

SFE Nutrition Spotlight

November 2015

Let's Give Thanks!

The first few months have been off to a great start at Saint Louis Public Schools! We have been busy serving your children **tasty and nutritious meals**. As Thanksgiving approaches, we would like to take a moment to give **thanks to all those who have supported the school Breakfast and Lunch Program!**

We want to keep the momentum going by **trying new recipes, and taking any suggestions you may have as a parent**. If you every hear your child mention how much they **love an item and want it on the menu more often, please let us know! Thank you again** for all your support, and have a **Happy Thanksgiving!**



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Vegetable of the Month

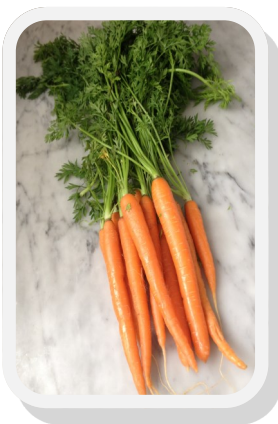
Care about Carrots!

Benefits

Carrots are a crunchy power food!! Carrots are an **excellent source of Vitamin A**, providing more than **200% of your daily requirement**.

Carrots are loaded with the **natural chemical, beta-carotene**, which turns into **Vitamin A**.

All that Vitamin A supports **healthy vision!**



Our featured carrot recipe for the month of November will be

Oven-Glazed Carrots

and will be on all menus **November 13th!**

Baby Carrots are featured on our menus daily, along with other salad bar items.


Crinkle-Cut Carrots can be found throughout the month!

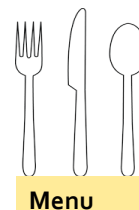
SLPS Web-connect

Take a look
at
What's New!

We are thrilled to have the SLPS Web-Connect as a resource for the parents. The SLPS Web-Connect allows parents to access the monthly menus, which include breakfast, lunch, midday snacks and a la carte items. Another feature is the food allergen display for each menu item. The SLPS Food and Nutrition Services Department, along with Southwest Foodservice Excellence, hopes these features will make it easier for you and your student to see What's cooking in our kitchens. We invite you to check out the Food and Nutrition Services webpage as often as possible to review upcoming events and promotions.

Just follow these steps:

- 1) Visit <http://www.slps.org/>
- 2) Click on the "Menu" icon 
- 3) All school menus are available [HERE](#).
- 4) Choose your school
- 5) Choose your menu
- 6) Choose "Go to Menu"



Roving Chef Updates

Starting with taste testing!

We have started the Roving Chef Program off a little differently this year with a taste testing. Our first stop was Lexington Elementary School, with a non-meat alternative dish!

What was the non-meat alternative, you ask? The non-meat alternative was a soy-protein substitute.

We substituted the non-meat alternative for ground beef in our **Beefy Macaroni** Recipe and the students enjoyed every bite. We had a great response from the students who sampled the recipe. It was our chance to show the students that veggie proteins can be tasty too! We hope to do some more fun taste testing programs and cooking events with the students in November!



Nutrition Education Updates

So successful!!!



We have been covering a lot of ground with our Nutrition Education Programs! Most of our education programs have been happening every week for the last several weeks at the follow schools such as Long Middle School, Cleveland NJROTC@ Southwest High School and Oak Hill Elementary.

We have also made stops at Yeatman Middle School and Academy of Environmental Science and Math @Carver; with more classes planned in the future. Students have been learning the importance of eating a variety of fruits and vegetables. As well as how to read labels in addition, to understanding proper portion sizes!

Do not be shocked if you see your student flip over a cereal package and start reading the label! This is just the start; we plan on keeping these educational programs going!

Food Allergies

Food Allergies are something we take very seriously in the cafeteria! We often hear students say, "I cannot have that!" Sometimes it's simply because they do not care for the food item, but on the other hand it could be because of a food allergy.

If your student has a food allergy, please notify the Nurse at their school right away. Submit to the School Nurse an OHS18 (Prescription for Special Diet), and an annual physical exam. These documents are available at www.slps.org >Parents and Students > Student Health.

In addition, a Food Allergy Action Plan is needed from your student's Doctor or Nurse Practitioner. If emergency medication (such as an epi-pen or benadryl) is ordered, parents are asked to provide properly labeled medication in its original prescription container and a medication consent form (OHS14).



Menu Updates

It's all about Thanksgiving!



Thanksgiving is a special time for everyone, especially Saint Louis Public Schools. We have a delicious menu planned and are excited to start cooking. The schedule for the Thanksgiving meal will be posted on the SLPS Web-Connect Menu Site, to see when your student's school will have their meal.

Your student can also ask one of the cafeteria workers about the Thanksgiving schedule as well.

Here is what we have lined up:

Thanksgiving Turkey & Stuffing w/Roll

Mashed Potatoes

Turkey Gravy

Green Beans

Cranberry Sauce

Pumpkin Bars

Vegetarian Option: Grilled Cheese

Try it Tuesday: Chocolate Chip Waffles

We continue to add a new item to the menu each month! This keeps our menu fresh and gives students a chance to try something new.

For November we are featuring the, "**Chocolate Chip Waffle.**" This yummy breakfast item will be featured on

November 17th. These waffles offer whole grains and chocolate chips, a win-win situation!



Vegetable of the Month: Orange Glazed Carrots



What's up doc? Carrots that's what! **Carrots** will be featured as the vegetable of the month for **November.** We have a new recipe for **Orange Oven-Glazed Carrots** on the menu **November 13th.**

This side dish offers a **brown sugar-orange glaze along with a zip of spice!** Also, be sure to watch for the crinkle-cut carrots as a **hot vegetable and baby carrots on the salad bar!**

Vegetable of the Month Recipe: Honey-Glazed Carrots

Hands on Time 5 minutes: Total Time, 15 minutes

Serves 4 people

Ingredients:

1 lb. Baby Carrots

2 tablespoons Butter

2 tablespoons Honey

1 tablespoon Lemon Juice

Ground Pepper

Salt

1/4 cup chopped Flat-Leaf Parsley

Instructions: 1) Fill medium pot with water and bring to a boil.

2) Add salt and then carrots and cook until tender, 5-6 minutes. Drain the carrots after tender.

3) Add carrots back to the pot with butter, honey, and lemon juice. Cook until a glaze coats the carrots, 5 minutes. Season with salt and pepper, top with parsley.

