

STAYING GREEN FOR THE NEW YEAR!

In addition to the District's commitment to serving high quality products and seasonal produce, the District is committed to promoting sustainability through the Food Services program.

The Food Services department utilizes biodegradable trays and paper products for meal service; all styrofoam products are being phased out. Additionally, straws and wrapped utensils were eliminated during the last school year based on the suggestion of students at Palos Verdes High School.

To address food waste, all secondary sites are now collecting organic (food) waste from kitchen production and the waste is sent for composting through our waste management company.

Food Services is proud of existing sustainability measures and looks forward to sharing more progress in this area!

NUTRITION TIP

Kids love being involved in decision-making, including in their food choices. By taking ownership of their nutrition and health now, they can start to build lifelong practices.

Involving kids in nutrition can happen anywhere - your kitchen, the grocery store, a farmer's market, a restaurant, or even when looking over the school lunch menu.

Start here: Ask your child to help plan the dinner menu for one night this week. Ask them to choose a whole grain, lean protein, and their choice of tasty vegetable.

MENU FEATURE: TERIYAKI CHICKEN WITH BROWN RICE

Lean, grilled chicken strips are baked and then coated in a traditional teriyaki sauce. The teriyaki chicken is served with a side of brown rice and whole grain fortune cookie.



CLASSROOM CELEBRATIONS

Fun & Healthful Ideas

Per the District Student Wellness Policy, nutrition and physical activity are promoted to create a healthy school environment and to emphasize the relationship between student health and academic performance. Consistent health messages between the home and school environment are helpful.

The District encourages parents and staff to utilize non-food rewards or nutritious food rewards for class parties or celebrations. Additionally, celebrations involving treats should be held after the lunch period when possible, to give students an adequate period to consume their lunch.

Non-food reward ideas include school supplies, sports gear, water bottles, and art supplies. Healthful food rewards include fresh fruit, baked chips, yogurt parfaits, popcorn, and cereal bars.

Parents and guardians should work with teachers and school staff to approve suitable rewards for classroom celebrations and fundraisers.

MEAL ACCOUNTS

The start of the new year is a great time to clear all your unpaid meal charges!

Negative balance notices are sent home weekly and you can also check your student's balance within Titan School Solutions via the Aeries Parent Portal.