

Garfield Park Academy

Breakfast Bites April 2014



Start Your Day Off Right!

Includes: Milk, Fruit/Juice, Protein/Grain

MONDAY- French Toast Bagel w/Strawberry Cream Cheese

TUESDAY- Chocolate Chip Mini Muffins

WEDNESDAY- Pop Tart & String Cheese

THURSDAY- Cherry Frudel Pastry

FRIDAY- Cereal Variety & Graham Crackers

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Spring 



Nutri-Serve Food Management



Put Some Spring In Your Step With Healthy Choices!

April Lunch Menu Garfield Park Academy

DAILY ALTERNATES:
Peanut Butter & Jelly

We Use Whole Grain Products!

Fruit: Fresh/Cupped/Juice Offered Daily

Assorted Fresh: Apples, Oranges, Grapes, Bananas, Pears
Assorted Cupped: Pineapple, Peaches, Pears, Mixed Fruit
Assorted Juice: Grape, Apple, Orange



Choose 1 Entrée.
2 Fruits, 2 Veggies,
Milk Included

Tuesday–April 1

Chicken Parmesan
On a Kaiser
Mini Corn Dogs
Sides:
Rainbow Veggie Medley
Celery w/ Hummus/Dip

Wednesday–April 2

Chick. Cordon Wrap
(Chix, Ham & Am. Cheese)
Chicken Caesar Salad
Sides:
Tomato, Cukes & Bean Salad
Cream of Broccoli Soup

Thursday–April 3

Mac & Cheese
w/ Ham Slice
Chicken Patty on a Bun
Sides:
Zucchini Vegetable Medley
Potato Salad

Friday–April 4

Mini Bagel Pizza
3 each
Chicken Caesar Wrap
Sides:
Vege-licious Garden Salad
Mixed Patch w/Hummus/Dip

National Grilled Cheese Day!

★ Monday–April 7 ★

Grown-Up Grilled Cheese
(Three Cheese & Bacon)
Fiesta Taco Salad
Sides:
Gotta Get Em Green Beans
Carrots w/ Hummus/Dip

Tuesday–April 8

Bloomin Onion Burger
On a Bun
Bologna & Cheese on Bun
Sides:
Garlic & Parmesan Wedges
Celery w/ Hummus/Dip

Wednesday–April 9

Mini Pancakes
w/ Sausage Patty
Turkey & Cheese Hoagie
Sides:
Tumblin Tator Tots
Broc Bites w/ Hummus/Dip

Thursday–April 10

Philly Cheesesteak
On a Torpedo Roll
Turkey Club Salad
Sides:
Sweet Potatoes
Potato Salad

Friday–April 11

French Bread Pizza
By The Slice
Ham/Egg/Cheese Wrap
Sides:
Caesar Salad w/ Spinach
Mixed Patch w/Hummus/Dip

Celebrate Earth Day!

Monday–April 14

Mozzarella Sticks
w/ Pasta in Marinara
Cheeseburger on a Bun
Sides:
Cauliflower Popcorn
Carrots w/ Hummus/Dip

Tuesday–April 15

Earthy Cheese Pizza
Hot Dog on a Bun
Sides:
Go Green Beans
Jello Globe
Celery w/Dip

Wednesday–April 16

Turkey & Cheese on a Roll
w/Lettuce, Tomatao & Pickle Cup
Sides:
Baby Carrots w/Dip/ Chips
Bagged Apple Slices

Thursday–April 17

Early Dismissal
Breakfast Only

Friday–April 18

Early Dismissal
Breakfast Only

Monday–April 21

Spring Break

Tuesday–April 22

Spring Break

Wednesday–April 23

Spring Break

Thursday–April 24

Spring Break

Friday–April 25

Spring Break

Monday–April 28

Chicken Nuggets
w/ Dinner Roll
Cheeseburger on a Bun
Sides:
Cheesy Broccoli Bake
Warm Carrot Coins

Tuesday–April 29

Cheesy Pizza Pretzel
On a Pretzel Bun
Hot Dog on a Bun
Sides:
Criss-Cross Waffle Fries
Celery w/ Hummus/Dip

Wednesday–April 30

French Toast Sticks
w/ Sausage Patty
Turkey & Cheese Hoagie
Sides:
Tumblin Tator Tots–100% OJ
Broc Bites w/ Hummus/Dip



*Menu subject to change

Snack Healthy ~ In Moderation after a Balanced Lunch



Check out the school website for a listing of nutrition info/ allergy info!



Love the Crunch?

