

# Casa Grande Union High School District December Newsletter



## Welcome Winter

Welcome to your monthly newsletter! We are excited to get into this winter season! Here at the Casa Grande Union High School District, we want our kids to be able to have the opportunity to try new things!



## Things to eat during Winter!

Chef Aaron Encinas  
DIRECTOR OF DINING SERVICES  
(520) 340-1706  
[AARON.ENCINAS@COMPASS-USA.COM](mailto:AARON.ENCINAS@COMPASS-USA.COM)

In this issue:

---

**Reasons to Celebrate at  
CGUHSD?**

---

**Special Events**

---

**Fruits and Veggies to  
eat during Winter**

---

## A Reason to Celebrate!

### December 8: National Brownie Day

Celebrate with a delicious and decadent dessert! This day has been around since the early 1900s, when it was first created to honor this beloved sweet treat. Be sure to check out our version of the brownie in cookie form at our snack bar !



### December 11: Have a Bagel Day

In the 19th century, the bagel also found its way to the Big Apple by way of the Polish Jewish immigrants and was quickly brought under the control of the Bagel Bakers Local 338, a baker's union that held all the local bagel bakeries under its sway. It eventually began spreading throughout the US in the years following 1975 thanks to the automation of production that became possible.

We serve bagels for breakfast !! Come and catch them when you can ☺



### December 12: National Cocoa Day

#### 5 facts about Cocoa

- Cocoa was first used to make "hot chocolate" by Aztecs. The drink was called "xocolatl", which means bitter water.
- The Swiss consume the most chocolate per capita, which is 22 pounds each compared to 11 pounds each in the United States.
- Cocoa grows from cacao trees and the name cocoa bean was from a spelling mistake made by English importers in the 18th century.
- Fine chocolate is pricy because every stage of cocoa production is down by hand: planting, irrigating, harvesting, fermenting and drying.
- Amsterdam is the world's most important cocoa port: 500k-600k tonnes (metric tons) of cocoa per day.



### December 25: CHRISTMAS !!!

May your Christmas sparkle with moments of love, laughter and joy. May the year ahead bring you peace & contentment.  
Merry Christmas and Happy New Year



# Special Event

**Food Service** will now be offering a **Dinner Service** which will be available for any sports team, clubs, or activities after school. **Beginning Monday, November 27th**, we now can serve a full dinner and it will be **FREE** to all student who would like one. **We will start serving hot meals in the cafeteria from 3:20 to 4:30pm Monday, Wednesday and Friday and will increase as participation grows.** Any after school sponsors or coaches that are interested in feeding their students and athletes all week will have a grab bag option with sponsor/coach supervision. We would need to know how many students and their names and student IDs participating. We are also available to do pre-game (hot meals) and game day meals (lunch bags). Grab bag meals will be handed out and counted by the supervising instructor or coach. **It is required that Tammy Darang is notified of all participants in order to track of the number of meals given out and then she will need a list of students or a roster of students that will receive those meals.**

Please let **Tammy Darang** know if you are interested. She can be reached at ext. 4146 or [tdarang@cguhsd.org](mailto:tdarang@cguhsd.org).



# Fruits & Veggies to Eat during Winter!!

We offer a variety of fruits and vegetables in our CGUHSD cafeterias daily. There are some fruits and vegetables that insure healthy eating options year-round.

Eating in season is a breeze in the spring and summer, but it can prove to be challenging when cold weather sets in. However, some vegetables can survive the cold, even under a blanket of snow. These are known as winter vegetables, due to their ability to withstand cold, harsh weather. Look at the list of Winter Veggies !!

**WINTER FRUITS + VEGETABLES**

**FRUITS**

- APPLES
- CLEMENTINES
- GRAPEFRUIT
- KIWI
- KUMQUATS
- LEMON
- ORANGES
- PEARS
- PERSIMMONS
- TANGERINES
- POMEGRANATE
- PUMMELO
- PASSIONFRUIT

**VEGETABLES**

- ALLIUM BULBS
- AVOCADO
- BEETS
- BOK CHOY
- BROCCOLI
- BROCCOLINI
- BROCCOLI RABE
- BRUSSELS SPROUTS
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- CHICORY
- COLLARD GREENS
- FENNEL
- GARLIC
- KALE
- LEEKs
- ONIONS
- MUSTARD GREENS
- SHALLOTS
- SQUASH
- TURNIPS

SHUTTERBEAN.COM