

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



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Soup in School!!



Soup offers a variety of health benefits, making it a comforting and nutritious meal option.

Here are some of the key benefits:

Nutrient-Rich: Soups often include a variety of vegetables, lean proteins, and grains, which provide essential vitamins, minerals, and fiber. The ingredients are simmered together, which helps preserve nutrients that might otherwise be lost in other cooking methods.

Digestive Health: The warm, liquid consistency of soup is easy on the digestive system, making it ideal for people with digestive issues or during illness. It also promotes better digestion and absorption of nutrients.

Versatility: Soups can be easily adapted to suit different dietary needs, from vegan and vegetarian to low-sodium or gluten-free. This versatility makes soup a flexible meal choice for many people.

Soup can make a nutritious and warming school lunch, offering both comfort and energy for the day ahead. Make sure you look out for homemade soup on the menu for the month of December!!



Pozole is a traditional Mexican soup made with hominy (dried corn kernels treated with an alkali), meat (usually pork, chicken, or sometimes beef), and a flavorful broth seasoned with chili, garlic, and herbs. The dish is typically garnished with fresh toppings like shredded lettuce, radishes, onion, oregano, lime, and crushed chili. Pozole is often served during special occasions like holidays or celebrations, as its hearty, comforting qualities make it a perfect communal meal. The dish comes in different variations, such as pozole rojo (with a red chili-based broth) or pozole verde (with a green, tomatillo-based broth).

A Reason to Celebrate!

December 13: National Cocoa Day

National Cocoa Day is celebrated on December 13 every year. Hot cocoa is typically made with cocoa powder, heated milk or water, and sugar. However, some also call it hot chocolate, which causes a bit of confusion. Hot chocolate is made by using ground chocolate containing cocoa butter.



December 17: National Maple Syrup Day

Maple syrup production has a long history in North America, dating back to indigenous peoples and early European settlers who learned the art of tapping maple trees. National Maple Syrup Day pays homage to this sweet tradition and the dedicated producers who continue to make pure maple syrup a beloved treat.



December 25th CHRISTMAS!!!

Christmas is a festive time of joy and togetherness, marked by the exchange of gifts, the warmth of family gatherings, and the beauty of twinkling lights and decorations. It's a season of kindness, where people celebrate with delicious food, holiday music, and the spirit of giving, creating cherished memories with loved ones.



MERRY CHRISTMAS



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 Winter!!

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.

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



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