



SFE Parent Newsletter



April Promotions

April will be a bright month for students! Check out our promotions below:

April 3rd: It's opening day for our Cardinals! We will be featuring ballpark items including: Hotdogs, Hamburgers and French Fries.

April 4th: Try-it-Tuesday: Broccoli & Raisin Salad

April 19th: Breakfast for Lunch: Waffles with Syrup

April 26th: National Pretzel Day. Lookout for the Grilled Cheese on a Pretzel Bun.

The Vegetable of the Month is **Carrots**

HAPPY NATIONAL
pretzel DAY!



Rainbow Days

Congratulations to the following schools for being selected to participate in the Rainbow Day events in April and May:

- Jefferson Elementary
- Oak Hill Elementary
- Stix Early Childhood Center
- Kennard Classical Junior Academy
- Washington Montessori

Rainbow Day events are sponsored by The Department of Health and Senior Services, Division of Community and Public Health and The Bureau of Community Health and Wellness. The purpose of these special school wellness program are to teach kids about healthy eating! It's a fun way to increase fruit and vegetable consumption in schools by providing different fruits and vegetables in a variety of colors on the salad bar!



Grab 'N' Go Breakfast Carts

Grab 'N' Go breakfast carts continue to be a hit in the middle and high schools, thanks to the Fuel Up to Play 60 grant sponsored by the Midwest Dairy Council. The carts have recently added whole grain pop tarts, parfaits, assorted fruit smoothies along whole grain Trix and cinnamon toast crunch cereal bars! The purpose of the Grab 'N' Go breakfast carts is to increase student participation in school breakfast by providing them with a quick, on the go breakfast! Congratulations to the following schools for being awarded The Fuel up to Play 60 Grant: Central VPA, Collegiate, McKinley, Metro, Vashon, Carr Lane, Long, Gateway STEM, Compton-Drew and Clyde C. Miller!

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SFE was busy in March...

The Health and Nutrition Team was busy in March! March was National Nutrition Month and National School Breakfast week! The Health and Nutrition team had café display boards in the following schools: Mullanphy ILC, Ames VPA, Busch Middle School of Character, Herzog Academy, Peabody Elementary, and Madison ETS throughout the month. We also did multiple sampling of new products at various schools. The product being sampled was a black bean burger, which the students really seemed to like! In April we will be sampling a new breakfast burrito.

Our Second Health Fair was March 18th!

Food and Nutrition Services collaborated with Woodward Elementary for their Annual 5K run!

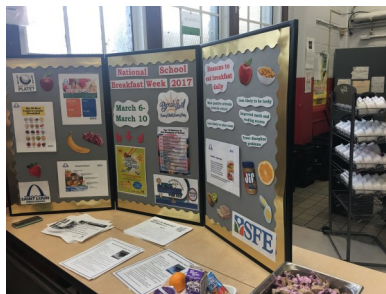
Thank you to the 14 vendors that promoted health and wellness, as well as provided activities, raffles and giveaways for students, parents, staff and



National School Breakfast Week: March 7th-10th

We had café display boards at Herzog Academy and Peabody Elementary during this week. The students loved our blueberry breakfast bars and were excited to learn about why eating school breakfast is important!

The Health & Nutrition Team will be visiting one school per week to promote National Nutrition Month! For more tips and information, visit the Academy of Nutrition and Dietetics at eatright.org



During the month of March, a total of **24** Roving Chef programs were implemented! Students were excited to make our Chicken Stir Fry recipe!



Chef Susan along with students at Dunbar Elementary on March 13th being shown how to sauté vegetables!



Students at NCNAA trying their hand at sautéing vegetables for the chicken stir fry!

Additional March Highlights



Focus Groups in High Schools

Members of the Health and Nutrition team have been busy conducting Focus Groups in our high schools to find out what the students are liking about their meals and what we can potentially improve upon. Focus groups were conducted at McKinley, Metro, and Sumner. Thank you to the schools that participated in the focus groups. We have gotten some great feedback that will help us accommodate the students needs and wants in the future!

Lucky Tray Contests

Lucky Tray contests were done throughout the month of March at the following schools, Oak Hill Elementary, Clay Elementary, Shaw VPA, Carver Elementary, AESM at L'Ouverture and Nottingham CJAT.

Students were excited to come through the breakfast or lunch line to determine if it was their lucky day. If students had a "lucky tray" they found a sticker under their tray and were able to come up and receive a prize of their choice!



Students at McKinley High School are happy to fill out surveys that will improve their school meals!

