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# Food Service News

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## Kid Friendly Veggies and Fruits

Tips to encourage children to eat vegetables and fruits by making it fun!

- ❖ **Smoothie Creations:** Blend low-fat yogurt with fruit pieces and crushed ice.
- ❖ **Delicious Dippers:** Make a quick dip of low-fat yogurt and seasonings such as garlic, chives or other herbs. Serve with raw vegetables such as broccoli, baby carrots, cucumber slices and pepper slices. Fruit chunks go great with a dip made from low-fat yogurt with a little honey or cinnamon added.
- ❖ **Kid Kabobs:** Use skewers to make fruit or grilled vegetable kabobs.
- ❖ **Personalized Pizzas:** Use English muffins, pita bread or bagels as the base for mini pizzas. Top with sauce, fresh veggies and cheese.
- ❖ **Homemade trail Mix:** Use your favorite nuts, dried fruit, seeds and whole grain cereal to create a healthy snack.
- ❖ **Frosty Fruits:** frozen fruit such as melon chunks make great “popsicles” when frozen with sticks inserted in them. Frozen grapes also make a great refreshing snack.

Be creative! Let your children come up with new recipe ideas. Let them shop with you to pick out the fruits and vegetables for the week. Kids tend to try new foods if they are involved in the process.

## Local Farmer's Markets

- **Northfield Farmers Market**  
6 Happ Road, Northfield, opens on May 27<sup>th</sup> and runs through October 14<sup>th</sup>. Every Saturday from 7:30am – 12:30pm
- **Morton Grove Farmers Market**, 6210 West Dempster, Morton Grove, Special Mother's Day Market, Saturday, May 13 from 8:00am-12:00pm, and Saturdays beginning June 3<sup>rd</sup>.
- **Wagner Farms**, 1510 Wagner Road, Glenview, Saturdays beginning June 24<sup>th</sup> through October 7<sup>th</sup>.
- **Skokie Farmers Market**, 5127 Oakton Street, Skokie, Sundays Beginning June 11 from 7:30am- 12:30pm



## MAY SPECIALS

### **Attea and Springman Middle Schools**

Monday, May 1, Macaroni and Cheese with Mini Corn Dogs

Friday, May 5, Chicken Quesadilla with Salsa and Sour Cream

Monday, May 8

ATTEA: Meatloaf Sandwich on a French Roll

SPRINGMAN: Cinnamon French Toast with Sausage

Friday, May 12, Corn Dog on a Stick OR Vegetable Alfredo Lasagna Rollups

Monday, May 15,

ATTEA: Shrimp Poppers with Cheesy Garlic Bread

SPRINGMAN: Salisbury Steak with Mini Baked Potatoes

Tuesday, May 16, Grilled Chicken Patty with Cheese Sandwich OR Cheddar Stuffed Pretzel Bosco Sticks

Friday, May 19, NEW!! Southwest Chicken Tornados

Monday, May 22,

ATTEA: Breaded Mozzarella Cheese Sticks

SPRINGMAN: Shrimp Poppers with Cheesy Garlic Bread

Friday, May 26, Cheese Quesadilla with Salsa and Sour Cream

Wednesday, May 31, Wild Mike's Cheese Bites

### **Glen Grove School**

Friday, May 5, Warm Ham and Cheese Sandwich

Friday, May 12, Cheddar Stuffed Pretzel Bosco Sticks

Friday, May 19, Toasted Cheese Sandwich

Friday, May 26, Macaroni and Cheese with Mini Corndogs

### **Henking School**

Friday, May 19, Chicken Quesadilla with Salsa and Mini Corn on the Cob

### **Hoffman School**

Friday, May 5, Corn Dog on a Stick

Friday, May 12, Mini Hamburgers on Mini Buns

Friday, May 19, Mini Hot Dogs on Mini Buns

Friday, May 26, Cook's Choice Fish; Krabby Patty, Baja Fish Sticks, Shrimp Poppers

### **Lyon School**

Friday, May 19, Hot Dog on a Bun with Chili Fries

### **Pleasant Ridge School**

Friday, May 5, Mozzarella Pull-a-Part Bread

Friday, May 12, Wild Mike's Cheese Bites

Friday, May 19, Cheddar Stuffed Pretzel Bosco Sticks

Friday, May 25, Toasted Cheese Sandwich

### **Westbrook School**

Friday, May 19, Krabby Patty on a Bun with Potato Smiles