

Families Making the Connection

Smart Snacks in School

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, vegetables, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.

Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

Smart Snacks in School support the efforts of school nutrition professionals, school administrators, teachers, families and the school community who are working to help children build healthy habits for a lifetime.

Menus for December 2019

Inland Leaders Charter Schools

Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
Chili Pears/Apples Milk Peas Roll Croutons	Nada Taco Orange/Grapes Milk Pinto Beans Broccoli	Pork BBQ Potato Wedge Fries Banana/Strawberries Milk Croutons	Hamburgers/Chicken Patty Potato Wedge Fries Banana/Strawberries Milk Croutons	Pita Pizza Apple/Strawberry Milk Peas Garbanzo beans
Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
Beef Enchiladas Pears / Apples Milk Peas Roll Pinto Beans	Taco Bar Orange/Grapes Milk Pinto Beans Broccoli Crouton	Chicken Broccoli Bowl Apple/Grapes Roll Milk	Turkey/Cheese Sub Pineapple/Apple Milk Garbanzo beans	French Bread Pizza Banana/Pineapple Milk Broccoli Pinto beans
Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
Chicken Cheese Burrito Apples/Banana Broccoli Milk	Totally Taco Banana/Grapes Milk Pinto Beans Broccoli	Meat Loaf Brown Rice Banana/Apples Milk Peas Crouton	Chili Pears/Apples Milk Peas Roll Croutons	Calzone Pepperoni Pizza Banana/Pineapple Milk Broccoli Garbanzo beans
Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, December 30	Tuesday, December 31			
NO SCHOOL	NO SCHOOL			



December

- Pear Month
- Handwashing Week (1st week in December)

Sources: www.fns.usda.gov, <http://childnutrition.ncpublicschools.gov>

EAT YOUR PEARS

Pear Scramble

How many new words can you make from the letters in PEARS?
(Example: are, sap)

I found _____ words.

Pear Parts

Use the words below to correctly label the parts of a pear.

- core
- flesh
- stem
- calyx
- shoulder
- seed
- skin

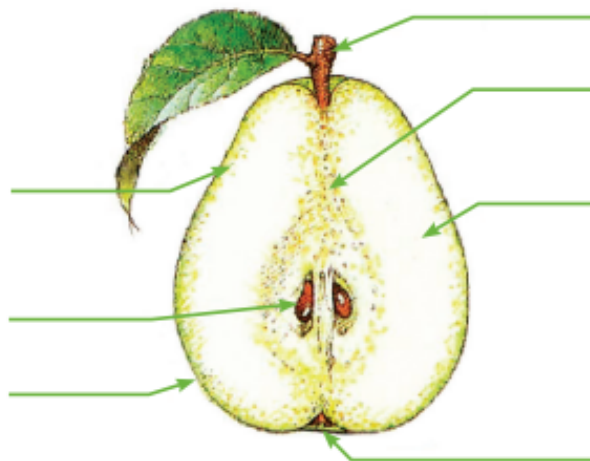


Image from: www.usapear.com

Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)
Calories 41 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 1%

Reasons to Eat Pears

A ½ cup of sliced pears – green, yellow, or red – has fiber and vitamin C. Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full.

Fiber Champions*:

Beans, berries, dates, peas, pumpkins, whole wheat breads, and whole grain cereals.

*Fiber Champions provide a good or excellent source of fiber.

How Much Do I Need?

A ½ cup of sliced pears is about half of a small pear. This is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Make a goal to eat a variety of colorful fruits and vegetables – fresh, frozen, canned, and dried – throughout the day. This will help you meet your daily needs. And make a goal to be active for at least 60 minutes every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.
Visit www.mypyramid.gov/kids to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
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