



SFE Nutrition Spotlight

March 2016

National Nutrition Month & National School Lunch Week!

Nutrition in FULL force!!

We are geared up to celebrate healthy eating with a BANG! We have two promotions to celebrate each event and new healthy menu items, as well! **Both promotions will give your student a chance to showcase their creative side**, so be sure to get the details inside this issue!



Table of Contents

Page 1: Intro & Vegetable of the Month

Page 2: Roving Chef Updates, National Nutrition Month, National School Breakfast Week

Page 3: Menu Updates, Try-it-Tuesday, & Recipe for Vegetable of the Month

Vegetable of the Month

Broccoli!

Benefits

Some would argue that broccoli is the world's healthiest food! Broccoli's most important nutrients include vitamins C and A, along with folic acid, **calcium** and fiber.

To highlight **calcium**, the benefits of this mineral include building strong bones along with controlling high blood pressure.



Vegetable of the Month:
Broccoli!!

Fresh broccoli is always available on our salad bar, but we have some new recipes in store using broccoli this month! Keep reading to find out!

For questions, contact Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519



Roving Chef Updates:

Roving Chef continues to be a huge success.

Chef Cynthia continues to visit SLPS schools and has some fun new things in store! In March, she will showcase recipes featuring chicken and tofu, along with Lo Mein noodles. The students always love stirring the veggies and learning to prepare new recipes!

March: National Nutrition Month



The theme this year is **“Savor the Flavor of Eating Right!”** Food and Nutrition Services always promotes healthy eating, but this year we are challenging the students to think of their own ways to eat healthy!

Eleven schools (*Adams, Cote Brillante, Carr Lane, Gateway Elementary, Gateway Middle, Gateway Michael, Lyon @ Blow, Woodward, Mullanphy, Hickey and Oak Hill*) have been selected to participate in our “Recipes from Home” contest. **Students will submit their own recipes using 10 given ingredients.** The cashiers in the lunchroom will have the information on hand. **The winner of this contest will have their recipe put onto the menu for all of SLPS!**

National School Breakfast Week — March 7-11

Breakfast is the most important meal of the day, and we are celebrating with a NEW ITEM! On March 10, we will feature the Breakfast Casserole! **This savory casserole features potatoes, eggs, turkey ham, cheese & toast!**

PROMOTIONS!

Columbia, Patrick Henry and Sigel will be participating in an art contest for National School Breakfast Week! Food & Nutrition Services **will work with the art teachers to get the students’ creativity flowing!** Students will create an advertisement for school breakfast. Three winners selected from each school will have their entries submitted to a **NATIONAL** contest!!



Menus Updates: TRY-IT-TUESDAY!

Chicken Rotini w/Broccoli & Garlic, March 15th

NEW SIDE ITEM!!!!

March 8th & 18th

On March 15th, to showcase our vegetable of the month, the Food & Nutrition Services department will feature Chicken Rotini with Broccoli and Garlic on the menu. Be sure your students try this delicious dish.

Broccoli + Cheese = DELICIOUS!

This is the simplest of math! **We are adding a special something to this already yummy vegetable, a dollop of melted cheese!**

Your student **MUST** give this a try; they are sure to love it!

Dr. Seuss' Birthday, March 2nd

In honor of Dr. Seuss, the creator of so many great children's books, we featured Green Eggs & Ham with Toast on March 2nd, his birthday. To give a twist to the eggs, we added spinach!



Breakfast for Lunch, March 29th

Breakfast for lunch is always a huge hit among students! **This month, we are making it even better by combining turkey ham, tater gems, cheese, and eggs into one scrumptious bowl!** This convenient bowl will be a can't miss, so mark it on your calendars.



Vegetable of the Month Recipe: Roasted Garlic Lemon Broccoli

Prep 10 minutes / Cook 15 minutes/ Ready 25 minutes

2 broccoli heads, separated into florets

2 teaspoons extra virgin olive oil

1 glove garlic minced

1 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon lemon juice

- 1) Preheat oven 400 degrees
- 2) Toss broccoli florets with oil, salt, pepper, & garlic in a bowl
- 3) Spread on baking sheet and bake until broccoli is tender. Transfer to serving platter & squeeze lemon juice on top