GROW
ACADEMY SHAFTER

2021-22
GROW ACADEMY SHAFTER SCHOOL & MEAL CALENDAR

GROW ACADEMY SHAFTER

DECEMBER 2021

HARVEST OF THE MONTH
SWEET POTATO

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Oatmeal **Sloppy Jane on Whole Wheat Bun**	2 Pumpkin Bread **Theatre Thursday** **Ratatouille w/ Chicken & French Bread**	3 Graham Crackers & Sunbutter **Baked Beans & Andouille Sausage w/ Garlic Toast**
6 Bagel & Cream Cheese **Meatless Monday** **★ Baked Ziti Marinara**	7 Waffle & Turkey Sausage **Tasty Tuesday** **Meatball Stroganoff**	8 Yogurt & Homemade Granola **★ Bean & Cheese Burritos**	9 Spiced Pear Bread **Buffalo Chicken Tenders w/ Garlic Bread**	10 Cereal & String Cheese **Tomato Soup with Grilled Cheese**
13 Whole Grain Toast & Jelly **Meatless Monday** **Chili Beans w/ Whole Wheat Roll**	14 Assorted Oatmeal **Zesty Chicken Fajitas w/ Whole Wheat Tortilla**	15 Gingerbread Muffin **Winter Feast** ***Pozole w/ Rice & Beans**	16 WINTER BREAK **No School**	17 WINTER BREAK **No School**
20 WINTER BREAK **No School**	21 **Winter Solstice** WINTER BREAK **No School**	22 WINTER BREAK **No School**	23 WINTER BREAK **No School**	24 WINTER BREAK **No School**
27 WINTER BREAK **No School**	28 WINTER BREAK **No School**	29 WINTER BREAK **No School**	30 WINTER BREAK **No School**	31 WINTER BREAK **No School**

MEALS ARE FREE TO ALL STUDENTS!

Notice: All breakfasts are served with fresh fruit and choice of milk. Menu is subject to change.
Notice: All lunches are served with unlimited salad bar and 1% fat or fat free milk. *Contains pork
This institution is an equal opportunity provider.

GROW ACADEMY SHAFTER

DECEMBER 2021

HARVEST OF THE MONTH
SWEET POTATO

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Fajitas in Rice	2 Sloppy Janes	3 Ratatouille
6 Buffalo Chicken Tenders	7 Ham & Cheese Melt	8 Bean & Cheese Burritos	9 Seasoned Beef Burritos	10 Teriyaki Chicken Bowl
13 Bagel Pizzas	14 Chili Beans w/ Chicken	15 Pasta w/ Meat Sauce	16 WINTER BREAK **No School**	17 WINTER BREAK **No School**
20 WINTER BREAK **No School**	21 WINTER BREAK **No School**	22 WINTER BREAK **No School**	23 WINTER BREAK **No School**	24 WINTER BREAK **No School**
27 WINTER BREAK **No School**	28 WINTER BREAK **No School**	29 WINTER BREAK **No School**	30 WINTER BREAK **No School**	31 WINTER BREAK **No School**

Supper is available to all students participating in the after school program.

Notice: Supper is served with salad bar, fresh fruit, and 1% fat free milk. Menu is subject to change.

GROW CAFÉ VISION

The Grow Café strives to serve nutritious and delicious meals everyday. Meals are freshly prepared using seasonal, locally-grown fruits and vegetables. The Grow Café has already eliminated most processed foods, all trans fats, high fructose corn syrup, chemicals, dyes, additives, and nitrates from our school lunches, making virtually everything from scratch.

We are working to eliminate refined sugars and refined flours.

GROW CAFÉ MISSION

The educational mission at Grow Public Schools includes a commitment to improve the health and wellness of the entire community by teaching students and their families' ways to establish and maintain life-long healthy eating habits. This mission shall be accomplished through nutrition education, garden experiences, the selection and preparation of food served at Grow Public Schools and academic content in both the classroom and Edible Schoolyard garden and kitchen programs.

