



News In Your School Piscataway Schools

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Sodexo Food Service

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Questions? Comments?
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September is Better Breakfast Month



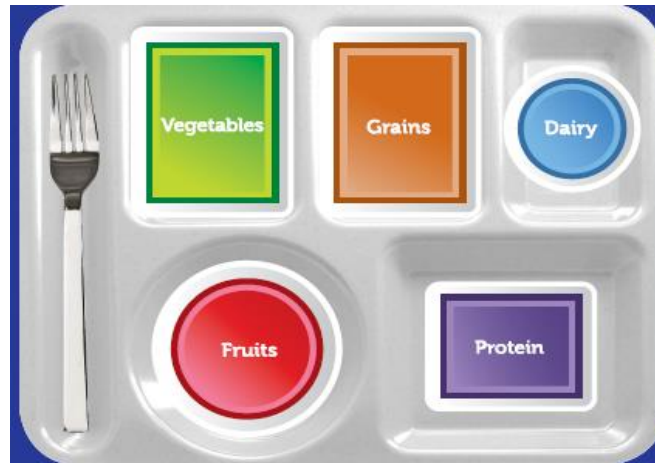
Eating breakfast helps brain function, attention span, concentration, and memory, and decreases irritability and sleepiness. It also prevents overeating later in the day which, in turn, assists with healthy weight maintenance. But barriers such as time, lack of appetite and availability keep breakfast from being a healthy habit in a lot of daily routines.

For kids, eating breakfast can make or break the school day. Kids who fuel up in the morning can focus and concentrate better in the classroom and perform better on math, reading and standardized tests. They also have fewer behavior problems and are less likely to be tardy.

So spice up morning offerings and keep your kids powered up! Schools that participate in the National School Breakfast program require at least 1/2 cup of fruit or vegetables to build a balanced breakfast. Breakfast options may include yogurt parfaits, smoothies and whole grain cereal. Skip the late morning hunger grumbles and start your day the right way!



Build a Balanced Tray



A healthy meal contains a variety of food choices. Under the USDA's Healthy Hunger Free Kids Act of 2010, schools participating in the National School Lunch Program must offer 5 food choices, called "components." These include whole-grains, lean protein, fruit, a variety of vegetables, and milk.

In order for a lunch to qualify for federal reimbursement, a student must choose three out of the five meal components, including at least 1/2 cup of fruits or vegetables. This ensures each student who buys school lunch receives a variety of different foods that help provide essential nutrients for good health.

Let's Get Cooking...

Summer Vegetable Frittata

Ingredients:

- 1-1/2 Tbsp olive oil
- 1 cup diced zucchini
- 1/2 cup chopped red bell pepper
- 1/3 cup chopped onion
- 1 Tbsp chopped thyme
- 1/2 tsp salt, divided
- 1/4 tsp pepper, divided
- 2 minced garlic cloves

Directions:

1.) Preheat broiler. Heat oil in 10-inch nonstick, broiler-proof skillet over medium heat. Add zucchini, pepper, onion, thyme, 1/4 tsp salt, 1/8 tsp pepper and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes or until liquid evaporates.

2.) Combine eggs and remaining salt and pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.

3.) Broil frittata for 3 minutes or until set. Invert onto a serving platter and cut into 8 wedges

Recipe from CookingLight.com