

SFE Nutrition Spotlight

January 2016



**Happy New Year!!
Welcome Back!**

We hope everyone had a wonderful winter break! The Food and Nutrition Services (FNS) Department is so excited about the upcoming events in 2016. We will feature more Roving Chef programs in the elementary, middle and high schools. At the elementary schools, the **FNS mascot, DJ Cheetah, will be making guest appearances throughout the school year!** FNS will also add new food items to the menus, such as Grilled Cheese Sandwiches with Tomato Soup and White Chicken Chili. To help improve the food and nutrition programs, we will conduct focus groups with students and staff across the District. The purpose will be to generate a dialogue between the FNS Team, the students and staff to understand what menu items they currently enjoy, in addition to receiving feedback on some additional changes we need to make to menus and services.

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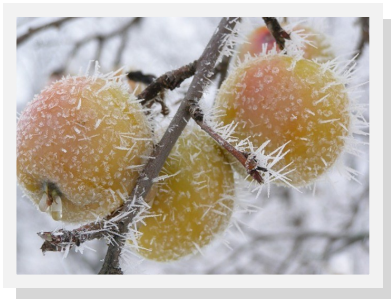
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Fruit of the Month

Apples!

Benefits

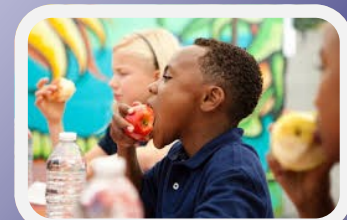
An apple a day keeps the doctor away, but do you **know why?** They are extremely rich in important antioxidants and dietary fiber. **Apples** may help reduce the risk of **developing cancer, hypertension, diabetes and heart disease.**



Fruit of the Month:

APPLES!!

Look for apples throughout the month of January.



**Questions? Please contact Food and Nutrition Services
Director Althea Albert-Santiago, 314-345-4519.**



Roving Chef Updates:

Get cooking! Roving Chef has begun, and the students are loving every minute! Chef Cynthia Murphy has already visited Adams, Humboldt and Nance. The students cooked a Chicken Fried Rice recipe and a second vegetarian version with tofu.

Both recipes feature whole-grain rice, egg, peas, carrots, green onion, spices and soy sauce. These students can't get enough of both recipes! We will be trying new recipes throughout the year.

Time to GET FIT!

Get Fit is a great program through the Food and Nutrition Services Department that teaches students the **importance of exercise and fitness.** The goal is to have the students exercise while waiting in line for lunch. **Giving them the chance to burn off a little extra energy before lunch will help them focus** and enjoy their meal! This program was

launched at Lexington Elementary with our mascot DJ Cheetah. He showed the students how to **do jumping jacks while lining up and handed out a ton of high-fives!** If you are interested in the Get Fit program, **contact the Food & Nutrition Services Department at 314-345-4519.**



Nutrition Education Updates

Going strong!



The success of the Nutrition Education programs continues! We are developing new lessons, and the students are having a blast participating in new games and tasting new food!

In December, programs were completed at Metro A&C High School, Yeatman-Liddell Middle School and Oak Hill Elementary.

To the left you can see Ms. Michelle's second-grade class enjoy their nutrition lesson on the benefits of dairy! **We will continue going to as many schools as possible in 2016.**

Lucky Tray Day!!

We are trying someone new. **Students will have the opportunity to win a prize, just for eating breakfast!** Trays will be selected at random before service, and a sticker will be placed on the bottom of the tray. **Find the sticker, win a prize! It's that simple!** We had **8 lucky winners at Herzog in December, and the kids were thrilled!**



Menus Updates: Grilled Cheese with Tomato Soup: Dec. 13th White Chicken Chili: Jan. 26th

Stay **WARM** with Hot Soups ...



Baby, it's cold outside!

We are keeping warm with piping hot soups! First up, we have a Classic Tomato Soup with a Goopy Grilled Cheese.

Next, is a NEW recipe, White Chicken Chili! Both soups are delicious and sure to warm up those bellies!

HOT CHOCOLATE ...

Did someone say HOT CHOCOLATE??

In the month of January, schools can win hot chocolate at lunch. This is a participation-based promotion given to the top 5 elementary, 2 middle and 1 high school, with the highest lunch participation.

SO EASY!



... and CHICKEN and WAFFLES! Jan. 19th

If your student likes sweet and savory, then they will love this promotion!

Jan. 19th we will feature Down Home Chicken and Waffles as our TRY-IT TUESDAY!



Fruit of the Month Recipe: Chunky Applesauce

Total Time, 60 minutes

Makes 4 cups

Ingredients:

8 apples, peeled, cored and cut into thin slices

3/4 cup apple juice

1/2 cup packed light brown sugar

Cinnamon, to taste



Instructions:

1) In a soup pot, combine all ingredients. Bring to a boil over medium-high heat.

2) Reduce heat to medium-low, cover and simmer for 50 to 60 minutes, or until desired texture, stirring occasionally.

3) Allow applesauce to cool. Then cover and chill until ready to serve. Add cinnamon to taste.