EDIBLE SCHOOLYARD

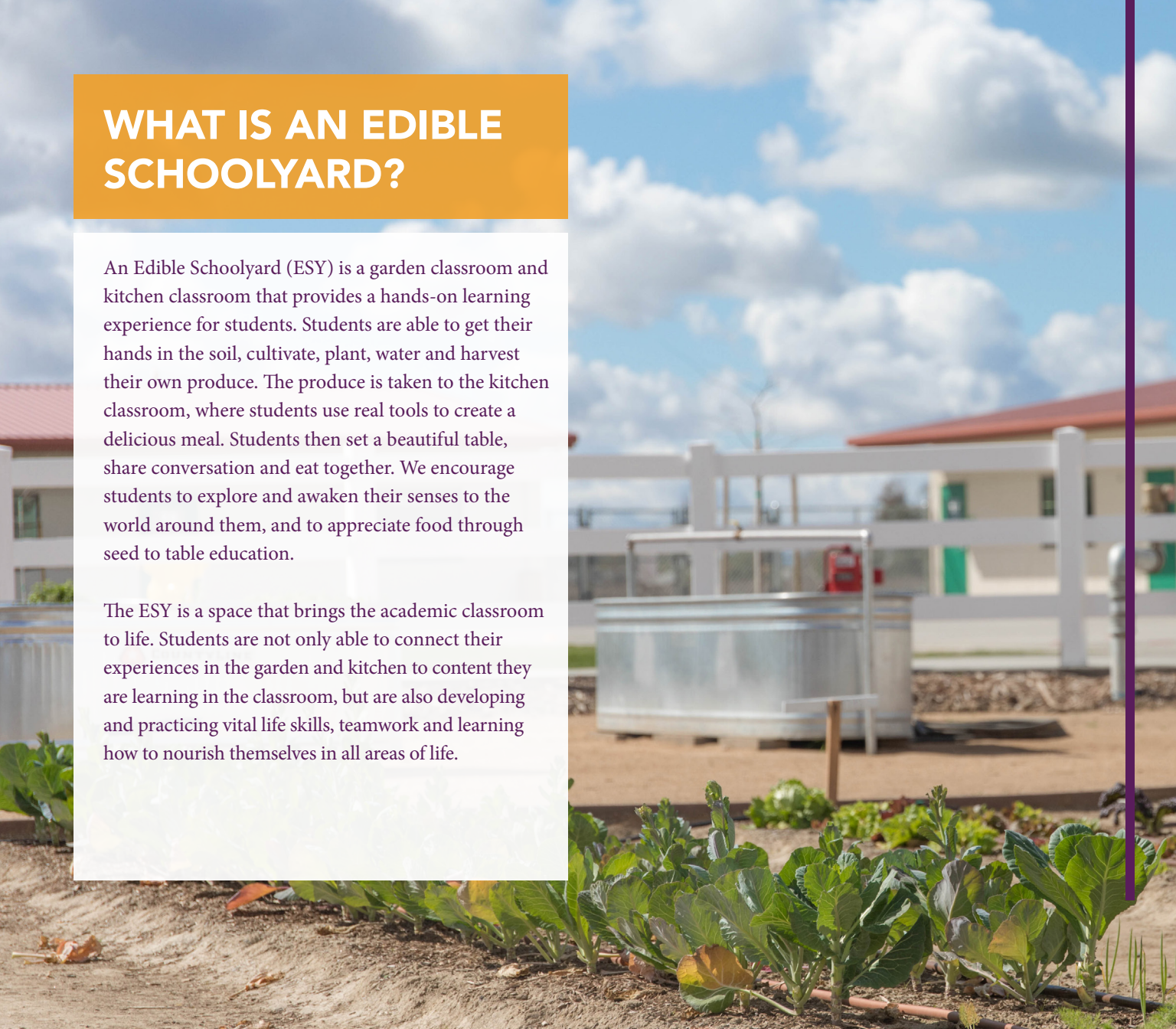
MISSION + VISION

To create and sustain an organic garden and learning kitchen that is integrated into the school's curriculum and culture. Our hands-on garden and kitchen lessons, teach the values of: Environmental Stewardship, Seasonality, Personal Expression, Active Learning, Collaboration and Cooperation, Nourishment of Self, Family, and community.

WHAT IS AN EDIBLE SCHOOLYARD?

An Edible Schoolyard (ESY) is a garden classroom and kitchen classroom that provides a hands-on learning experience for students. Students are able to get their hands in the soil, cultivate, plant, water and harvest their own produce. The produce is taken to the kitchen classroom, where students use real tools to create a delicious meal. Students then set a beautiful table, share conversation and eat together. We encourage students to explore and awaken their senses to the world around them, and to appreciate food through seed to table education.

The ESY is a space that brings the academic classroom to life. Students are not only able to connect their experiences in the garden and kitchen to content they are learning in the classroom, but are also developing and practicing vital life skills, teamwork and learning how to nourish themselves in all areas of life.



GROW CAFÉ
COMMITMENT TO HEALTHY EATING

Grow Academy is committed to providing healthy eating choices to our student population. All families are strongly encouraged to avoid bringing any outside food that will discourage students from eating the healthy choices that are made available by the school. Families that choose to bring food must choose complete meals that do not exceed state and federal approved laws by which the Grow Café observes. Additionally, the Grow Café does not serve foods with nitrates, trans fats, chemicals, dyed, refined sugars, refined flours, hydrogenated or partially hydrogenated oils, high fructose corn syrup or additives. To avoid bringing these ingredients into the café, please do not provide your children with packaged foods in their lunches.

