



The

SQUEEZE



WHERE YOU GET THE JUICE!

Volume 2

Heartwarming Holiday Stories

 My daughter and I took the long route through the neighborhood to admire the Christmas decorations. One yard contained a trove of lights, ornaments, elves, carolers, trimmings ... in short, it was a mess. My daughter summed it up perfectly when she announced, "It looks like Christmas threw up." — *Cecille Hansen, Seattle, Washington*

 Securing Christmas lights to the tree can be a production. One year, when we finally stood back and flicked on the light switch, I noticed that a branch obscured our prized angel ornament. I grabbed the pruning shears, mounted a stool, and snipped once, and the lights went out. My husband quietly said, "You don't have your glasses on, do you?"—*Lynn Kitchen, Parksville*

A Sign of the Times

A little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"

CHSD Bakery Cooking Up Some Winter Favorites

 It's an early winter morning driving into the Corporate Yard at Chico Unified. The encompassing aroma of fresh baked cinnamon rolls fills your nose and warms your heart. The smell brings back childhood memories of sitting around the breakfast table on Saturday mornings surrounded by loved ones smiling and sharing laughs.

Those are the same smiles and laughs that ring through the cafeteria on Thursday mornings. Fresh, scratch 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 all of our pizzas, muffins, dinner rolls and bagels

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 of 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.

ENJOY

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