



K C NEWS

For the Family
May 2015

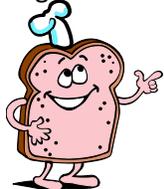
Find Whole Grains
Find healthy choices fast by choosing products that have the Whole Grain stamp. Find more information at WholeGrainsCouncil.org.



Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

School meals are giving kids the goodness of whole grains. Whole grains have B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school. Starting in School Year 2014-15, all grains offered as part of school lunch and breakfast are “whole grain-rich.” This means that at least 50% or more of each grain product is whole grain.



Some Examples of Whole Grains:

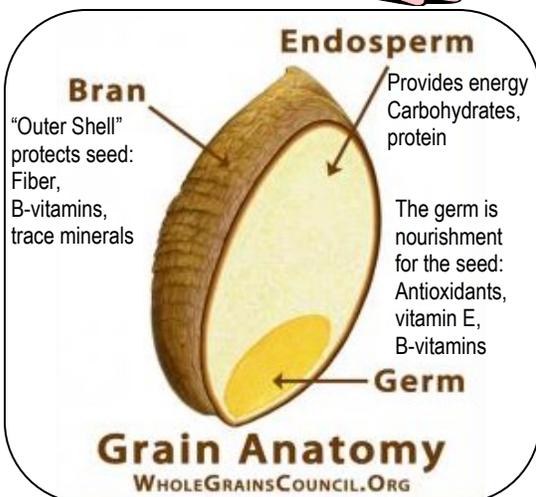
- Amaranth
- Barley
- Brown and colored rice
- Buckwheat
- Corn, including whole cornmeal & popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rye
- Sorghum (also called milo)
- Teff
- Triticale
- Wheat, including varieties such as spelt, emmer, faro, einkorn, Kamut, durum and forms such as bulgur, cracked wheat and wheatberries
- Wild rice



Good Sources of whole grains are whole-wheat bread, crackers, pasta, sandwich buns, rolls, cereals, and tortillas.

Whole Grain Tips

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word “whole “ listed with the first ingredient.
- Try brown rice or whole-wheat pasta
- When baking, substitute whole-wheat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn is a whole grain and can be a healthy snack.



YOUR FARMERS

Noel & Jerome Stehly
Stehly Farms Organics

Wednesday's Harvest: Organic Pee wee Avocados

Farmers: Noel & Jerome Stehly

Farm: Stehly Farms Organics

Location: Valley Center, CA

Farm Size: 300 acres

Farm Age: Started in 1964

Main Crops: Citrus and Avocados

Growing Style: Certified Organic

What's a Pee wee Avocado?

Pee wees are one of the smallest avocados – but they are big on flavor! They grow on trees and are harvested by hand. Is an avocado a fruit, or a vegetable? Actually, it's a fruit!

How to Prepay for School Meals

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.

Or visit our website at www.sandi.net select School meals/Application and select the link Pre-payment for meals, or www.paypams.com.

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.

Free and Reduced Price Meals

Applications are accepted year around and are available at your school's office or the Food Services office at 6935 Gifford Way, SD 92111



San Diego Unified School District
Food and Nutrition Services
www.sandi.net/food



Facebook: San Diego Unified Farm to School



Twitter: SDFarmtoSchool



Instagram: SDFarmtoSchool

Find your school's menu on the SDUSD's Menu App from the Apple Store or Google Play Store. Search for Yummy digital school menus. It's Free!!

