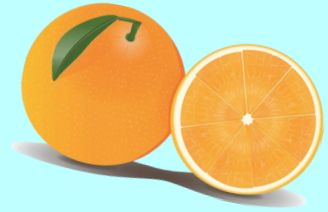


# The

# SQUEEZE



Volume 1 Issue 9 May 2017

## WHERE YOU GET THE JUICE!

### Recipe of the Month

### Summer Grilled Chicken Strawberry Cobb Salad

#### Ingredients

- 1/4 c. extra-virgin olive oil
- 2 tsp. lime zest
- 3 tbsp. lime juice
- 1 1/2 tsp. Honey
- Kosher salt
- Ground black pepper
- 1 bag Spring Mix
- 2 chicken breasts, grilled and sliced
- 2 c. Sliced strawberries
- 4 oz. Crumbled feta
- 1 c. cooked peas
- 1 avocado, sliced
- 1/2 c. sliced red onion

#### Directions.

Whisk together olive oil, lime zest, lime juice, and honey. Season with salt and pepper and set aside. Place romaine in a large bowl and top with chicken, strawberries, feta, peas, avocado, and red onion. Season with salt and pepper and drizzle with dressing. Toss and serve immediately.



Recipe By <http://www.countryliving.com>

### BRING ON THE SALT!!! New Sodium Regulations and CUSD

Rumor has it that salty snacks, fatter milk and white bread are making a come back!  
 \**“May 1, 2017 U.S. Secretary of Agriculture Sonny Perdue today announced that the U.S. Department of Agriculture (USDA) will provide greater flexibility in nutrition requirements for school meal programs in order to make food choices both healthful and appealing to students.”*

Secretary Perdue’s announcement caused a shockwave of parents concerned about where the future health of their students is heading. After all of the hard work that has been done to this point why would we take a step back? Right?

Well, be not dismayed. CUSD is not taking any steps back. While these relaxed regulations may be helpful for Nutrition Programs in districts that are experiencing hardships (low FRMP) in other districts, CUSD’s Nutrition Program with remain constant with the high quality, healthy, nutritious standards we currently carry. The health and nutrition of our students is too valuable to compromise the hard work that has already been done.

We encourage you to come join us for breakfast or lunch any time!

\*<https://www.fns.usda.gov/pressrelease/2017/003217>

### HARVEST OF THE MONTH STRAWBERRIES

CUSD is very happy to be joining with Lee’s Produce here in Chico for our Harvest of the Month fresh

C.T. Lee and his family own Lee’s Produce, a fruit and vegetable farm with locations in Chico and Orland. C.T.’s family has been farming for nearly 20 years and C.T. explains that Lee’s Produce is high quality because they don’t use any chemical sprays and they know the varieties of crops they grow, so they can harvest their produce at its peak flavor. He says strawberries are always a customer favorite at their stand because they are so juicy and sweet!

C.T.’s strawberries and other locally grown goodies can be found at Chico’s Certified Farmers’ Market

**HOTM**

### Notes From Nutritionist

**DON'T MELT AWAY THIS SUMMER!!  
 HERE ARE SOME HYDRATION TIPS**

Always carry a water bottle, and if you have desk job, always keep one at your desk. If you have a bottle within arms reach, it’s very likely that you’ll sip from it throughout the day, without thinking about it.

When you’re feeling frazzled or hazy, grab a glass of cold water. Studies show that people instantly feel more alert after drinking cold H<sub>2</sub>O. It’s a simple, healthy way to snap out of a midday slump.

Eat a diet rich in whole foods. By eating water-rich foods like vegetables and fruits, you’ll automatically up your fluid intake. Processed snack foods like chips, crackers, and baked goods take a lot of water to digest.

During outdoor exercise: Consume 7-10 oz. of water every 10-20 minutes. Indoors- 5-8oz every 45 min

???How many 8 oz. glasses of water is it recommended that you drink each day? Answer : 6 to 8

### EAT THIS not THAT Memorial Day

Sometimes it hard to know what the healthier choice is when faced with options. Here are some suggestions: **SOLID SWAPS FOR BBQ SEASON**

**SWAP 1/3lb Hamburger for 1/3lb Chicken Breast**

**216 CAL 7G FAT VS 207CAL 0G FAT**

**SWAP Hamburger Bun for Iceberg Lettuce Wrap**

**230 CAL 5G FAT 36G CARBS 3G SUGAR VS 10 CAL 0G FAT 2G CARBS 0G SUGAR**

**SWAP Catsup for Mustard (2Tbsp)**

**40 CAL 10G CARBS 8G SUGAR VS 6 CAL 1 G CARBS 1/4 G SUGAR**

**RUN AWAY FROM THE RANCH DRESSING!!!!**

The typical salad *serving size* is two tablespoons, but many salads are dressed with far more. And it’s hard to imagine how that translates into calories.

— 1.5 Tbsp. 109 calories 11.6g Fat 184mg Sodium 1.5g Carbs

— 3 Tbsp. 218 calories 23.1g Fat 367mg Sodium 3g Carbs

— 6 Tbsp. 436 calories 46.3g Fat 734mg Sodium 6g Carbs *Average Salad Packet Serving*

Brought to you by CUSD Nutrition Services 2455 Carmichael Drive Chico CA 95928

