

Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST AVAILABLE ONLY AT PARTICIPATING SCHOOLS	DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE.	MENU SUBJECT TO CHANGE	NOV 1 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	NOV 2 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
NOV 5 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	NOV 6 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	NOV 7 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	NOV 8 1. Pancakes Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	NOV 9 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
NOV 12 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	NOV 13 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	NOV 14 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	NOV 15 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	NOV 16 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
NOV 19 THANKSGIVING BREAK	NOV 20 THANKSGIVING BREAK	NOV 21 THANKSGIVING BREAK	NOV 22 THANKSGIVING BREAK	NOV 23 THANKSGIVING BREAK
NOV 26 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	NOV 27 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	NOV 28 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	NOV 29 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	NOV 30 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.

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.

