



Floresville ISD Nutrition News

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Great Observations

March is:

National Nutrition Month

March Madness

(College Basketball)

Stop Smoking Day

March 12th

Girl Scout Birthday

March 15th

Ides of March

March 15th

St Patrick's Day

March 17th

Food Service Happenings

We started the Nutrition news in December of 2009. In each issue there has been a little emblem under the Table of Contents.

This little logo is big news for Floresville ISD and Sodexo. Each of the petals in the logo stand for the 5 pillars of Student Well-Being by Sodexo. Student Well Being is defined by Sodexo as: A state of health and success nurtured through an awareness of choices in Nutrition, Achievement, Environment, Community and Activity.

In the coming months we will talk about how Sodexo and your food service department at FISD fulfills these five pillars, and how

we can strengthen each of these pillars in the coming years.

The first pillar is Nutrition. We have three nutritional programs each designated for the different schools that we have. Kids Way Café is for the Pre K to 5th grade, ED Zone for our middle schoolers, and The New Crossroads Café for high school.

Each of these programs has been designed to meet the nutritional needs of each of our students, plus they are



colorful and age appropriate.

To be continued.....

Food of the Month:

Broccoli is a Super-Duper Food

Broccoli is super-duper because it's packed full of healthy body nutrients. These mini trees are low in calories, high in vitamin C and a good source of folate

and vitamin A. Broccoli also contains powerful cancer fighting compounds as well as promotes a healthy heart and eyes.

Broccoli can be eaten

raw, steamed, sauteed, made into soups, or salads

Broccoli is a super-duper food, so keep munching on this nutrient rich vegetable

Did you know?**MILK FACTS: The Truth about Flavored Milk**

The following results were published in the Journal of the American Dietetic Association and was not conducted by the Dairy Council.

- Only about 1/3 to 1/2 of American children and adolescent boys consume the recommended number of dairy servings, and fewer than one in five adolescent girls meets the recommendation.
- Some research estimates that 55% of American adolescents living in the north-eastern states are vitamin D deficient.
- Children and Adolescents who included flavored milk in their diets reported high total milk intakes than consumers of exclusively plain milk.
- BMI measure of milk drinkers were comparable to or lower than measures of non drinkers.
- Flavored milk consumers also were found to have lower intakes of soft drinks and fruit drinks than non-consumers of flavored milk
- The report was unable to provide evidence that consumption of flavored milk is associated with increased risk for obesity.
- The amount of added sugar in flavored milk is less than that of fruit drinks and soda by 2-5 tsp per serving and 100% more nutrient dense, making the added sugar in flavored milk worth it.

An article published in the April 2009 School Nutrition Magazine stated the following:

- Flavored milk consumption is supported by the Academy of Pediatrics, stating that “ added sugars minimally contribute to

the overall sugar levels in most children’s diets.”

- Other scientific studies have shown flavored milk to be a good exercise replenishing beverage due to its content of carbohydrates, protein and electrolytes which help replenish muscles and hydration levels after exercise.
- Additionally, the high quality protein found in milk builds lean muscle mass, which helps increase the body’s metabolism and lead to a more efficient breakdown of energy.

Recipe of the month**Lemon Garlic Broccoli Salad**

2 heads fresh or 1 (14oz bag) frozen Broccoli
 2 quarts Water
 1 lb Whole Wheat Penne Noodles
 2 tablespoons Olive Oil
 1 tablespoon Lemon Juice
 2 Cloves Fresh Garlic, minced or 1 tsp Garlic Powder
 1/2 teaspoon Salt
 1 teaspoon Red Pepper Flakes, optional

Wash and cut fresh broccoli into florets.

Bring water to boil in a medium-sized pot. When water boils, add noodles then return to boil for 5 minutes. Add broccoli and boil for another 5 minutes. Drain broccoli and noodles and set aside.

Mix oil, lemon juice, garlic, salt and red pepper flakes (optional) in a medium-sized bowl. Add broccoli mixture to sauce and stir well.

Cover and refrigerate leftovers up to 3 days.

Six 1/2 cup servings

Calories per serving: 120

Total Fat: 3 grams

Protein: 5 grams

Total Carbohydrates: 21 grams

Floresville ISD Cafeteria Staff News

Floresville ISD

Primary

Cafeteria

Staff

Ms Adela Castro Manager

Ms Tina Rosas

Ms Monica Pardo



The Food Services Department Office is located in the Floresville High School Cafeteria Kitchen
 830-393-5357
 Parent Line
 Ammie Whaley, Director
 Linda Coston, Free and Reduced Clerk