

March is National Nutrition Month

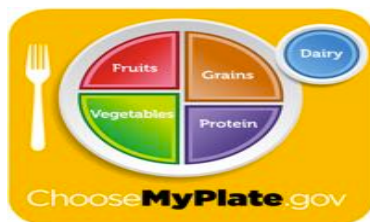
Eat Right!

10 Ways to Enjoy More Fruits and Vegetables



March 2017

Specials on page two:



New at Henking, Lyon and Westbrook Wild Mike's Mozzarella Cheese Bites



1. Mix up a breakfast smoothie with your favorite fruits and low-fat yogurt
2. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
3. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
4. Keep cut vegetables and fruit ready for afterschool snacks, side dishes, or quick nibbles while waiting for dinner.
5. Place colorful fruit where everyone can easily grab something for a snack-on-the-go. Keep a bowl of fresh, just ripe whole fruit on your counter or in the center of your dining table.
6. Wake up to fruit. Make a habit of adding fruit to your favorite morning breakfast cereal, oatmeal, yogurt or toaster waffle.
7. Make fruit your dessert: slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of homemade fruit puree.
8. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
9. Grill colorful vegetables kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
10. Visit the Academy of Nutrition and Dietetics website www.eatright.org great fruit and veggie recipes and other ways to Eat Right!

For information regarding the Food Services Program:

www.glenview34.org/foodservice

Or Contact us at 847-486-7702

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This institution is an equal opportunity provider



Attea and Springman:

- Monday, 3-6: Turkey and Gravy with Mashed Potatoes
- Tuesday, 3-7: BBQ Beef Rib Patty OR Cheddar Filled Bosco Sticks
- Friday, 3-10: Toasted Cheese Sandwich
- Monday, 3-13: Salisbury Steak with Gravy and Mini Baked Potatoes
- Friday, 3-17: Cheese Quesadilla
- Monday 3-20: ATTEA Asian Chicken with Brown Rice
- SPRINGMAN Sloppy Joe on a Bun
- Friday, 3-24: Corn Dog on a Stick OR Crab Patty on a Bun

Glen Grove:

- Friday, 3-10: Toasted Cheese Sandwich
- Friday, 3-17: Wild Mike's Mozzarella Cheese Bites with Marinara
- Friday, 3-24: Shrimp Poppers with Cheesy Bread

Hoffman:

- Friday, 3-10: Shrimp Poppers with Cheesy Bread
- Friday, 3-17: Crabby Patty on a Bun
- Friday, 3-24: Cheddar Cheese Filled Pretzel Bosco Sticks

Pleasant Ridge:

- Friday, 3-10: Shrimp Poppers with Cheesy Bread
- Friday, 3-17: Crabby Patty on a Bun
- Friday, 3-24: Mozzarella Cheese Pull a part Bread

Henking, Lyon and Westbrook

- Friday, 3-10: Wild Mike's Mozzarella Cheese Bites with Marinara