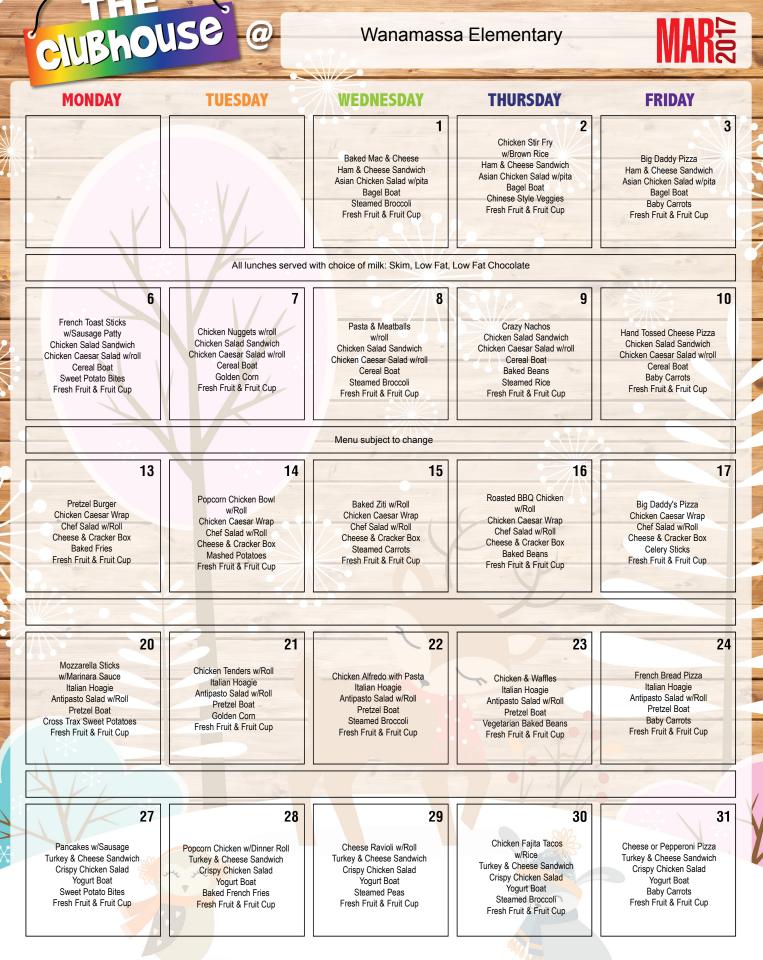
## Wanamassa Elementary



This institution is an equal opportunity provider.

## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



exo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar All Breakfast come with Fruit and Variety of Milk including Skim

**MONDAY:** Whole Grain Cereal with Graham Crackers

TUESDAY: Hot Mini Pancakes

WEDNESDAY: Warm Mini Cini's

THURSDAY: Hot Mini Waffles

FRIDAY: Whole Grain Muffin with Graham Crackers

Fresh Pick Recipe CORN AND AVOCADO SALSA 1/2 cup sweet onion • 1 jalapeño pepper, minced • 1 yellow bell pepper, medium dice • 1 green bell pepper, medium dice • 1/2 cucumber, medium dice • 2 cups corn • 2/3 avocados, large dice 1/2 cup orange juice · 2 tablespoons lime juice · 2 tablespoons extra virgin olive oil salt and pepper to taste baked corn chips 1. Prepare all ingredients as directed. 2. Mix the orange and lime juices with the olive oil in small bowl. 3. Place remaining ingredients in medium bowl and mix with the dressing. 4. Serve with baked chips.



Our Future Chef Competition is March 18th at 10:30 located at TOIS and everyone is invited. Come support and sample some great creations by your fellow classmates!

Breakfast is an important part of our well being and available everyday to all students. Free and Reduced meal applications can be filled out and updated throughout the school year at www.SchoolMealApp.com If you have any questions with regards to the foodservices, please contact Jeff Hanaway at 732-531-5630 ext. 7091. Any outstanding balances must be paid in a timely manner, failure to pay can and may result in the withholding of report cards and the suspension of benefits such as dances or after school activities.

