

# Glenview School District #34 Food Service News

[www.glenview34.org/foodservice](http://www.glenview34.org/foodservice)

Photos are from meals served in our schools



## MEAL PREP: HELPFUL, HEALTHY EATING STRATEGIES

Many families have working parents who struggle with trying to manage their busy schedules, their children's schedules, housework, homework, and so on. It's no wonder one of the top reasons people say they opt for take out is they are just too busy or too tired to try and prepare a home cooked meal.

Here are some strategies for keeping your new healthy eating plan on track.

- Set a goal that you will eat out only one day per week.
- Choose a day of the week to plan menus and make a shopping list. Family input will help get everyone on board on the new plan.
- Choose a day to shop.
- Prepare some of the recipes ahead of time. You can even prep vegetables by chopping or dicing what you need to save time when you arrive home. On those especially hectic days you'll have a meal ready to heat, or at least partially prepped.
- Have your family find recipes they'd like to try. Start a collection or recipe book that contains all of the "keepers".
- Consider a specific meal on different days of the week. For example, Meatless Monday, Taco Tuesday, Stir-Fry Fridays, Pasta night, breakfast for dinner night, etc.

To find some great theme night ideas visit:

[Thekitchn.com](http://Thekitchn.com)

[Goodcheapeats.com](http://Goodcheapeats.com)

[Reallifeathome.com](http://Reallifeathome.com)

## Recommendations for Food Storage

The following recommendation times for various home-cooked foods that offers the best flavors, maximum nutrients

### *Refrigeration at 40°F or lower*

- 1-2 days: cooked ground poultry or ground beef
- 3-4 days: cooked whole meats, fish and poultry; soups and stews
- 5 days: cooked beans; hummus
- 1 week: hard boiled eggs; chopped vegetables
- 2 weeks: soft cheese, opened
- 5-6 weeks: hard cheese, opened

### *Freezing at 0°F or lower*

- 1-2 months: casseroles
- 2-3 months: soups and stews; cooked beans
- 3-6 months: cooked or ground meat and poultry; fish
- 6-8 months: berries and chopped fruit stored in freezer bags

### **The benefits of planning and prepping meals include:**

- ✓ **Saving Money**
- ✓ **Saving time**
- ✓ **Overall wellness by increasing nutrient intake**
- ✓ **Stress reduction**
- ✓ **Weight control**

**Attea and Springman Middle Schools**

Tuesday, 4/4 Cheddar Filled Pretzel Bosco Sticks OR BBQ Beef Rib Patty on a Bun  
Friday, 4/7 Toasted Cheese Sandwich OR Wild Mike's Cheesy Bites w/ Marinara Sauce  
Monday, 4/10 Cinnamon French Toast  
Monday, 4/17 Shrimp Poppers with Cheesy Garlic Bread  
Friday, 4/21 Corn Dog on a Stick OR Chicken Quesadilla  
Monday, 4/24 General Tso Chicken with Brown Rice  
Tuesday, 4/25 BBQ Rib Patty on a Bun OR Cheddar Filled Pretzel Bosco Sticks  
Friday, 4/28 Sausage and Cheese Pizza Puff

**Glen Grove School**

Friday, 4/7 Cheese Bosco Sticks  
Friday, 4/21 BBQ Chicken Max Snax  
Friday, 4/28 BBQ Beef Rib Patty on a Bun

**Henking School**

Friday 4/7 Pasta Alfredo with Cheesy Bread and Corn on the Cob  
Friday, 4/28 Breaded Chicken Patty on a Bun with Corn on the Cob

**Hoffman School**

Friday, 4/7 Baja Fish Sticks  
Friday, 4/21 Warm Ham and Cheese Croissant Sandwich  
Friday, 4/28 Popcorn Chicken with a Cheddar Garlic Biscuit

**Lyon School**

Friday, 4/7 Sloppy Joe on a Bun  
Friday, 4/28 Chocolate Chip Pancakes with Sausage

**Pleasant Ridge School**

Friday, 4/7 Wild Mike's Cheesy Bites w/ Marinara Sauce  
Friday, 4/21 Chicken Quesadilla  
Friday, 4/28 Mini Hot Dogs on Mini Buns

**Westbrook School**

Friday, 4/7 Breaded Mozzarella Cheese Sticks with Marinara Sauce  
Friday, 4/28 Shrimp Poppers with Cheesy Garlic Bread