

NUTRITION SERVICES

COVINA-VALLEY UNIFIED SCHOOL DISTRICT

Spring 2024 Newsletter

MARCH IS NATIONAL NUTRITION MONTH!

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition. At Covina-Valley Unified School District, we serve milk from Driftwood Dairy that is sourced from local California farms, fresh burger buns and sandwich bread from Glendale, CA, and purchase at least 50 percent of fresh produce that is California grown.



Nutrition Services received a Local Foods for Schools Grant this year which allows the department to purchase seasonal, organic, and exotic varieties of produce from local California farmers within 200 miles of Covina, CA. One of our new partnerships is with the farm hub, Old Grove Orange. They work with 15 different farmers year-round to provide delicious, and nutritious produce like the cara cara oranges, satsuma mandarins, and organic apples featured on the menu this month. Scan the QR code to learn more about Old Grove Orange Farm's Harvest of the Month.



STUDENTS CAN RIDE THE BREAKFAST WAVE WITH HEALTHY BREAKFAST OPTIONS AT SCHOOL EVERY SCHOOL DAY

Students can get a nutritious school breakfast, complete with whole grains, low-fat or fat-free milk, fruit and 100% fruit juice every school day to ensure they are fueled for learning. Studies show that students who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and miss less school days.

March 4-8 is National School Breakfast Week. Please encourage your child to eat breakfast at school to fuel up for learning!



MIDDLE AND HIGH SCHOOLS
Monday, March 4th
Hearty Breakfast Meal



NEW

ELEMENTARY SCHOOLS
Friday, March 8th
Sausage & Cheese
English Muffin Sandwich





WHAT'S ON THE MENU?

Scan the QR code and sign up to have your student's menus emailed monthly. See what delicious and nutritious meals are served each day.



MIDDLE AND HIGH SCHOOL STUDENTS ARE OFFERED EIGHT NUTRITIOUS ENTREES TO CHOOSE FROM DAILY.

Below are some of the seasonal and freshly made items available this school year.

FRESHLY PREPARED ENTREES



**BREADED DRUMSTICK
MASHED POTATOES**



**BURRITO BOWL
(CHICKEN, BLACK BEANS,
CILANTRO LIME RICE)**



**TAMALE
SPANISH RICE
AND PINTO BEANS**



**TERIYAKI CHICKEN
VEGGIE CHOW MEIN**



CHICKEN ALFREDO



TURKEY WRAP



HOT DOG



BURGER



VEGGIE SANDWICH



YOGURT PARFAIT

PACKAGED ENTREES



TACONADA



**PEPPERONI STUFFED
SANDWICH**

LUNCH INCLUDES:

Entrees made with whole grains and lean proteins, a selection of fruits and vegetables, and milk.



Luau Day

Elementary - 5/6
Middle - 4/17
High - 4/19



Cinco de Mayo

All Grade Levels - 5/3



Lucky Tray Day

Elementary - 5/15

