

Casa Grande Union High School District

November Newsletter



Welcome Fall

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!

FALL PRODUCE



Things to eat during Autumn

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In this issue:

**Reasons to Celebrate at
CGUHSD?**

Special Events

**Fruits and Veggies to
eat during Fall**

A Reason to Celebrate!

November 17th Homemade Bread Day

<https://butterwithasideofbread.com/homemade-bread/>



November 25th : Have a Parfait Day

Yogurt parfaits are a delicious and nutritious way to enjoy a balanced snack or breakfast! They combine the creamy goodness of yogurt with the crunch of granola and the sweetness of fresh fruits, providing a great mix of protein, fiber, vitamins, and healthy fats. The yogurt offers probiotics, which support gut health, while the fruit adds antioxidants and essential vitamins like Vitamin C. Plus, if you add nuts or seeds, you get an extra boost of healthy fats and minerals. It's a well-rounded, customizable treat that can keep you energized and satisfied!

BE SURE TO GET YOURS AT THE SNACKBAR !!



November 28th: Thanksgiving!!!

Be thankful for what you have

Gratitude is the fairest blossom which springs from the soul

Give thanks for unknown blessings already on their way

Gratitude is not only the greatest of virtues but the parent of all others



Special Event

Food Service is still offering a **Dinner Service** which will be available for any sports team, clubs, or activities after school. 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 3:00pm to 4:00pm Monday, Wednesday 1pm to 2pm and Friday 3-4pm 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.



Fruits & Veggies to Eat during Fall!!

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

FALL PRODUCE

fruits & veggies in season

Apples

Bananas

Beets

Bell Peppers

Broccoli

Brussels Sprouts

Cabbage

Carrots

Cauliflower

Celery

Collard Greens

Cranberries

Garlic

Ginger

Grapes

Green Beans

Kale

Lettuce

Mangos

Mushrooms

Onions

Parsnips

Peas

Pears

Pineapple

Potatoes

Pumpkins

Radishes

Raspberries

Rutabagas

Spinach

Sweet Potatoes/Yams

Swiss Chard

Turnips

Winter Squash

GettinMyHealthyOn.com