

National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE	MENU IS SUBJECT TO CHANGE	BREAKFAST AVAILABLE ONLY AT PARTICIPATING SCHOOLS		MAR 1 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
MAR 4 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	MAR 5 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	MAR 6 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	MAR 7 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	MAR 8 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
MAR 11 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	MAR 12 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	MAR 13 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	MAR 14 1. Pancakes Sausage Wrap 2. Bagel & Cream Cheese 3. Cereal w/Cheese Stick	MAR 15 Elementary Teacher Work Day: NO SCHOOL
MAR 18 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	MAR 19 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	MAR 20 Parent-Teacher Conferences NO SCHOOL	MAR 21 Parent-Teacher Conferences NO SCHOOL	MAR 22 NO SCHOOL
MAR 25 SPRING BREAK	MAR 26 SPRING BREAK	MAR 27 SPRING BREAK	MAR 28 SPRING BREAK	MAR 29 SPRING BREAK

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber

SCHOOL MEAL PRICES 2018-2019

Breakfast Full Pay: \$1.30, Adults: \$2.25 Breakfast Reduced: No Cost Grades PreK-5
Lunch Full Pay: \$2.50, Adults: \$3.55 Lunch Reduced: No Cost Grades PreK-5
No charge for extra fruits & vegetables with the purchase of a meal.

What is a Reimbursable Meal?

Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



Scan to download the So Happy app from the App Store.



Nutrition Information is available upon request.

