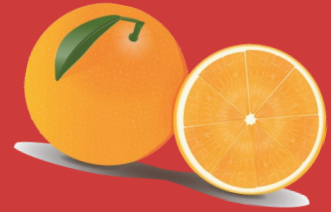




The

SQUEEZE



WHERE YOU GET THE JUICE!

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Heartwarming Holiday Story

As a child, like most any child, I always wanted a kitten. My mom would never hint at getting me one, but if I queried, "Mom, can I have a kitten yet?" it would be followed up with typical Mom Speak: "Are you ready to handle the responsibility?" Of course, the answer was, always, that I could.

Christmas Eve 1992: My mom was out of the house, but it did not seem odd to me — like any other day, errands need to be completed. It was about 11:30 in the morning, and my mom came in the front door of the house carrying a cardboard box. "Allison, come here," she said as I curiously made my way over. She put the box on the ground, and I saw this little black and white paw stick out of the box. What was my reaction? Joy? Elation? Excitement that my wish was finally coming true? None of the above.

"I CAN'T HANDLE THE RESPONSIBILITYYYYYY!!!!"

Though the shock hit me like a ton of bricks as an 8-year-old, I had Kevin (his name, after Kevin McCallister from the Home Alone films) for 17 years, as he died after a good, hearty life on Aug. 30, 2009 — a date I can't forget. I was, of course, sad at the time, but so happy I had him. My baby Kevin was the best Christmas present I've ever received. He brought me pure joy. Every Christmas, I remember him fondly with a big smile on my

Just Beginning to "Scratch" The Surface

It's an early Wednesday morning. Today is cinnamon roll day in the CUSD Bakery. As you drive into the Corporate Yard the aroma of cinnamon and fresh baked bread fills your nose with and warms your heart. The smell brings back childhood memories of sitting around the breakfast table on Saturday mornings surrounded by family and sharing laughs.

Those are the same smiles and laughs that ring through the cafeteria on Thursday mornings. Fresh Baked Cinnamon Rolls are on the menu and it's definitely a fan favorite. Baked fresh weekly, the cinnamon rolls are only one of the many items cooking up at Chico Unified Nutrition Services. Some other popular items include Taco Pockets, Pizza, Bagels, Muffins and, a new menu item, Turkey Pot Pie.

Nutrition Services invites you to join us for lunch or take a tour of our amazing bakery!

HARVEST OF THE MONTH

Family owned and operated, Welty Mandarin Farm was established in 1964. Located just outside Oroville, it boasts some of the most delicious Satsuma mandarins grown in the Sacramento Valley. Deciding to make the move out west, the Welty family left most of their things in Connecticut behind and drove for five days, arriving at their new home, a 51-year-old farm on Palermo Road in the fall of 2013.

These mandarins are sweet and juicy. Their appearance may not be what you see in the grocery store as they have hints of green on the skin. But don't be fooled they are ripe and ready to eat!

HOTM

Recipe of the Month

BEAUTIFUL HOLIDAY SALAD

"A spur-of-the-moment creation when I wanted something with a great flavor punch and lots of color, plus quick to prepare—"

Ingredients

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings
- 1 (11 ounce) can mandarin oranges, drained
- 1 1/2 cups sweetened dried cranberries
- 1 cup honey-roasted sliced almonds
- 1 cup crumbled feta cheese
- 1 cup balsamic vinaigrette salad dressing, or to taste

Directions

Place servings of spinach onto salad plates. Top with red onion, mandarin oranges, cranberries, sliced almonds and feta cheese in that order. Drizzle dressing over each salad.

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EAT THIS not THAT CHRISTMAS



The problem with the holidays usually isn't the weight gain. The average American gains only 1 or 2lbs in between Thanksgiving and New Year's. It's the fact that most people never lose the excess pounds. So in five years you may have gained 10 pounds and in 10 years, 20 pounds. The best course of action? Make healthier choices at your events but still enjoy yourself. Here are a few helpful tips.

Skip Full-Fat Dips, Eat Yogurt Dips. Save 40cal on a 1oz Serving

Skip Candies Yams, Eat Roasted Sweet Potatoes. Save 223cal on a 3/4 Cup Serving

Skip the Frosted Cookie, Eat the Plain Cookie. Save 223cal per 2 cookie Serving

Skip Egg Nog, Drink Sugar-Free Hot Chocolate. Save 169cal and 20g sugar for 12oz