Each day we offer a different vegetable fresh from the **Veggie Patch** served daily w/ranch & hummus!

Did you know?!

Vegetables lose some nutrients when cooked.
Another reason to love the crunch!

Our Veggie Lineup:

Monday: *Baby Carrots*

Tuesday: *Celery Sticks*

Wednesday: *Broccoli Bites*

Thursday: *Potato Salad*

Friday: *Mixed Patch w/Hummus/Dip*



Got Milk?

Included with Lunch Purchase

Milk is one of the best sources of Calcium & Vitamin D. This is essential for healthy bone growth & development!

Skim White, Chocolate & Strawberry, 1% White, Lactaid



Stay Hydrated!

Aim for 6 glasses a day!



Drink Choices	Prices
Milk Carton	\$ 0.50
Small Water	\$ 0.50
Large Water	\$ 1.00

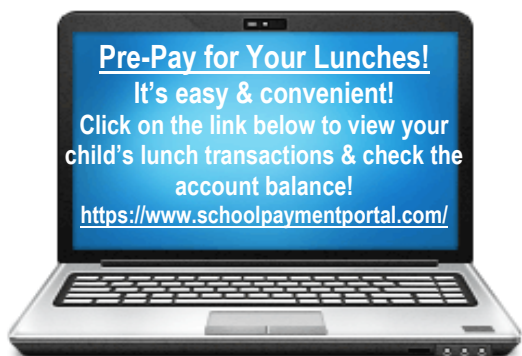
More than half of your body is water!

Pre-Pay for Your Lunches!

It's easy & convenient!

Click on the link below to view your child's lunch transactions & check the account balance!

<https://www.schoolpaymentportal.com/>



April Fun Days (Highlighted on Menu)

Apr 7: Celebrate National Grilled Cheese Day (actually Apr 12)

A grilled cheese sandwich often pleases even the pickiest of eaters! Though originating in the 1920s, grilled cheese became a staple in American households during the Great Depression as an inexpensive, yet nutritious option for families on a tight budget. Grilled cheese appeals to a variety of customers and can now be found in cafeterias, diners and even expensive restaurants! As we approach the 100 year anniversary we predict grilled cheese will be around for years to come!



Apr 15: Celebrate Earth Day (actually Apr 22)

Earth Day is a celebration of all the delicious and natural foods our planet has to offer. On April 15 we will be making an Earthy Mac & Cheese incorporating nutrient packed spinach and served with green beans. As a treat, we will be serving a Jello Globe - a mix of green and blue jello (looks like globe) and topped with green sprinkles (grass). Remind your child about the weekly raw veggie patch which celebrates the natural veggies of our planet!



We call it our...

Nutrition Intuition

In 1987, Registered Dietitian Karen Fynan built a company based on the principles of *Nutrition & Service* naming her company **Nutri-Serve** Food Management to reflect these beliefs. Nutrition has always been at the forefront of menu planning with the goal of creating a serving line that teaches our customers about healthy meals. We believe our exponential growth to 83 districts over the last 25+ years is a result of our commitment to serve tasty and healthy meals to our customers.

Nutri-Serve's Corporate Dietitian, Kristen Mueller, RD, works collaboratively with our leadership team to plan our monthly menus and provides nutrition support and education to students, athletes & school staff.



Nutrition Tip of the Month

Show some Breakfast Love <3
Eating breakfast jumpstarts your body's calorie burning potential for the entire day! A balanced breakfast is best focusing on lean protein, carbohydrate, and fiber. Some great options include: Peanut Butter & Toast, Oatmeal, Lean Breakfast Sandwich, Yogurt. Check out if there is breakfast served at your district!



Show some Breakfast Love <3.

FRUIT OF THE MONTH Bananas

Banana Funnies?!

Why did the banana go to the doctor?
It wasn't peeling well!

What do you call a banana with ripped pants?
A Banana Split!



Ap-peeling Remedy

- ◆ Rubbing a banana peel on poison ivy or a mosquito bite can help reduce itching and swelling.

I bet Spongebob is wondering if it will work on a jellyfish sting!

Splinter Soother

- ◆ Got a Splinter? Rub a banana peel over a it! The enzymes in a banana help loosen the splinter from your skin & help heal it!

Polishing Peels-Talk about recycling for Earth Day!

- ◆ Banana peels are a great way to polish a pair of leather shoes.
- ◆ Peels can naturally whiten your teeth due to the combination of potassium, magnesium & manganese in the peel.

Cramp Crusher

- ◆ Bananas are high in potassium which helps prevent muscle cramps during exercise.



