



OUHSD Nutrition Services
Fresh Local Healthy

OUHSD Nutrition Services Newsletter

Winter 2018



Harvest of the Month

To celebrate California Thursdays:
January: Super Kale Salad
February: Minty Orange Salad
March: Asian Broccoli Salad

Complete menu: oxnardhigh.healtheliving.net

Student Nutrition Advisory Council

Clubs meet at lunch:

OHS- Fridays in room E-222

CIHS- Mondays in room 35

RMHS- Tuesdays in room 37

ACHS- Wednesdays in room T8

RGHS Wednesdays @ the garden

HHS- Wednesdays @ HealthCorps Kitchen

FHS- Fridays in Mr. Zoesch's room

Lunch Specials!

Mondays: Carnitas Tacos w/ fresh pico de gallo

Tuesdays: Pozole

Wednesdays: Farmers Market Protein Salad

Thursdays: Chicken Alfredo

Fridays: Nacho Supreme

Look for Pick Up Stix and Papa Johns Pizza @ lunch!



How can we
serve you
better?

Please share your
feedback!

Complete the
survey here:

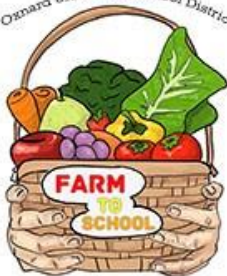
<https://goo.gl/forms/lgfC29vvJazkeyyu2>

Customer satisfaction survey



Farm to School (F2S) Blender Bike brings healthy smoothies AND FUN! to our students

Oxnard Union High School District



Farm to School Scoop

All schools now serve organic lettuce and carrots from a local farm, The Abundant Table. This farm supports schools through education programs and competitive direct pricing. The farm is run by women, they pay their workers a living wage, and they grow everything organically and sustainably.