



Lyon Food Service News

May Lunch Specials

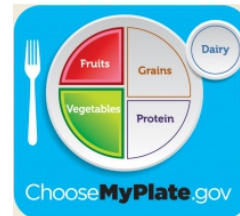
Friday, May 11, *RF* Sloppy Joe on a *WG* Bun, Confetti Fries, Frozen 100% Juice Treat

WG - Whole grain *RF* - Reduced



Lyon School offers many lunch options everyday.

Heart Health: Fruits and Vegetables Matter



A diet high in **fruits** and **vegetables** can be *equally as effective as medication* in lowering blood pressure! According to the Harvard School of Public Health, Americans who eat 8 servings of **fruits** and **vegetables** per day are *30% less likely to have a heart attack or stroke*.

Tips to make your plate half **fruits** and **vegetables**

- ♥ Keep **fruit** out where you can see it, this way you're more likely to eat it
- ♥ Make it a meal, try new recipes where **vegetables** take the center stage
- ♥ Explore the produce aisle and experiment with new seasonal **fruits** and **vegetables**

Try **fruits** and **vegetables** on the grill this summer!

Vegetables make a flavorful addition to meals! Grill until tender when pierced. Season lightly with olive oil, balsamic vinegar, rosemary, oregano, pepper, thyme, lemon and any of your favorite spices!

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| ♥ Artichoke halves | ♥ Carrot sticks | ♥ Mushrooms tops | ♥ Sweet onion rings |
| ♥ Asparagus spears | ♥ Corn on the cob | ♥ Jalapeños seeded | ♥ Tomato halves |
| ♥ Bell pepper strips | ♥ Eggplant rounds | ♥ Radish quartered | ♥ Zucchini rounds |



Fruits taste great fresh, lightly grilled or even used as a topping on low-fat ice cream! Grill for two minutes on each side, or until desired texture. Get kids involved in making **fruit** kebabs for a simple and decorative dessert!

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| ♥ Apple rounds | ♥ Honeydew wedges | ♥ Orange rounds | ♥ Plum halves |
| ♥ Banana halves | ♥ Mango pieces | ♥ Peach halves | ♥ Pineapple rounds |
| ♥ Cantaloupe slices | ♥ Nectarine halves | ♥ Pear wedges | ♥ Strawberry halves |

Reference <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-full-story/index.html>

Online Information

There are several resources in regards to the meals Food Service offers. Nutritional information is available at <http://www.glenview34.org/parents/foodServices/> through the Parent section. The cycle menu nutrient analysis information section provides a detailed break down of the meals served. There are also links to an allergy guide, the districts food (snack) guidelines, classroom/team party food guidelines and student account information.

If you have any questions regarding meals or your child's account please call or email:

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