrange one leaf of Bibb lettuce on each plate. Divide the peachy chicken salad among the four plates.
7. Garnish with goat cheese and toasted walnuts. Serve immediately.