



KC NEWS

For the Family
March 2016



**KID'S
CREATE**
Recipe Contest



Traditional Schools:
March 28-April 1
Year-round Schools:
March 28-April 18

Kid's Create Recipe Contest is Back

WHAT: Put on your aprons and get your creative juices flowing. The third annual Kid's Create Recipe Contest is here, and Food & Nutrition Services is looking for the next student cooking star. New this year, students will be asked to create either a breakfast burrito or breakfast bowl.

WHO: Any San Diego Unified student grades K-12.

WHEN: The recipe contest runs from March 1 to April 15, 2016. All entries must be received or postmarked by April 15, 2016.

WHERE: For contest guidelines and official entry forms, visit www.sandiegounified.org/food.

PRIZES: First place winning recipes will be featured on the school menu.

- 1st—Kindle Fire
- 2nd—\$60 Amazon gift card
- 3rd—\$30 Amazon gift card

A special thank you to Hollandia Dairy for sponsoring the contest.



**Healthy food.
Successful students.**
Food & Nutrition Services



YumYummi
Digital School Menus
www.yumyummi.com

This institution is an equal opportunity provider and employer.

FREE Spring Intersession Lunches for Kids! March 28-April 15, 2016



Lunch is offered FREE to any child
18 years and younger—no paperwork

Location	Address	Zip	Time
City Heights Rec. Center	4380 Landis St.	92105	12-1
Colina Del Sol Rec. Center	5319 Orange Ave.	92115	12-1
Jackie Robinson YMCA (@ King Chavez Primary)	415 31st St.	92102	12-1
Linda Vista Rec. Center	7064 Levant St.	92111	12:30-1:30
Logan Heights Public Library	567 So. 28th St.	92113	12:30-1:30
Mountain View Rec. Center	641 So. Boundary St	92113	1-2
North Park Rec. Center	4044 Idaho St.	92104	1-2
Paradise Hills Rec Center	610 Potomac St.	92139	12-1
Southcrest Rec. Center	4149 Newton Ave.	92113	12:30-1:30

*All sites except Jackie Robinson will be closed March 31

Wednesday's Harvest: Organic Kumquats

Farm: Sahu Subtropicals
Farmers: Ron and Kathy Sahu
Location: Rainbow, CA
Farm Size: 60 acres
Farm Age: started in 2009
Main Crops: Tropical fruits!
Growing Style: Certified Organic
How to eat a Kumquat: Eat the whole thing, don't peel it! The peel is actually sweet and the fruit inside is very sour. Farmer Ron says the best way to eat a kumquat is to take your time: roll the fruit between your hands, and then chew the whole fruit in your mouth slowly. Enjoy the intense flavors!

YOUR FARMER
Ron Sahu
Sahu Subtropicals

San Diego Unified Farm to School

@SDFarmtoSchool



@SDFarmtoSchool





KC NEWS

Para la familia
Marzo 2016



Escuelas tradicionales:
Marzo 28-Abril 1

Escuelas durante todo el
año : Marzo 28-Abril 18

CREADAS POR NIÑOS

Concurso de Recetas



Concurso de Recetas Creadas por Niños Está de Vuelta

QUE: Agiten su creatividad, amárrense sus delantales y acompañenos en el tercero Concurso anual de Recetas Creadas por Niños. Nuevo este año, a los estudiantes les pedirán crear un desayuno burrito o bola del desayuno.

QUIEN: Abierto a cualquier alumno de K-12 del Distrito Unificado de San Diego.

CUANDO: El concurso de recetas será del 1 de marzo al 15 de abril de 2016. Todas las entradas deben ser recibidas o mataselladas a más tardar el 15 de abril de 2016.

DONDE: Para las pautas del concurso y formularios de inscripción oficiales visita, www.sandiegounified.org/food.

PREMIOS: La receta ganadora será presentado en la escuela Menu.

- 1er—Un Kindle Fire
- 2o—tarjeta de Amazon de \$60
- 3o—tarjeta de Amazon de \$30

Gracias a Hollandia Dairy por patrocinar el concurso.



¡Almuerzos gratuitos durante las vacaciones!

Marzo 28—Abril 15, 2016

Se ofrece almuerzos gratis para niños de 18 años o menores no necesitan documentos



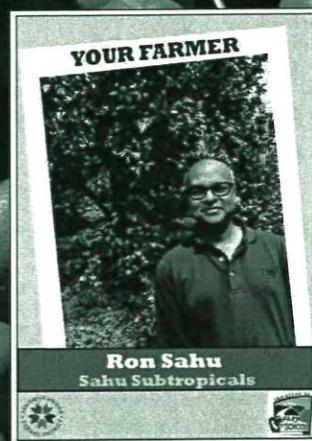
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Cosecha del Marzo: Naranjas Chinas Orgánicas

Granja: Sahu Subtropicals
Agricultores: Ron y Kathy Sahu
Lugar: Rainbow, CA
Tamaño de la Granja: 60 acres
Edad de la Granja: comenzó en el 2009
Cultivos principales: Frutas tropicales
Estilo de cultivo: Orgánico Certificado

Cómo comer una Naranja China:
Cómela toda entera, ¡no la peles! La cascara es dulce y la fruta adentro es muy ácida. El granjero Ron dice que la mejor manera de comer las naranjas chinas es tomándote tu tiempo: rueda la fruta entre tus manos, y después mastica la fruta entera lentamente en tu boca. ¡Disfruta los intensos sabores!



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