

April 2022 Nutrition News

Clubhouse- Elementary



April 22 is Earth Day

In celebrating Earth Day, we promote to students to care about the earth and environment. Not only on this day but every day.



April 28 is Pay It Forward Day

On this day students are encouraged to do a kind act or compliment someone to spread kindness to others.

Crossroads Café - Secondary



Tater Temptations featuring Tater Tot Casserole, Beef Tot'Chos, Loaded Bacon & Cheese Fries. Bacon Cheeseburgers are offered on Wednesdays.



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://sodexomyway.com)

April's Fresh Pick is PINEAPPLE



A Head Cook position is currently open at Sam Boardman Elementary. If you are interested please go to [Employment | Morrow County School District](#) to apply. Also looking for subs to fill in as needed in all schools.

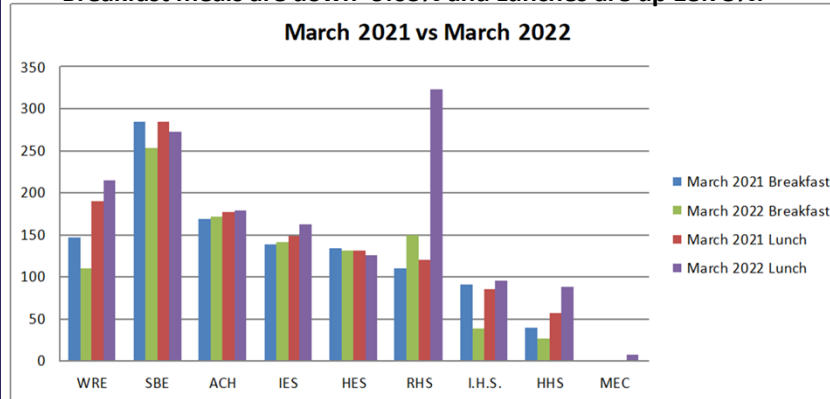


Delivering on Student Well-Being

Performance: Meals Average Daily Participation

The graph below shows the comparison of the average meals per day March 2021 vs March 2022. In March 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 a few schools serving breakfast in the classroom.

Breakfast meals are down -9.03% and Lunches are up 18.75%.



Let's Get Cooking

PINEAPPLE SALSA (SERVES 6)

INGREDIENTS:

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeno pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

NUTRITION FACTS:
70 calories, 1g fat, 20mg sodium, 1g fiber

DIRECTIONS:

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapenos.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapenos with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

Bits & Bites About PINEAPPLE

You can store pineapple in the refrigerator for two to four days. Cut pineapple lasts a couple of days if placed in a tightly covered container and refrigerated. When selecting pineapples, keep in mind that they are picked when ripe and do not ripen after harvest. Because of this, be sure to select pineapples that look fresh. Contrary to popular belief, the ease with which leaves can be pulled out is not necessarily a sure sign of ripeness. Avoid fruit that looks old, dry, or has brown leaves, and "pass" on any pineapple that is bruised or has soft spots.



freshpick review

freshpick
for better health
by sodexo

PINEAPPLE A Delicious Taste Of The Tropics!



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.

Pineapple is one of the most prized and popular fruits in the world today. Native to Central and South America, pineapple is a tropical, perennial, drought-tolerant plant that grows between 5 and 8 feet in height and spreads between 3 to 4 feet. The plant bears long oval to cylindrical fruits during each season, which lasts from March until June. Described as a compound (multiple) fruit that develops from many small fruits fusing together around a central core, pineapple is juicy, fleshy, and full of flavor. The average pineapple measures about 12 inches in length and weighs approximately 2 to 5 pounds.

There are two main varieties of pineapple found in the United States. Cayenne pineapples are from Hawaii, and Red Spanish pineapples are mostly from Florida and Puerto Rico. The Cayenne pineapple, the longer of the two, has a golden-yellow skin, and long, sword-like leaves sprouting from a single tuft. The Red Spanish pineapple is shorter and thicker in shape, has a reddish golden-brown skin, and leaves that radiate from several tufts. There are many styles of pineapple available commercially including slices, spears, chunks, tidbits and crushed, which provide a world of possibilities for use in recipes.

Nutrition NOTES

Fresh pineapple is an excellent source of Vitamin C! Just one serving of fresh pineapple (2 slices) contains 60 calories and 25% of your daily intake requirement of Vitamin C, which can help strengthen your immune system. Pineapple also contains a special enzyme, called Bromelain, which helps the body's digestive system. Pineapple contains no saturated fats or cholesterol, is a good source of soluble and insoluble dietary fiber and contains a good amount of Vitamin A and Beta-Carotene (both of which are known to have antioxidant properties). In addition, pineapple is rich in B-Complex Vitamins such as Folate, Thiamin, Pyridoxine and Riboflavin and is rich in minerals such as Copper, Manganese and Potassium.

Source: www.dole.com; www.nutrition-and-you.com; www.kathrynvercillo.hubpages.com

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QUALITY OF LIFE SERVICES

*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"*

Did You KNOW?

- Contrary to popular belief, the pineapple did not originate in Hawaii but rather in South America!
- You can speed up the ripening of a pineapple by standing it upside down (on the leafy end).
- A pineapple is actually a berry.
- Pineapples take about 18 months to grow.
- Pineapple is the third most canned fruit behind applesauce and peaches.

By The NUMBERS

1/3 The amount of the world's **PINEAPPLE** that comes from Hawaii.

100-200 THE AMOUNT OF TINY "FRUITLETS" THAT MAKE UP A PINEAPPLE. UNLIKE POPULAR ASSUMPTION, A PINEAPPLE IS NOT A SINGLE FRUIT.



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 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"



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.