

# AUGUST NEWSLETTER



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## BRING THE FARM TO SCHOOL!

This year at SCSD Nutrition department it is our goal and mission to increase the local foods your child is eating. We will be featuring local produce from farmers within 100 miles of the area monthly on our menus. We will also have produce from our school gardens and greenhouse.

Having fresh, local produce isn't just good for us, but also delicious. Look for signage on menus and in the cafeterias noting the local produce!

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August is:



Eating at breakfast and lunch at school supplies  $\frac{1}{2}$  of the fruit/vegetables your student needs daily, as well as 2 servings of dairy and  $\frac{2}{3}$  of their daily calorie needs.

We offer fresh produce daily and students can fill up on unlimited fruits and vegetables from our fresh fruit/veggie bar! Encourage your child at home to keep trying new foods!

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## RECIPE OF THE MONTH

### *Heirloom Tomato- Basil Salad*

#### *Ingredients*

- 5 heirloom tomatoes cut into wedges
- $\frac{1}{4}$  cup fresh chopped basil
- 1 clove minced garlic
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar

*Directions:* Toss together and serve either alone or on top of a bed of fresh greens

*We will be having this recipe on our fruit/veggie bar!*

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## AUGUST MENUS

are online at <http://www.shencsd.com/>-

Check out the Nutrition page to find menus, information about the program, and fun exciting events coming up!

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## MEAL BENEFITS APPLICATION

The Free and Reduced Meal Benefit Program is part of the National School Lunch Program, which is a federally-assisted meal program. It provides nutritionally balanced, low-cost or free meals to children each school day during the school year. Shenandoah Community School District families can submit applications online for the 2018-2019 school year. Online applications are the fastest and easiest way to apply for meal benefits, whether you choose to opt-in or opt-out. The online application is found at [myschoolapps.com](http://myschoolapps.com). Your information is protected using secure technology, so families can rest assured that your personal information is confidential.

Applications need to be submitted annually and do not automatically roll over to the next year. Applications are accepted throughout the year as families' financial situations may change.

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**TASTE TESTING AT THE HIGH SCHOOL!**



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## IMPORTANT DATES

2018

| JANUARY   |     |     |     |     |     |     | FEBRUARY |     |     |     |     |     |     | MARCH    |     |     |     |     |     |     | APRIL    |     |     |     |     |     |     |
|-----------|-----|-----|-----|-----|-----|-----|----------|-----|-----|-----|-----|-----|-----|----------|-----|-----|-----|-----|-----|-----|----------|-----|-----|-----|-----|-----|-----|
| Sun       | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat |
| 1         | 2   | 3   | 4   | 5   | 6   |     |          |     |     |     |     |     |     |          |     |     |     |     |     |     |          |     |     |     |     |     |     |
| 7         | 8   | 9   | 10  | 11  | 12  | 13  | 4        | 5   | 6   | 7   | 8   | 9   | 10  | 4        | 5   | 6   | 7   | 8   | 9   | 10  | 8        | 9   | 10  | 11  | 12  | 13  | 14  |
| 14        | 15  | 16  | 17  | 18  | 19  | 20  | 11       | 12  | 13  | 14  | 15  | 16  | 17  | 11       | 12  | 13  | 14  | 15  | 16  | 17  | 15       | 16  | 17  | 18  | 19  | 20  | 21  |
| 21        | 22  | 23  | 24  | 25  | 26  | 27  | 18       | 19  | 20  | 21  | 22  | 23  | 24  | 18       | 19  | 20  | 21  | 22  | 23  | 24  | 22       | 23  | 24  | 25  | 26  | 27  | 28  |
| 28        | 29  | 30  | 31  |     |     |     | 25       | 26  | 27  | 28  |     |     |     | 25       | 26  | 27  | 28  | 29  | 30  | 31  | 29       | 30  |     |     |     |     |     |
| MAY       |     |     |     |     |     |     | JUNE     |     |     |     |     |     |     | JULY     |     |     |     |     |     |     | AUGUST   |     |     |     |     |     |     |
| Sun       | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat |
| 1         | 2   | 3   | 4   | 5   |     |     |          |     |     |     |     |     |     | 1        | 2   | 3   | 4   | 5   | 6   | 7   |          |     |     |     |     |     |     |
| 6         | 7   | 8   | 9   | 10  | 11  | 12  | 3        | 4   | 5   | 6   | 7   | 8   | 9   | 8        | 9   | 10  | 11  | 12  | 13  | 14  | 5        | 6   | 7   | 8   | 9   | 10  | 11  |
| 13        | 14  | 15  | 16  | 17  | 18  | 19  | 10       | 11  | 12  | 13  | 14  | 15  | 16  | 15       | 16  | 17  | 18  | 19  | 20  | 21  | 12       | 13  | 14  | 15  | 16  | 17  | 18  |
| 20        | 21  | 22  | 23  | 24  | 25  | 26  | 17       | 18  | 19  | 20  | 21  | 22  | 23  | 22       | 23  | 24  | 25  | 26  | 27  | 28  | 19       | 20  | 21  | 22  | 23  | 24  | 25  |
| 27        | 28  | 29  | 30  | 31  |     |     | 24       | 25  | 26  | 27  | 28  | 29  | 30  | 29       | 30  | 31  |     |     |     |     | 26       | 27  | 28  | 29  | 30  | 31  |     |
| SEPTEMBER |     |     |     |     |     |     | OCTOBER  |     |     |     |     |     |     | NOVEMBER |     |     |     |     |     |     | DECEMBER |     |     |     |     |     |     |
| Sun       | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat | Sun      | Mon | Tue | Wed | Thu | Fri | Sat |
|           |     |     |     |     |     |     | 1        | 2   | 3   | 4   | 5   | 6   |     |          |     |     |     |     |     |     | 1        | 2   | 3   |     |     |     |     |
| 2         | 3   | 4   | 5   | 6   | 7   | 8   | 7        | 8   | 9   | 10  | 11  | 12  | 13  | 4        | 5   | 6   | 7   | 8   | 9   | 10  | 2        | 3   | 4   | 5   | 6   | 7   | 8   |
| 9         | 10  | 11  | 12  | 13  | 14  | 15  | 14       | 15  | 16  | 17  | 18  | 19  | 20  | 11       | 12  | 13  | 14  | 15  | 16  | 17  | 9        | 10  | 11  | 12  | 13  | 14  | 15  |
| 16        | 17  | 18  | 19  | 20  | 21  | 22  | 21       | 22  | 23  | 24  | 25  | 26  | 27  | 18       | 19  | 20  | 21  | 22  | 23  | 24  | 16       | 17  | 18  | 19  | 20  | 21  | 22  |
| 23        | 24  | 25  | 26  | 27  | 28  | 29  | 28       | 29  | 30  | 31  |     |     |     | 25       | 26  | 27  | 28  | 29  | 30  |     | 23       | 24  | 25  | 26  | 27  | 28  | 29  |
| 30        |     |     |     |     |     |     |          |     |     |     |     |     |     |          |     |     |     |     |     |     | 30       | 31  |     |     |     |     |     |

**August 23:** School Starts-Join us for fresh apples from LaBlanche Orchard at lunch!

**August 31:** Food Tasting at K-8

**September 5:** Stem day at High School- we are grilling out!

**September 21:** Food Tasting at High School and K-8

**September 28:** Homecoming- fun lunches at all schools to join in the celebration!

**October 4:** Last year's meal benefits application expires- please submit a new one before this day!

**Stay Tuned for more events on National School Lunch week October 15-19th!!!**