

May 2022 Nutrition News

Clubhouse- Elementary



After celebrating Earth Day in April, we continue to promote to students to care about the earth and environment every day.

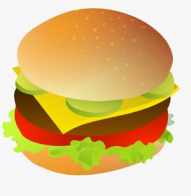


Celebrating Spring! Time to get outside and get ACTIVE!



AND getting ready for SUMMER!

Crossroads Café - Secondary



Thursdays feature Special burgers such as Bacon Cheeseburger, Western Burger, Pizza Burger, and Taco Burger.



Fresh Pick of the month features a fruit, vegetable, or whole Grain. Nutrition information is posted online and sent out to teachers for in the classroom activities for students. [Homepage \(sodexomyway.com\)](http://Homepage (sodexomyway.com))

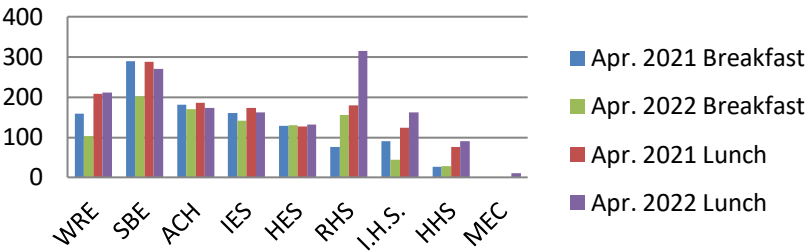
May's Fresh Pick is STRAWBERRIES



Performance: Meals Average Daily Participation

The graph below shows the comparison of the average meals per day April 2021 vs April 2022. In April 2021 the school district was serving many meals out of the classroom, due to COVID, then transitioning to the cafeteria service this year. There are still a few schools serving breakfast in the classroom this school year. Breakfast meals are down 14% and Lunches are up 11%.

April 2021 vs April 2022



Let's Get Cooking

STRAWBERRY SALSA WITH BAKED CORN CHIPS

INGREDIENTS:

- 1/4 C Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries, (large dice)
- 1/2 C Pineapple (medium dice)
- 1/2 Cilantro leaves
- 1/2 C Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

DIRECTIONS:

Prepare all ingredients as directed. In medium bowl mix all of the ingredients except for the chips. Serve the salsa with the chips on the side.

For The RECORD



HEAVIEST STRAWBERRY

WHO G. Anderson
WHERE United Kingdom
WHEN 1 January, 1983
DETAILS The world's heaviest strawberry weighed 231 g (8.14 oz) and was grown by G. Andersen (UK) of Folkestone, Kent, UK in 1983.



SHOW
YOU
CARE!

freshpick review

STRAWBERRIES SATISFY YOUR SWEET TOOTH

Strawberries are one fruit which will always give you a taste of the field – every single berry is picked, sorted and packed by hand in the fields they are grown in. Trays of strawberries are then rushed to shipping facilities where they are cooled-down, loaded into refrigerator trucks and delivered to super markets around the country, all in the matter of about 24 hours. It's a good thing they are grown and delivered so quickly, too, because you can't get enough of this colorful super food. Each berry contains a surprising amount of nutrients that provide incredible health benefits. They are also incredibly delicious! Strawberries are low in sugar (only 7 grams per serving), making them a naturally sweet indulgence for today's dieters. Whether they are fresh, frozen or dried, simply eaten on their own, blended in a smoothie, tossed in a salad or used to top your favorite dessert, strawberries are most definitely one of the best fruits for you.



freshpick
for better health
by sodexo



It's All HISTORY

This luscious fruit can be traced back as far as the ancient Romans, and perhaps even the Greeks. It is evident that the nutritional value of these berries was understood even back then—the Romans ate them often and believed they contained healing properties. The most common explanation for how the strawberry got its name is that children in the nineteenth century threaded the berries into straw and offered them for sale. Fresh strawberries began to flourish in California in the 1950's due to improved cultural technologies. California strawberry farmers were also one of the first agricultural groups to adopt innovative drip irrigation for water conservation.



Nutrition NOTES

The USDA's new dietary guidelines recommend eating four cups of fruits and vegetables every day. According to these guidelines, Americans should consume two cups of fruit each day, eating eight California strawberries a day may reduce the risk of heart disease, prevent certain types of cancer and improve memory. Strawberries are referred to as a super food because they have high levels of potassium, folate and fiber and rank as the best fruit source of Vitamin C, a crucial antioxidant vitamin. The amount of antioxidant and anti-inflammatory content packed in strawberries is astounding, therefore they are enormously beneficial to the cardiovascular system, which requires constant protection from oxidative and inflammatory damage. Strawberries are also beneficial for anti-aging and balancing blood sugar.

Source: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=43>

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Supply and demand is still an ongoing issue. The food and supplies received are contingent on weather conditions and supplier availability.
"This institution is an equal opportunity employer"

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk
ONE SELECTION MUST BE A
1/2 CUP OF FRUIT OR VEGGIE!



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QUALITY OF LIFE SERVICES

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.



If you have any questions, please feel free to call or email at kim.putman@morrow.k12.or.us or 541-481-2526 Ext. 2726.

So Happy



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"

By The NUMBERS

1 THE BILLIONS OF
POUNDS OF STRAWBERRIES
CALIFORNIA PRODUCES EACH YEAR.

200 The amount of
TINY SEEDS
on every
strawberry.