

March is National Nutrition Month

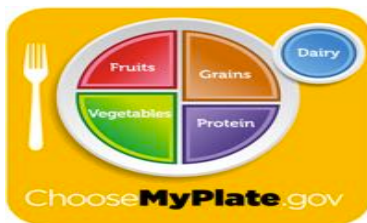
Eat Right!

10 Ways to Enjoy More Fruits and Vegetables



March 2019

Specials on page two:



Clean label entrees are being served at our schools. A clean label means, no preservatives, no additives, no artificial colors or ingredients, and no high fructose corn syrup. Clean label products contain natural, familiar, simple ingredients that are easy to recognize, understand, and pronounce. Our products are baked, never fried and contain zero trans fats. We serve a bounty of fresh fruits and vegetable options with all meals.

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

Kimberly Cleveland, Director of Food Services kcleland@glenview34.org
 Jill Conner, Administrative Assistant, Food Services jconner@glenview34.org

This institution is an equal opportunity provider



Attea and Springman:

Monday, 3-4: Cinnamon French Toast with Sausage^

Tuesday, 3-5: BBQ Beef Rib Patty OR Cheddar Filled Pretzel Bosco Sticks

Friday, 3-8: Cheese Quesadilla with Salsa and Sour Cream

Monday, 3-12: AT: Pepperoni Bosco Sticks SP: Shrimp Poppers with Cheesy Garlic Bread

Taco Max Snax with Salsa and Sour Cream

Friday, 3-15: Grilled Cheese Sandwich

Monday 3-18: ATTEA: Mandarin Chicken with Yakasoba Noodles

Friday, 3-22: Corn Dog** on a Stick OR Crabby Patty on a Bun

Glen Grove:

Friday, 3-8: Cheddar Filled Pretzel Bosco Sticks

Friday, 3-15: Shrimp Poppers with Cheesy Garlic Bread

Friday, 3-22: Wild Mike's Cheesy Bites with Marinara Sauce

Hoffman:

Friday, 3-8: Shrimp Poppers with Cheesy Garlic Bread

Friday, 3-15:

Friday, 3-22: Berry and Yogurt Parfait with nut free granola

Pleasant Ridge:

Friday, 3-8: Shrimp Poppers with Cheesy Garlic Bread

Friday, 3-16: BBQ Beef Rib Patty on a Bun

Friday, 3-22: MUNCHABLES! Choose from Pepperoni* Pizza Box or Hummus Box

Henking

Friday, 3-8: Shrimp Poppers with Cheesy Garlic Bread and Corn on the Cob

Lyon

Friday, 3-8: Meatloaf with Mashed Potatoes and Gravy

Westbrook

Friday, 3-8: Berry and Yogurt Parfait with nut free granola

** Turkey Products ^ Chicken Product * Pork Product