

November Child Nutrition Newsletter



In this Month, we are embracing the theme "Cooking Together" to celebrate cherished homemade recipes that encourage students to enjoy the art of cooking alongside their family and friends, particularly during the holiday season.



Join us for the Thanksgiving Luncheon on the following dates:

- Tuesday, November 14: Arizona Desert
- Wednesday, November 15: Porfirio H.G
- Thursday, November 16: Sheely Farms
- Friday, November 17: Desert Oasis

More Details to come



What's New in
your Schools?

This Month in
Discovery
Kitchen

Stay Updated!

Celebrate our
Staff



Global Eats

What's New in your Schools?

Embark on a culinary journey with us! Our school cafeteria program unites students with a variety of world cuisines. In November, Porfirio H. Gonzales Elementary School will take you on a trip to the following destinations:

- Nov 14: Italy
- Nov 15: India
- Nov 16: China
- Nov 17: Mexico

Join us in celebrating cultural diversity!

To Learn more:
<https://www.k12globaleats.com/>



CHINA



Vegetable Fried Rice

4 Servings

Ingredients

3 ½ tbsp – diced yellow onion
1 ¼ tsp – canola oil
2 cups – boiling water
¼ tsp – kosher salt
6 ¼ ounces – brown rice
5 ½ ounces – frozen peas and carrots
3 ½ tbsp – soy sauce

Method

1. Add rice and salt to the boiling water, lower temperature to medium and simmer until tender and the liquid is absorbed.
2. Sauté the onions in the oil and add the rice and peas. Cook until hot throughout.
3. Combine rice, vegetables and soy sauce and mix well to combine.

Serve and Enjoy!

Global Eats



This Month in Discovery Kitchen

Homemade tart apple cranberry crisp, served hot with brown sugar, spices and rolled oats.

Tasting Event Details:

Location: Sheely Farms Elementary School
Time: During Lunch Hours
Date: November 9, 2023



Community Involvement

Join us for our food drive, which takes place every 2nd and 4th of each Month on a Saturday. Stella's Farmers' Market is located at Arizona Desert Elementary School. We are here to provide free food distribution and support those in need!

The scheduled date for the next Food Drive is November 18th.



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Celebrate our Staff

Congratulations to the Kitchen Staff at Porfirio H. Gonzales! They were nominated Staff of the 1st Quarter in the month of October, and they're truly grateful to be part of the Tolleson Elementary School District Family.



**Arizona Desert:
Flor Osornio
10/27**

**Sheely Farms:
Deisi Granados
10/16**



**Catering:
Ana Amezcua
10/8**