

Monthly Newsletter

HAYS CISD CHILD NUTRITION

July 2024

FREE & REDUCED MEALS



Free & Reduced Meals Application

Free and Reduced Meals applications are open! A new application needs to be completed each school year. You can easily apply online <https://www.schoolcafe.com/hayscisd> or you can get a paper application from the Child Nutrition office.

Did you know? Qualifying for free or reduced meals is beneficial beyond the lunch room. If eligible you may qualify for other benefits like reduced SAT/ACT, free AP testing, waiver for college application fees, scholarships, and grants.

Upcoming Events & Reminders



Child Nutrition Job Fair

Child Nutrition Job Fair will take place on:
July 9th 2024
10 am - 12 pm
5750 Dacy Lane Buda, TX 78610



Special Diet Form

Students with food allergies and special diets will need an updated Special Diet Form for the upcoming school year. More information can be found on the Hays CISD Child Nutrition Page.

In this newsletter you can expect:

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CHEF RUFUS GAVIN

What's Cooking?

Summer Chicken Salad

Ingredients:

16 oz (1 lb.)	Boneless, Skinless Chicken Breast
1/2 cup	Mayonnaise
1/4 cup	Plain Greek Yogurt
1 tablespoon	Dijon Mustard
1	Celery Stalk, Finely Chopped
1/4 cup	Red Onion, Finely Chopped
1/4 cup	Diced Apple or Grapes (optional)
1 tablespoon	Fresh Parsley, Chopped
1 teaspoon	Lemon Juice
	Salt and Pepper To Taste

Instructions:

1. Cook the Chicken: • Season the chicken breasts with salt and pepper. • Cook the chicken by poaching, grilling, or baking until fully cooked (internal temperature of 165°F. • Allow the chicken to cool, then dice it into small pieces.
2. Prepare the Dressing: • In a large bowl, combine the mayonnaise, Greek yogurt, Dijon mustard, and lemon juice. • Mix well until smooth.
3. Combine Ingredients: • Add the diced chicken, celery, red onion, apple or grapes (if using), and parsley to the bowl with the dressing. • Stir until all ingredients are well coated with the dressing.
4. Season: • Taste the salad and add salt and pepper as needed.
5. Serve: • Divide the chicken salad into two portions. • Serve immediately or refrigerate for an hour to let the flavors meld together.



Cooking Safety

Whether you're a seasoned chef or just starting out in the kitchen, practicing fire safety is essential to prevent accidents and ensure enjoyable meals.

Keep in mind these helpful tips to keep you and your family safe.

- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.
- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- If you have any doubt about fighting a small fire... Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home



Nutrition Spotlight - Dairy Max Grant

Hays CISD Child Nutrition has been awarded Nutrition NOW grant funding of \$19,535 from Dairy MAX and dairy farm families in our region.

Funding will help support our efforts to provide more nutritious meal options to students. Through our new initiatives, we will focus on nutrition education that highlights the important role of dairy in a balanced diet. We hope to promote sustainable practices for healthy eating habits, fostering lifelong wellness, and supporting academic success.



Feed Your Mind



Angelica Solis, RD
Hays CISD Dietitian

Preparing for the school year involves supporting your brain and cognitive function through smart dietary choices. Certain foods can enhance focus, protect against diseases, and provide essential nutrients. Research highlights functional nutrients known to support brain health, such as omega-3 fatty acids, B vitamins, antioxidants, vitamin D, and choline.

Maintaining a well-rounded, balanced diet is key for ensuring adequate intake of these vital vitamins and nutrients. Incorporating a variety of fruits, vegetables, lean proteins, healthy fats, and whole grains is key to overall health.

Examples of nutrient-rich foods include:

- Nuts and seeds like chia, flaxseed, walnuts, and almonds
- Legumes including beans and lentils such as chickpeas, black beans, and lima beans
- Protein sources like whole eggs, skinless chicken, and turkey
- Unsaturated fats found in avocados and olive oil
- Berries (strawberries, blueberries), citrus fruits, grapes, and watermelon
- Dark, leafy greens such as spinach, kale, collard greens, and broccoli
- Whole-wheat bread, oats, quinoa, and other whole grains
- Seafood such as salmon, mackerel, tuna, sardines, and herring