



Food For Thought

November 2017

Table of Contents

Page 1: Nutrition Spotlight

Page 2: Thanksgiving 2017

Nutrition Spotlight

Monthly Promotions

* **National Nacho Day**

November 6th



* **Try it Tuesday**

November 14th

Popcorn Chicken Snowbowl



Vegetable of the Month

Broccoli

Did you know....



- Broccoli has been grown in America for about 200 years.
- Fresh and Frozen broccoli both have the same nutrients and are equally as healthy!
- Broccoli is a good source of Vitamin A, Vitamin C, Potassium, Fiber and Calcium!

Thanksgiving Food Safety Tips

- Wash your hands thoroughly for 20 seconds before preparing any food items
- Safely defrost your turkey in the refrigerator
- Do not rinse your turkey
- Keep raw turkey away from other ingredients
- Cook turkey to an internal temperature of 165 degrees F
- Cook stuffing to a temperature of 165 degrees F
- Do not leave your food sitting out for more than 2 hours
- Store leftovers in shallow pans or containers to decrease cooling time
- For additional information please visit: <https://www.foodsafety.gov>

For Questions Contact Food and Nutrition Services Director:

Althea Albert-Santiago, 314-345-4519



Thanksgiving 2017!



Every SLPS school will get the full Thanksgiving experience in November! Check out the picture on the left to see what's on the menu this year, and the calendar below to see when each school's Thanksgiving meal is.



HAPPY THANKSGIVING!



These are the dates that SLPS schools will have their Thanksgiving **Meal!**



Tues. Nov 7th

Clyde C Miller
Central
Henry
Yeatman
Meramec
Mason
Stix
Mann
AESM
Vashon
Carver
Woerner
Carr-Lane

Wed. Nov 8th

Blewett
Ames
Columbia
Hickey
Busch
Dewey
Metro
Froebel
Humboldt
Woodward
Oak Hill
Laclede
Northwest

Thurs. Nov 9th

Jefferson
Bryan Hill
Cole
Soldan
Walbridge
Kennard
Gateway STEM
McKinley
Wilkinson
Hodgen
Monroe
Fanning
Hamilton
Shaw

Tuesday Nov 14th

Clay
Sumner
Beaumont
Mallinckrodt
Compton-Drew
Adams
Carnahan
Madison
Wyman
Herzog
Mullanphy
Long
Sigel
Offsites

Wed. Nov. 15th

Gateway Complex
Lexington
NAPA
Dunbar
Ashland
Farragut
Peabody
Washington
Shenandoah
Buder
Lyon
Ford
Nance
Roosevelt

