



GROW
ACADEMY ARVIN

2022-23

**GROW ACADEMY ARVIN
SCHOOL & MEAL CALENDAR**





GROW
ACADEMY ARVIN

SEPTEMBER 2022

HARVEST OF THE MONTH

Root Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
			Cereal & String Cheese ¹ Deli Turkey & Cheese Sandwich	Cinnamon Rolls ² <i>Chef's Choice</i> *Fried Rice with Shredded Pork
 LABOR DAY NO SCHOOL	Oatmeal Chocolate Chip BeneFit Bar ⁶ Rotini with Meat Sauce	Cereal & String Cheese ⁷ Cheesy Nachos	Chewy Granola ⁸ <i>Theater Thursday</i> Zesty Chicken Fajitas	Yogurt & Granola ⁹ Ground Beef Cheeseburgers
Bagels & Cream Cheese ¹² <i>Meatless Monday</i> Cheese Quesadilla	Banana Bread ¹³ Roasted Chicken Drumsticks w/ Rice Pilaf	Cereal & String Cheese ¹⁴ <i>Wordly Wednesday</i> Sausage Jambalaya w/ French Bread	Crunchy Granola ¹⁵ Turkey Melt Sandwich	Cinnamon Raisin Bread ¹⁶ <i>National Cinnamon Raisin Bread Day</i> Pepperoni Pizza
Strawberry Nutri-grain Bar ¹⁹ <i>Meatless Monday</i> Vegetarian Chili Beans in a Tostada Boat	Seasonal Muffin ²⁰ <i>Taste it Tuesday</i> Breakfast for Lunch	Cereal & String Cheese ²¹ Chicken Tenders with Brown Rice	Waffle Wedge with Sunbutter Cup ²² Bean & Cheese Burrito	Breakfast Burrito ²³ Turkey Dogs on Whole Wheat Bun
 FALL BREAK NO SCHOOL	 FALL BREAK NO SCHOOL	 FALL BREAK NO SCHOOL	 FALL BREAK NO SCHOOL	 FALL 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.

All lunches are served with unlimited salad bar and 1% fat or fat free milk. **Contains pork*

All grains are whole wheat or whole-grain rich. This institution is an equal opportunity provider.



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SEPTEMBER 2022

SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
			Sincronizada ¹	Frijoles Charros w/ Cornbread ²
LABOR DAY ⁵ NO SCHOOL	Chicken & Cheese Quesadilla ⁶	Chicken & Waffles ⁷	Sloppy Jane on Whole Wheat Bun ⁸	Bagel Pizzas ⁹
Tuna Sandwich on Whole Wheat Bread ¹²	BBQ Pork Sliders on Whole Wheat Bun ¹³	Turkey & Cheese Enchiladas ¹⁴	Spaghetti & Meatballs ¹⁵	Cheese Quesadilla ¹⁶
English Muffin Pizza ¹⁹	Turkey Burgers on Whole Wheat Bun ²⁰	Baked Beans w/ Whole Wheat Bread ²¹	Cheesy Macaroni ²²	Turkey Melt ²³
FALL BREAK ²⁶ NO SCHOOL	FALL BREAK ²⁷ NO SCHOOL	FALL BREAK ²⁸ NO SCHOOL	FALL BREAK ²⁹ NO SCHOOL	FALL BREAK ³⁰ NO SCHOOL

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

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

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.



A close-up photograph of a child's hands using red-handled scissors to harvest a bunch of fresh spinach leaves from a garden bed. The spinach leaves are vibrant green and appear to be growing in a raised bed. The background is slightly blurred, showing more of the garden and the child's dark blue sleeve.

GROW CAFE 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

A young boy in a green shirt is washing a red apple under a schoolyard water fountain. The water is spraying out of the fountain, creating a dynamic and refreshing scene. The boy is focused on the task, and the water droplets are captured in mid-air, adding a sense of movement to the image.

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 Arvin 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 y yogur
- Barras de granola
- Los té 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

Grow Public 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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