The Grow Academy Wellness Policy includes a commitment to improve the health of the entire community by teaching students and their family's ways to establish and maintain life long healthy eating habits. In keeping with this goal, the Policy adopted the stipulation that foods offered to students and employees during the day as snacks, incentives, or refreshments in school offices and on school grounds be as healthful and nutritious as possible. Teachers, administrators, and parents who model healthy behavior increase the likelihood of having a positive influence on student behavior. classroom, but are also developing and practicing vital life skills, teamwork and learning how to nourish themselves in all areas of life.

GROW CAFÉ
COMMITMENT TO HEALTHY EATING

- Please avoid feeding your student's breakfast at home if they are planning on eating Breakfast in the Classroom.
- If your student's lunch doesn't have a fruit or vegetable, we will ask them to go through the salad bar.
- If your student's lunch doesn't have a protein or whole grain, we will ask them to get a hot lunch.
- We are a nut free campus, please do not include items with or processed with nuts in your student's lunch.
- If your student comes to campus with foods that are not in line with our Healthy Eating Policy, it will be removed from their lunch and available to pick up after school.
- As part of our commitment to healthy eating, we do not serve desert at lunch, please refrain from including sweets in your student's lunch.

RECOMMENDED BEVERAGES, SNACKS, AND LUNCH OPTIONS IF PROVIDING FOOD FROM HOME

- Fruit juice smoothies
- Whole and freshly cut fruits
- Whole and freshly cut vegetables
- Trail mixes (without nuts)
- Water and sparkling waters
- Fruit concentrate and honey sweetened yogurt
- Granola bars
- Herbal teas
- Whole grain crackers
- Baked chips, pretzels, salsa, guacamole, or bean dips
- Snack bars (without nuts)
- Air popped popcorn
- Compressed rice and grain cakes
- Pure 100 % fruit juice, fruit strips and snacks
- Natural fruit-flavored waters
- Raisins and dried fruits
- Hard boiled eggs
- Real cheese
- Homemade sandwiches and meals

FOODS TO AVOID BRINGING TO SCHOOL:

- Lunchables
- Sports drinks
- Caffeinated and carbonated beverages (energy drinks and sodas)
- Processed and packaged snacks (including chips, candies, cookies, and cakes)
- Sugared breakfast cereals
- Juices from concentrate
- Foods that contain artificial colors or flavorings
- Anything containing nuts (we are a nut free campus)
- Fast and convenience food

ALIMENTOS SUGERIDOS PARA TRAER A LA ESCUELA:

- Liquado de zumos de frutas
- Las frutas enteras y recién cortadas
- Verduras enteras y recién cortadas
- Trail mix (sin nueces)
- Agua y aguas cristalinas
- Concentrado de frutas y miel azucarada yogur
- Barras de granola
- Los tés de hierbas
- Galletas integrales
- Papas horneadas, pretzels, salsa, guacamole,
- frijoles o salsas
- Los bares de tapas (sin nueces)
- Palomitas de maíz
- Pasteles de arroz y grano comprimido
- Puro jugo de fruta 100%, tiras de fruta y aperitivos
- Aguas naturales de frutas con sabor
- Las pasas y frutos secos
- Huevos duros
- Queso real
- Sándwiches y comidas caseras

ALIMENTOS QUE NO PUEDE LLEVAR A LA ESCUELA:

- Lunchables
- Las bebidas deportivas
- Las bebidas con cafeína y gaseosas (bebidas energéticas y sodas)
- Bocadillos procesados y envasados (incluidas las Sabritas
- fritas,dulces, galletas y pasteles)
- Cereales de desayuno azucarados
- Los jugos de concentrado
- Los alimentos que contienen colorantes ni aromas
- Cualquier cosa que contenga nueces (somos un campus libre de las nueces y Cacahuates)
- Comida rápida y chatarra

MEALS ARE FREE
TO ALL STUDENTS!

Special Menu Days

#MeatlessMonday: Every Monday, we participate in Meatless Mondays serving vegetarian dishes to all students.

Feature Teacher Fridays: Each campus will highlight one teacher who will give the Café staff one of their family recipes to use on that day.

Chef's Choice Days: On these days, your school's chef will choose a delicious surprise meal to serve.

Worldly Wednesdays: These Wednesdays are an opportunity for your students to travel the world and try new foods from different countries all over the world.

Other Special Days: Halloween's Spooky Menu, Thanksgiving Feast, Christmas Feast, Read Across America Day, Pi Day, Picnic Lunch, Last Day of School Sack Lunch, and more!

Nut Free Campus

Grimmway Schools are nut free campuses. Please do not include anything containing nuts in your student's lunch or in snack from home.

Allergies

The Café staff and school nurses work closely to monitor and manage any food allergies and dietary restrictions. Please see your school's nurse for food allergy forms. The Café staff is required to accommodate all food allergies and documented disabilities but are not required to accommodate any food preferences your student may have. All food allergy and disability forms must be filled out and signed by your student's doctor. A food dislike can not be classified as an allergy.

Allergy & Dietary Symbols on the Menu

* = Contains Pork

° = Contains Shrimp

e = Vegetarian containing

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