

# SFE Nutrition Spotlight

October 2015

Fall into the fun!



As the leaves change and the school year progresses, we are planning some great things for our lunchroom! Our big event this month is **National School Lunch Week, Oct. 12-16**. Members of the Health and Nutrition team will be out in the school promoting this event with taste tests and nutrition education activities.

We have added sweet potatoes to our menu in several variations, and even have offered a Fall menu for the children on **October 30th**. In this newsletter, we will go in-depth about what we are offering on the menu and highlights of National School Lunch week.

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## Vegetable of the Month

Celebrating the Sweet Potato

### Benefits





Sweet Potatoes are an excellent source of magnesium and potassium, which helps support healthy blood pressure.

Looking for a way to get more calcium besides drinking milk? Sweet potatoes have got you covered to keep those bones strong.



Check out the calendar below to see what days a sweet potato item is featured for lunch. Also, National School Lunch Week is highlighted in red!

## October 2015

Su	Mo	Tu	W	Th	Fri	Sa
				1	2	3
4	5	6	7 	8 	9	10
11	12	13	14	15	16	17
18	19	20	21 	22	23	24
25	26	27	28	29	30 	31

For questions, Contact Food and Nutrition Services  
Director Althea Albert-Santiago at 314-345-4519.

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# National School Lunch Week

October 12th-14th

**“School Lunch Snap Shots”** is the theme to this year’s National School Lunch Week. We want to get a shot of not only the delicious food we are serving in the cafeteria, but of your student enjoying it! Staff will be taking pictures from **October 1-16th** throughout

the school district. We will display some pictures on the SLPS website, so parents can get a ‘taste” of our daily food service. Be sure to check out SLPS on Twitter, Facebook, and Instagram for snapshots!! We will also have members of the health & nutrition staff out in

the school doing taste testing and teaching children the benefits of sweet potatoes.



## Roving Chef Updates

Meet our new Roving Chef **CYNTHIA MURPHY!**

**Cynthia has joined the SFE Health & Nutrition team to be our dedicated Roving Chef!** Cynthia has an education background in nutrition and cooking. She loves to cook new recipes and believes children shouldn't be afraid try out new foods. She will be showing us what she believes with new

recipes, like the Mother Earth Veggie Burgers and Sweet and Savory Crepes. Cynthia is excited to teach children how to cook and eat healthy, an important tool they can use as adults! Her background and views on nutrition make her the perfect candidate for our Roving Chef.

**WELCOME CYNTHIA!!!**



## Nutrition Education Updates

**Getting Going!**

The Health & Nutrition team **launched our nutrition education program** starting in September and we are seeing some great responses! So far our team has visited **Cleveland High School, Long Middle and Collegiate School of Medicine and Bioscience (CSMB)**, just as a starting

point! These students have already learned the importance of drinking water and how to avoid sugary drinks. **Can you guess how many grams of sugar are in a 20oz. bottle of coke?? Find the answer after the Recipe of the Month!**

## Fall Line Decorating Contest

We will be decorating the lunchroom to get into the spirit of Fall. The staff will be decorating the line with fall-appropriate decorations and a winner will be announced at the end of the month.

We are imagining fall colors, leaves and anything to do with a bountiful harvest. Students are encouraged to be involved with the decorating, so if your student has an idea, be sure they share it with the lunchroom staff!



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# Menu Updates

## Our Theme is Fall!



The feel of Fall in the lunchroom this month. We wanted to offer a variety of warm inviting items that your student will enjoy. Our love for the sweet potato continues by offering **sweet potato gems, the close cousin to the tater gem, on October 7th.** Another side dish that will be offered is the **sweet potato fry on October 8th and 21st.** Our very special Fall menu will be rolling out on October 30th! This features two

items that compliment each other wonderfully. **Our main entrée will be a traditional, lightly seasoned Oven Roasted Chicken Breast. We will serve this with a Sweet Potato Apple Bake.** This dish has just enough sweet taste to make this healthy side dish taste like dessert! Be sure to mark this day on your calendar, it is a must try!

## Try it Tuesday: Turkey Biscuit Roll-ups



Our monthly promotion continues on **October 6th** with a healthy improvement to a recipe you may remember as a child. A breakfast turkey sausage biscuit is wrapped in a whole grain dough. It is a terrific

source of lean protein and whole grains. **Students will gobble this entrée up!**

## Vegetable of the Month Recipe: Roasted Sweet Potatoes

**Hands on Time 10 minutes: Total Time, 50 minutes**

Serves 8 people

### Ingredients:

3 lbs. sweet potatoes

1 tablespoon brown sugar

Vegetable oil

Salt

Ground Pepper

**Instructions:** 1) Heat oven to 450 degrees and arrange rack for upper rack.

2) Wash and scrub sweet potatoes. Cut them into 1 1/4

inch chunks & place in large bowl

3) Add brown sugar and enough oil to coat, salt & pepper to taste, mix sweet potatoes until evenly coated. Spread on baking sheet in an even layer. Bake, stirring occasionally, until sweet potatoes are lightly brown & roasted, about 30 minutes.

### \*\*ANSWER TO

**GRAMS OF SUGAR IN  
A BOTTLE OF COKE!**

**52 grams! A LOT!!!\*\***

