



Hava Bites

A Monthly Food Service Report
Christopher Gallaga January 2019

Program Updates

- ✓ **December 2018**
 - **AZ Grown** The state marketing and monitoring department for local grown foods recognized Taher LHUSD as a recognized vendor of locally grown food in school lunch.
 - **Balloon Fest** kicked off with a lovely display of balloon flights visible from the cafeterias of all our schools.
 - **Ham-Cheese Puff LTO** was our January warming twist on classic grilled cheese.
 - **Pasta Bake** was another warming item featured in Havasu, for our January menu in all schools.
 - **Thunderbolt and LHHS students** had a treat of genuine pulled pork plate to bring a bit of warm spicy southern BBQ to our chilly winter days.

- ✓ **February Preview**
 - **Look for Chef Bryan to visit all schools early in February** where he will be cooking a delicious and hearty **Brazilian Stew**.
 - **Kids in the Kitchen** will resume in February at Thunderbolt on Early Release days.
 - **Also look for new breakfast items** from Great Northern Bakery.



SCHOOL LUNCH VERSUS BAG LUNCH

NUTRITION & ECONOMICS

 <p>Time Saving 0 minutes of prep time at home... less stress in the morning</p>	 <p>One More Thing To Do Each Morning Spending just 10 - 15 minutes prepping lunches = 30 - 40 hours per school year</p>
<p>School Meals are required to meet high nutrition standards featuring whole grains, fruits & vegetables & milk</p>	<p>Studies Show Lunches packed at home contained more sweetened beverages, snack chips, desserts, and refined grains</p>
<p>Provides: More Protein More Calcium More Vitamin A More Fruits More Vegetable</p>	<p>Provides: More Calories More Fat More Saturated Fat More Sugar More Salty Snacks</p>
<p><small>Journal of Nutrition Education & Behavior November 2014</small></p> <p>Average Price Sliced Turkey & Cheese Sandwich on whole grain bread veggies & dip, milk, fruit \$2.34 - \$2.60</p>	<p><small>Journal of Nutrition Education & Behavior November 2014</small></p> <p>Average Price Comparable Menu including sandwich on whole grain bread, veggies & dip, milk, fruit \$3.46 - \$4.26</p>

This institution is an equal opportunity provider.



Balloon Fest inspires us all.

