

MENU UPDATES

- We serve fresh made salads daily: both vegetarian & animal protein options!
- Try our new Salad Wraps: Chicken Caesar Wrap & Asian Chicken Salad Wrap.

Daily menu: <https://goo.gl/MCbYVr>

Harvest of the Month™

Harvest of the Month Salads
Served every Thursday.

April: Asian Broccoli Salad
May: Lemony Sugar Snap Peas
June: Rock N' Roll Salad (Avocado)

HUENEME STUDENT HEALTH CHAMPIONS

Congratulations to the Hueneme HealthCorps students who received recognition from the Ventura County Board of Supervisors for being healthy leaders in the community. The students have organized a schoolwide health fair for two years in a row and are inspiring other schools in the district to start an annual health fair.



Hueneme students with Supervisor Zaragoza at the March 27th BOS Meeting

Farm to School News

This year we received a grant to expand the program! Ali Villegas is our district's new Nutrition Specialist. A Ventura native with a degree in Culinary Nutrition, Ali is eager to provide our students the tools they need to have a healthy future. She believes that healthy food can also be delicious. Jared Logan is our new Garden Manager who will create school gardens that serve as outdoor classrooms as well as produce food for the cafeteria. Jared, also a Ventura County native, has a background in environmental science, native gardens, hydroponics, composting, and organic gardening. His philosophy is that everyone should learn how to grow food because it's the best way to ensure access to a healthy diet. This grant will fund field trips, school gardens, and nutrition education until April 2020. The Farm to School Team is ready to work with your students on a wide range of projects. Contact Anna Jackson at ouhsdfarm2school@gmail.com for more information.



Join the ZUMBA fun!

We are working with the YMCA to bring free Zumba classes to our schools:

Tuesdays @ Hueneme
Wednesdays @ Pacifica
Thursdays @ Oxnard

All classes start at 4:15pm



Contact: ouhsdfarm2school@gmail.com or
Sherry.Maresca@ciymca.org for registration



Nutrition Services Staff Appreciation

Mary Guerrero, Rio Mesa

Mary has worked in the Rio Mesa cafeteria for eighteen years. As a Rio Mesa alumni, the school has an extra special place in her heart-also because it's where she met her husband many years ago. Today, doing her part to create

a positive school community is important to her. Simply making people smile is her biggest joy while working in the cafeteria. She always tells the students to "have a wonderful day and take care of yourself!". Mary believes "it's important to start each day by sharing a smile and positivity with students, since we are the first ones to serve them on campus by providing them food each morning when they arrive".

She is a proud superstar salad maker, and says that the best salads are colorful. One of her highlights each day is when students tell her that they enjoy the salads we serve. Making sure others are well-fed is just part of Mary's nature. Last year, when the Student Nutrition Advisory Council started a food drive, she was the first person to contribute cans of food to their collection.

Once, a student forgot his ID card during finals, and was so grateful that she served him lunch anyway. He brought her flowers to show appreciation and said "I made it through the test because you were always here for me, and you fed me." Experiences like that have taught her that the smallest gestures can have a huge impact for students, so she says it's worth it to spend a few moments to share laughter with students to brighten their day.

When she's not at school, she is either spending time with her two precious grandsons, or is cooking tamales for her family. Mary says that cooking tamales for her family is a gift, because it brings everyone together. "The kids at Rio Mesa are my family too", she says, "and I can't wait to see how they grow and go out into the world. I always think, one day I'll see one of our former students on TV and say- I used to feed them lunch every day!". If you see Mary at the grocery store or out about town, don't be shy- she loves it when students say hello.

