

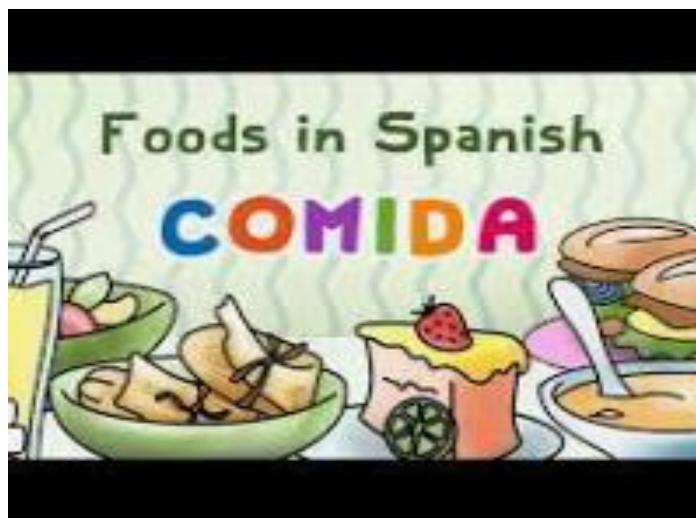
September Newsletter

Casa Grande Union High School District



What's New in Your Schools?

Welcome to your monthly newsletter! We are excited to share our story with you! This month is Spanish Heritage Month. Our goal is to celebrate this wonderful culture through FOOD!! We will be serving entrees like BBQ Pulled Pork with Spanish Rice and a Classic favorite, Pozole! Also, be sure to also look out for our featured National Food Days!!



In this issue:

National Hispanic Heritage Month !!

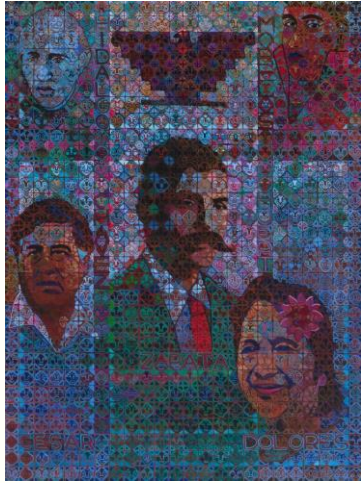
September Recipes

National Food Days

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chartwells
serving up happy & healthy

National Hispanic Heritage Month



Cesar Chavez and Dolores Huerta
Instrumental in the Civil Rights movement, [Cesar Chavez](#) and [Dolores Huerta](#) were leaders in the fight against the unfair treatment of farm workers in the United States. In 1962, they founded the National Farm Workers Association, which later merged with other unions to become the United Farm Workers of America.



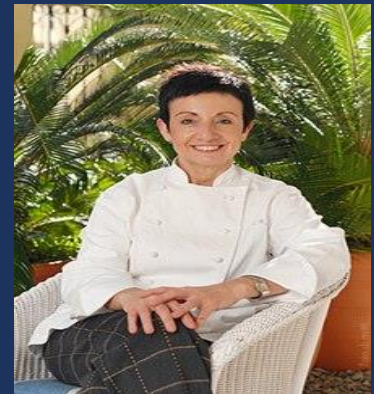
Dr. Ellen Ochoa
[Ochoa](#) flew aboard the space shuttle Discovery and became the first Latina to go to space in 1993. Her inspirational journey includes a 30-year career with NASA and serving as Johnson Space Center's first Hispanic director.



Macario García
[García](#) became the first Mexican national to receive a Congressional Medal of Honor following his heroic efforts during World War II. García bravely fought while injured to help his fellow soldiers while serving in Germany in 1944. After returning home, he gained his U.S. citizenship and was active in his community and a strong advocate for civil rights.



[Enrique Olvera](#) is a Mexican chef. He is the owner and head chef of Pujol, a Mexican haute cuisine restaurant in Mexico City, which is currently ranked 9th in the world according to the 2021 annual The World's 50 Best Restaurants listing. He also created the onboard menu in the business class of airline Aeroméxico .



[Carme Ruscalleda](#) is a renowned Spanish chef known for her innovative approach to Catalan cuisine. Based in Barcelona, she has earned multiple Michelin stars for her restaurants, including Sant Pau, which was celebrated for its creative fusion of traditional Catalan flavors with contemporary techniques. Ruscalleda is recognized for her emphasis on fresh, seasonal ingredients and her commitment to preserving culinary traditions. Her work has significantly influenced modern Spanish gastronomy and she is also known for her cookbooks and television appearances, where she shares her culinary expertise and philosophy.

