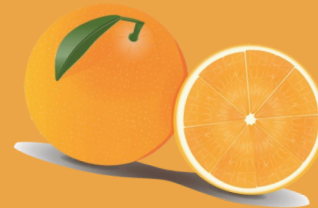




The

SQUEEZE



Volume 1 Issue 1 September 2016

WHERE YOU GET THE JUICE!

Recipe of the Month

Grilled Pluot Arugula & Ricotta Flat Bread

Prep time: 10 min.

Total time: 20 min.

INGREDIENTS

3 small pluots

1/3 cup ricotta cheese

3/4 cup arugula

1 T balsamic glaze

tortillas

INSTRUCTIONS

Heat a grill pan to medium high heat. Slice the pluots and cook slices on grill pan until charred, about 4 minutes.

Meanwhile, heat a dry skillet over medium heat. Cook the tortilla until crispy, flipping once. Spread the ricotta cheese on the crispy tortilla. Top with arugula and grilled pluots. Drizzle with balsamic glaze.



See What's Cooking at Chico Unified Bakery

In the early hours of the morning while most people are still resting peacefully in their beds there is a team of bakers bustling about creating delicious breakfast muffin and pastries for our students. The team, lead by culinary trained baker Jesse Simpson, is made up of five people. On a daily basis Jesse, Jackie, Edgar, Andy and Antony are creating scratch made pizza, marinara sauce, smoothies, muffins, croissants and many other tasty items that we offer to our students daily. We welcome those who wish to tour the bakery and see the exciting things that Chico Unified Nutrition Services is cooking up.

Come Join US!

HARVEST OF THE MONTH

PLUOTS Norm Larson Farms

This very small farm located in Durham, CA works exclusively with Chico Unified to provide our students with wholesome, local fruit.

Pluots are genetically one-fourth (25%) apricot and three-fourths (75%) plum. The fruit's exterior has smooth skin closely resembling that of a plum. Pluots were developed in the late 20th century by Floyd Zaiger.

Pluots pack 113mg of potassium and 10% of your daily Vit. C needs!

HOTM

Notes From Nutrition

Added Sugar is a Disaster

Sugar, mainly due to the high fructose content, is being implicated as a leading cause of obesity, cardiovascular disease and type II diabetes

How does fructose do this?

Well, fructose is metabolized strictly by the liver, over time causing non-alcoholic fatty liver disease, insulin resistance, elevated triglycerides, abdominal obesity and high cholesterol. Then fructose makes our brains resistant to a hormone called leptin, which effectively makes us think that we are hungry even after enough food.

This way, eating an excess of added sugars sets up a relentless biochemical drive in the brain to keep eating sugar, getting fatter and eating even more sugar.

EAT THIS not THAT *Breakfast*

In a rush? It's so easy to swing through the drive-thru at breakfast. However some of those small breakfast can pack a punch of sugar and unhealthy calories that either make us feel sluggish or give us a burst of energy only to crash an hour later.

Instead of a whole wheat bagel, 1oz cream cheese & FF chocolate milk which has **527 Cal, 16g Fat, 84g Carbs, 21g Sugar and 20g Protein**.

Try a scrambled egg burrito with 1oz of cheese on a 6" Whole Wheat Tortilla and Low fat white milk

375 Cal, 10g Fat, 25g Carbs, 14g Sugar and 24g Protein.