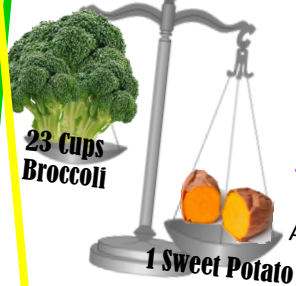
VEGGIE OF THE MONTH Sweet Potato



In The Spirit of Earth Day

- ◆ George Washington Carver taught farmers how to "recycle soil" through a method of crop rotation. By rotating cotton plants with soil-enriching sweet potatoes you could re-use the same soil.
- ◆ He was even able to use sweet potatoes to make flour, ink, starch, synthetic rubber, tapioca, vinegar, and glue for postage stamps.

Vitamin A Content



23 Cups Broccoli

1 Sweet Potato

Sweet Potato Coffee?

When coffee supplies became depleted during the civil war, sweet potato was used to make a tasty hot drink. It was cut into thin pieces, dried, ground and brewed just like coffee!



Sweet Potato- Broccoli Battle

- ◆ To take in the amount of vitamin A that is in one sweet potato you would have to eat 23 cups of broccoli.

Balloons for a
Balanced Lunch

Our nutrition education involves the healthy marketing of our serving line. To teach the concept of balance to our elementary-aged customers we use the concept of **Balloons for a Balanced Lunch**. Each balloon represents a different food group.

Blue is milk, Red is fruits, Green is vegetables, Yellow is grain, Purple is protein.

A lunch tray with every color balloon is a healthy one!





Look for these cool new menu items throughout the school year!!

Entrée Descriptions ~ Insight Into Our Menu Magic

Grown-up Grilled Cheese

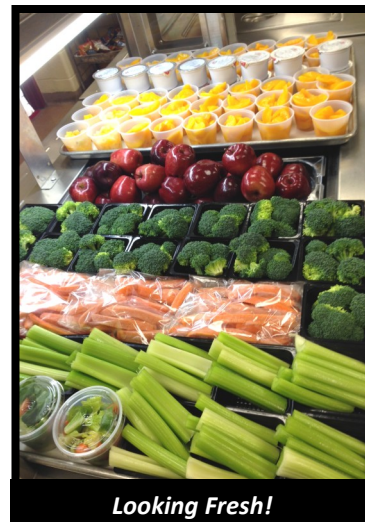
We take the traditional grilled cheese to a whole new level! With American, mozzarella & cheddar cheeses all melted on whole grain white bread with a slice of turkey bacon— you will be loving grilled cheese for years to come!

Turkey Club Salad

The turkey club sandwich has always been a hit so we made it into a salad to boost the serving of leafy greens. Any salad dressing tastes great on it.

Cheesy Pizza Pretzel

Pretzel buns are the trendy new way to make one awesome sandwich. Pretzel sandwiches are featured at some of the most popular food service establishments frequented by our young customers. Turkey pepperoni and mozzarella cheese on a *whole grain* sounds like the perfect healthy school lunch modification!



Looking Fresh!

Boneless Buffalo Wings

Anything buffalo seems to be the trendy new food choice even with our younger customers. Boneless buffalo wings are soft breaded chicken tenders tossed in light hot sauce. Don't forget Milk! The best way to counteract a bit of spiciness is white milk plus we then know our customers are getting their calcium.

BLOOMIN ONION BURGER

We added a little bit of western style to the traditional cheeseburger. We add an onion ring for a little bit of extra flavor and crunch!

Buffalo Chicken Salad

Hot sauce is a hit across all age groups. Chicken tossed in buffalo sauce over greens is the perfect way to get students to eat their veggies! We love it with blue cheese or light ranch dressing.



Buffalo Chicken Salads are popular across the board!

EARTHY MAC & CHEESE

Macaroni and Cheese looks fun and earthy with spinach mixed right in with the cheese. As a special earth day treat this will be served with a Jello Globe with blue and green jello mixed (to look like a globe) and topped with green sprinkles (looks like grass)!

Taco Twins

Ground beef is a great source of iron for our growing customers. Taco Twins are easy-to-eat and are very eye appealing. Nachos and tacos are always a huge hit with our customers.

Sides:

Garlic & Parmesan Fries— We bake our fries in a blend of parmesan cheese and garlic.

Beanie Cookie— You will never guess the secret ingredient. Refried beans provide a soft texture and extra serving of beans!



Taco Twins are easy-to-eat and an excellent source of iron for our growing customers!