Pozole is one of those dishes that really deserves its time in the spotlight. It's a Mexican classic that's bursting with flavor, tradition, and comfort. Here's why pozole deserves all the bragging rights:

Rich History and Tradition: Pozole is deeply rooted in Mexican culture and history, dating back to pre-Columbian times. It was originally a ceremonial dish, and its traditional preparation methods reflect centuries of culinary heritage.

Nutritional Powerhouse: With its base of hominy and lean meats, pozole is packed with nutrients. It offers a good source of protein, fiber, and essential vitamins and minerals. The hominy adds a unique texture and flavor that's both filling and nourishing.



Amount	Item
16 ounce	Cabbage, Green, Fresh (1196)
8 tsp	Cilantro, Fresh (1755)
1/2 cup	Onions, Green, Scallion, Bunch, Fresh (4225)
1-1/3 ounce	Radish, Fresh (7102)
1 each	Lime, Fresh (8185)
1-1/3 each	Garlic Cloves, Peeled, Fresh (2892)
2/3 cup	Onions, Spanish, Fresh (32752)
1/4 floz	Oil, Canola (4208)
26 ounce	Pork, Diced, Lean, Raw (7016)
1/2 tsp	Spice, Chili Powder (7356)
1/4 tsp	Spice, Oregano, Dried, Crumbled (7384)
1/4 tsp	Salt, Kosher (7411)
40 floz	2 APL CK12 Broth, Chicken, Low Sodium (Nestle Minor's 74826462069) (35144)
1/2 cup	CK12 APL Hominy, White, Canned, Bush's 1728 (170365)

Preparation

1. Wash fresh produce thoroughly under running water to remove dirt and other contaminants.
2. Avoid barehanded contact, use clean single-use gloves for food preparation.
3. Shred green cabbage.
4. Thinly slice scallion on a slight angle. Make sure to cut all the way through.
5. Thinly slice radish.
6. Cut lime into 8 wedges.
7. Finely chop cilantro.
8. Dice 1/4 inch size Spanish onion.
9. Mince garlic cloves.
10. Heat canola oil in pot over medium heat and add lean diced pork and sauté for 5 minutes turning to brown on all sides.
11. Add Spanish onion and sauté 2 minutes until soft. Add minced garlic, dried oregano, chili powder and kosher salt and sauté 1 minute. Add hominy and broth and bring to a boil. Reduce the heat and simmer 30 minutes occasionally stirring.
12. Ladle 5 fluid ounces of soup into a cup.
13. Garnish each cup with 2 ounces by weight shredded cabbage, 1 tsp. cilantro, .25 ounces by weight of radish, 1 tsp. of scallion and 1 each lime wedge.

BBQ pulled pork is a fantastic choice for a cafeteria lunch! It's versatile, flavorful, and generally a crowd-pleaser..



Ingredients:
 24oz Pulled Pork
 ½ cup BBQ Sauce

Method

1. Prepare pork according to manufacturer's instructions.
2. Mix BBQ sauce in with heated meat.
3. Heat to 165-degree F or higher for at least 15 seconds.
4. Serve and Enjoy !

National Food Days



September 13: National Chocolate Day

The history of chocolate can be traced back more than 3,000 years to the Maya, Toltec, and Aztec people who prepared a beverage from the fruit of the cocoa bean. The Maya considered chocolate to be the food of the gods, held the cacao tree to be sacred, and buried dignitaries with bowls of chocolate.



September 16: National Guacamole Day

National Guacamole Day celebrates the avocado-based dip or spread, guacamole. It was first made by the Aztecs, who lived in what is now central Mexico, between the 14th and 16th centuries. Appropriately, the day is celebrated on Mexican Independence Day.



September 25: National Quesadilla Day

A quesadilla is a Mexican dish consisting of a tortilla that is filled primarily with cheese, and sometimes meats, spices, and other fillings, and then cooked on a griddle or stove. Traditionally, a corn tortilla is used, but it can also be made with a flour tortilla.



September 26: National Dumpling Day

Originating from southern China, Dumpling Festival (also known as Dragon Boat Festival or Duan Wu Jie) has its early origins in the worship of the river dragon before it become associated with the commemoration of Qu Yuan, a third century poet and patriotic statesman during China's Warring States period (475-221 BC).