



Delivering on Student Well-Being



February 2015



Chopsticks Returns with a New Twist

Chopsticks our Asian format has returned to the high school with a new twist. Each student is offered a choice of rice or noodles, then topped with chicken and steamed vegetables with an option of variety of sauces.



Rudolph's Cafe

Celebrating our 15th year sponsoring Rudolph's café at the St Anthony Festival Trees. Thank you to Paula and Christina for making it a success.





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We Listened!

New menu items and some of their past favorites have been added to February's menu after visiting with students on eating lunch and what their thoughts are regarding menu options.



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freshpick review

Get Into The Game With LEAFY GREENS

Leafy Greens, as the name implies, are plant leaves that are cooked and eaten as a vegetable and are sometimes accompanied by additional stems or stalks. Leafy greens include many items ranging from lettuce to cabbage to Swiss chard! They have a variety of nutritional benefits, along with tons of cancer fighting and prevention elements. There are very few other vegetables that are as rich in essential vitamins, vital minerals and food value.

There are many different types of greens all with their own unique qualities. For example kale, a ruffled green, and violet and pink leaf is the top leafy green source of carotenoids, which promotes eye health and may help lower the risk of aging. Swiss chard, a delectable tasting vegetable with stalk-like stems and broad, crisp leaves are a great source of iron and are the best greens to lower blood pressure. And the list goes on and on. To store most leafy greens, wrap them in a damp paper towel and then place them in a plastic bag to store in the refrigerator. Most greens, if purchased in good condition, will last up to one week.

Nutrition NOTES

Many leafy green vegetables are excellent sources of Vitamins A and C and contribute calcium, iron, fiber and other nutrients. According to the National Cancer Institute, foods rich in Vitamins A and C have been associated with the reduced risk of certain cancers. Leafy Greens are also very low in calories and sodium and are fat and cholesterol free.



The Fresh Pick Review is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured Fresh Pick item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our Fresh Pick Review even better, please email your suggestions or comments to freshpick@ideaworksfoodmarketing.com.

Types of LEAFY GREENS

- Arugula or Rocket Salad
- Beet Greens
- Belgian Endive
- Broccoli
- Bok Choy
- Cabbage
- Collards
- Curly Endive
- Dandelion Greens
- Escarole
- Flowering Cole (Flowering Kale, Salad Savoy)
- Kale
- Lettuces
- Mache (Lamb's Lettuce)
- Mustard Greens
- Radicchio
- Rapini
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

Chief Remy Smith is Sodexo's first ever "Student Ambassador for Nutrition and Health" and is host of a health based TV cooking show "Cook Time with Remy". In her new role, Remy will have the opportunity to positively impact the lives of students in Sodexo-served school districts across the country by having the opportunity to speak directly to the students through specially produced videos, nutrition education materials and in-person appearances.



Let's Get Cooking

EGG WHITE OMELET WITH SPINACH OR CHARD (MAKES 1 OMELET)

INGREDIENTS:

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

NUTRITION FACTS:
100 calories, 4.5g fat,
210mg sodium, 2g fiber

DIRECTIONS:

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelet.

The Leafy Greens Council is a proud sponsor of Sodexo's Fresh Pick For Better Health program.

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Free & Reduced as of February 1st

	Free & Reduced		Feb. 2014	
	Total	%	Total	%
Hawthorne/Alt	38	73%	42	79%
Lincoln	105	56%	104	59%
McKay	131	37%	134	39%
Pendleton HS	339	37%	369	41%
Sunridge	359	51%	363	50%
Washington	258	69%	246	67%
West Hills	107	55%	97	49%
Sherwood	269	61%	284	64%
	Total District	51%	Total	51%



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ADP January Meal Counts

Breakfast

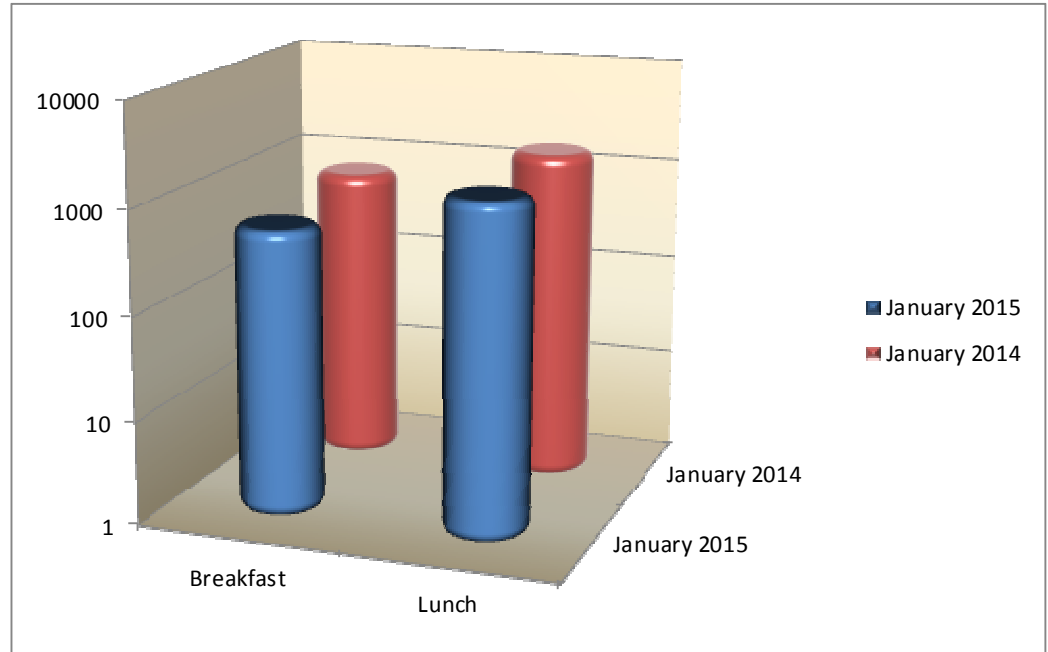
'15 568

'14 771

Lunch

'15 1513

'14 1646



ADP Year to Date Meal Counts (Sept-Jan)

Sept-Jan

Breakfast

'15 582

'14 783

Lunch

'15 1550

'14 1682

