

Quick Notes

A FEW WORDS FROM OUR CHILD NUTRITION DEPARTMENT



Jean Massieu Academy

OCTOBER 2020

Celebrate National School Breakfast Week

National School Breakfast Week is March 2-6 and we believe breakfast is worth celebrating! Why? Research shows that students who eat breakfast:

- Score higher in reading and math
- Perform better on standardized tests
- Maintain concentration and retain more information
- And are more likely to stay within their healthy weight range!



I LOVE BREAKFAST



It really is the most important meal of the day, which is why we offer breakfast each morning. Just like the school lunch program, school breakfast meets nutritional standards set by the USDA. This week, let us do the cooking! ¹

Johnny Appleseed Day

In the late 1700s, Johnny Appleseed made his way through the Midwest, planting apple (and pear) trees along the way. He worked for free, teaching locals how to farm these beautiful fruit-bearing trees. His goal was simple: to share food and friendship. On March 11th, we encourage you gather your family and friends and share some Apple Nachos in memory of Johnny Appleseed. ²



Apple Nachos

Ingredients:

- Apples
- Your choice of toppings



Directions:

Assemble a layer of thinly sliced apples. Start with wet toppings like melted peanut butter, chocolate sauce, caramel sauce, etc. Then, add dry toppings like chocolate chips, granola, nuts, dried fruit, etc. Eat and enjoy!

You can never have enough greens
— especially at meal time!

Go Green in March

With this Top 10 list of ways your family can eat green: ³

1. Make a St. Patrick's Day snack plate of all green fruits and vegetables.
2. Serve up a build-your-own salad bar for lunch or dinner.
3. Try swapping pasta out for spiralized zucchini zoodles.
4. Start your day the green way with spinach in a smoothie.
5. Try incorporating one more green fruit or vegetable with every meal.
6. Get your dip on! Serve ranch, peanut butter, or hummus on the side.
7. Consider buying pre-washed and/or pre-cut greens to save time.
8. Let your child pick out a NEW to them green fruit or vegetable to try.
9. If you're dealing with picky palettes, start with soups and sauces then build up to sides.
10. When it comes to eating green, be their role model this month!



Sources: 1) <https://schoolnutrition.org/meetings/events/nsbw/2020/about/>
2) <https://nationaldaycalendar.com/national-johnny-appleseed-day-march-11/>
3) <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx>

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