

# December 2021 Nutrition News

Morrow County is going into the second month of full cafeteria service in most schools.

Here is a reminder to remember regarding meal service: Meal service is under the offer verses serve Federal Program which means the student makes the choice of what entrée , vegetables, fruits, and milk to select. Students can decline the milk. Students do have to take a ½ cup fruit and/or vegetable with their meal but they are to choose. Entrée's are served by portion but students can have second helping of fruits and vegetables.

Our goal is to offer a variety of nutritious meals for students to feel nourished, alert, and open to their learning environment.

On behalf of the Nutrition Services Department, I would like to wish everyone Happy Holidays. Please stay tuned for NEW entrée options in January 2022 such as Lasagna Roll-ups and Beef Tamales.

If you have any questions, please feel free to call or email me at [kim.putman@morrow.k12.or.us](mailto:kim.putman@morrow.k12.or.us) or 541-481-2526 Ext. 2726.



**So Happy** is an easy-to-use menu and nutrition app that allows parents and students to see all ingredients and allergens in every meal served in their school cafeteria on a weekly basis. Available as a FREE download on the App Store & Google Play. Search "So Happy"



## OUR FOOD AND NUTRITION PROGRAMS



**The Clubhouse (Elementary School)**  
The Clubhouse makes nutrition fun for elementary students. Featuring healthy food choices and fun events where every student feels part of the club! The promotions are seasonal in nature, playing on the popularity of nationally promoted events, observances, and celebrations. December & January focus on Winter Holiday Fun with a Holiday Card Coloring Contest. Winners will be featured in January's edition of Nutrition News.



**Our Ready for Takeoff!**  
Our Elementary Promotions will get students supercharged for an excellent school year, helping to instill healthy habits in them that will last a lifetime. We will take students on a journey of nourishment, education and entertainment, complete with nutrition education opportunities, fresh, seasonal produce, and limited-time offers.



**Crossroads Café (Secondary School)**  
Crossroads Café is the secondary theme. We offer a variety of menu options including Deli, Pizza, Salsa, and Grill. January will bring back our LTO-Limited Time Options with themes such as Eat the Heat, Nacho Usual Nachos, International Burgers, Sandwiches with Attitude, and Mac is Back.



**Mindful, in the secondary schools,** is a holistic approach that includes healthy food, engaging activities, and clear and compelling educational resources and tools — all designed to nourish, inspire, and promote healthy living.



**Fresh Pick of the month** features a fruit, vegetable, or whole Grain. Nutrition information is posted and sent out to teachers for in the classroom activities for students. December's fresh pick is Oranges.

## FREE & REDUCED MEALS 2021-2022

During the 2021-22 School Year, all meals are at no charge for all students. Food Services is not taking Free & Reduced applications this year. Adults are still required to pay for meals. Breakfasts \$2.50, Lunch \$3.75 which includes an entrée, fruits & vegetables, and a milk. Additional Milk \$0.70.



## MEAL OPTIONS / DAILY OFFERINGS

**Breakfast and Lunch Programs**  
When your student has good nutrition, they will perform better in school, and feel happier and be healthier.  
Our school lunch program includes a range of fresh, clean and wholesomeness, menu offerings to ensure that your student has access to the healthy and nutritious options they need.  
**Meal Offerings**  
• A variety of healthy options including wholesome grains, local fresh fruits and vegetables, and lean meats  
• A variety of low-fat and fat-free milk with an option of 100% fruit juice is offered with breakfast.  
• We understand that some students may have special dietary needs and we take this very seriously. Please contact the food services office to discuss your student's special needs.

### Let's Get Cooking



#### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

**INGREDIENTS:**

- 1 T Olive oil
- 1 LB Turkey(ground)
- ¾ C Onion(medium dice)
- ¾ C Bell pepper(medium dice)
- ½ C Celery(sliced thin)
- 2/3 C Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ C Carrots(shredded)
- ½ C Cilantro

**DIRECTIONS:**

Prepare all ingredients as directed. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture. Simmer for 3 minutes. Add the diced oranges and heat through. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.





Our mission is to be a leader in supporting student engagement and improving Quality of Life for the entire school community. By focusing on Quality of Life Services, we reinforce the overall experience of a student's educational journey, which helps to ensure their success. For more information please visit [www.sodexoUSA.com](http://www.sodexoUSA.com).

# freshpick review

## Take A Bite Of ORANGES

Oranges are used in a variety of different ways, from household cleaning supplies, to aromatherapy, to fly repellent, to soap! But the best way to enjoy this uniquely useful fruit is to eat it! Not only does it have a great taste, but these freshly grown treats are very nutritious too! The orange has become the most commonly grown tree fruit around the world, with Navel, Hamlin, Pineapple, Ambersweet and Valencia being the most commonly grown here in the United States.

Florida, with its unique sandy soil and subtropical climate, is the number one citrus provider, producing 70% of what is sold in the United States. The fresh orange season typically runs from October through June. When selecting an orange, look for one that is firm and heavy for its size with a bright, colorful skin. Also, find an orange with a thinner skin for these oranges tend to be juicier than the thick skinned ones. Oranges are best stored in the refrigerator where they will keep for up to three weeks.

## Nutrition NOTES

Oranges are the perfect portable, delicious and healthy snack that will help make you feel fuller longer due to their high water and fiber content. They are fat, sodium and cholesterol free and are an excellent source of Vitamin C. The Vitamin C found in oranges is an important antioxidant, which helps to neutralize free radicals. It is essential for the production of collagen, which is needed for healthy skin and gums, and is also important for supporting your body's immune system.

Source: The Florida Department of Citrus. [www.floridajuice.com](http://www.floridajuice.com)



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](mailto:freshpick@ideaworksfoodmarketing.com).

## Did You KNOW?

- Navel oranges are so named because of the belly-button formation found opposite of the stems end. The bigger the navel in an orange, the sweeter it will be.
- After chocolate and vanilla, orange is the world's favorite flavor.
- Oranges were originally small, bitter and filled with seeds. The use of cross-fertilization led to the modern varieties we now enjoy.
- Most citrus is grown in the southern two-thirds of the Florida peninsula, where there is low probability for a freeze.
- Oranges are one of the few fruits that will not over-ripen if left on the tree!