

# March is National Nutrition Month

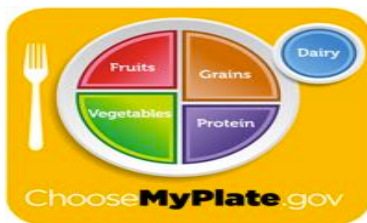
Eat Right!

10 Ways to Enjoy More Fruits and Vegetables



March 2018

## Specials on page two:



Serving Wild Mike's Ultra Premium Mozzarella Cheese Bites and Pizza Slices. A clean label product, with real ingredients, no trans-fat, no additive, no preservatives or artificial ingredients.



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](http://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](http://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, 3-5: ATTEA: Breaded Mozzarella Cheese Sticks

SPRINGMAN: Sloppy Joe on A Bun

Tuesday, 3-6: BBQ Beef Rib Patty OR Cheddar Filled Pretzel Bosco Sticks

Friday, 3-9: Toasted Cheese Sandwich

Monday, 3-12: Taco Max Snax with Salsa and Sour Cream

Friday, 3-16: Cheese Quesadilla with Salsa and Sour Cream

Monday 3-19: ATTEA: Mandarin Chicken with Brown Rice

SPRINGMAN: Shrimp Poppers with Cheesy Garlic Bread

Friday, 3-23: Crabby Patty on a Bun

Glen Grove:

Friday, 3-9: Shrimp Poppers with Cheesy Garlic Bread

Friday, 3-16: Cheddar Filled Pretzel Bosco Sticks

Friday, 3-23: Toasted Cheese Sandwich with Baked Chips

Hoffman:

Friday, 3-9: Cheese Quesadilla with Salsa and Sour Cream

Friday, 3-16: Shrimp Poppers with Cheesy Garlic Bread

Friday, 3-23: Cheddar Filled Pretzel Bosco Sticks

Pleasant Ridge:

Friday, 3-9: Berry Yogurt Parfait with Nut-Free Granola

Friday, 3-16: Shrimp Poppers with Cheesy Bread

Friday, 3-23: Crabby Patty on a Bun

Henking

Friday, 3-9: Shrimp Poppers with Cheesy Garlic Bread and Corn on the Cob

Lyon

Friday, 3-9: Breaded Chicken Patty on a Bun

Westbrook

Friday, 3-9: Shrimp Poppers with Cheesy Garlic Bread