



Tasteful Tidbits

Spring Words



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Where is the money for school lunches really coming from?

Did you know that the School Nutrition Programs are self-supporting? This means that we do not receive any funding from the School Board or Board of Supervisors to supplement the cost of our meals. However, we are not entirely on our own. Let's take a closer look.

As a food service business, the majority of our money comes from meal sales. In other words, when students pay for a breakfast or lunch at school, this money is then used for future meals. Additionally, we receive some money from the federal government in the form of reimbursements. However, this reimbursement is only given for qualified meals served. A "qualified" meal is one that follows the guidelines of the National School Lunch Program and the Dietary Guidelines for Americans. All 5 food components (protein, grain, vegetables, fruit, and milk) must be offered at each meal, and students select a minimum of 3, with one of the three being a fruit or vegetable.

So, keep this in mind next time you go to purchase a school breakfast or lunch!

MCPS staff: Eat lunch with us!

Do you ever wake up in the morning and just don't feel like packing yourself a lunch? Are you tired of always eating the same thing? Or maybe you are running late, and just don't have time to throw something together in the mornings. Well, no need to worry, because the cafeteria has you covered! For just \$3.75 per meal, anyone can get a delicious lunch right in the school cafeteria. This is a perfect opportunity for staff to enjoy the meals that we are proud to serve.

Our schools serve high quality meals that are not only very tasty but also healthy! They meet all federal guidelines and nutrition standards. For example, each meal is very low in saturated fat and sodium and free of trans fats. Each week we offer a variety of fresh, frozen, or canned fruits and vegetables for everyone to enjoy.

We encourage everyone, staff and students, to stop by our cafeterias to enjoy a school lunch. Currently, 30% of our staff eats school lunch at least once a week. We would love to increase the percentage of adults enjoying our food daily!

**Healthy, Hunger-Free Kids Act
(HHFKA)**



We serve vegetables
from all vegetable
subgroups weekly in our
school cafeterias!

For more information on the National School Lunch Program: <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

For more health myths and facts:

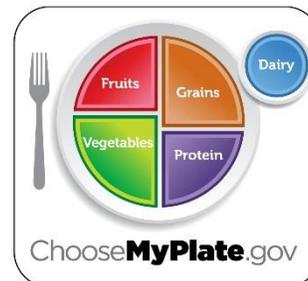
<http://health.usnews.com/health-news/blogs/eat-run/2015/08/21/stop-believing-these-5-myths-about-food>

Don't Be Fooled!

Here are some common nutrition myths debunked:

Myth #1: Your body needs an occasional cleanse or detox

Fact: This is not necessary, because your body already does that for you! While sometimes you may think a juice cleanse will be beneficial for your body, it is better to have a diet that contains all five food groups. The meals offered in our school cafeterias will always give the children everything they need!



Myth #2: Frozen fruits and vegetables have fewer nutrients than fresh ones

Fact: While fresh fruits do have more nutrients right after they are picked, they often lose nutrients during transport and storage. Fruits that are frozen soon after being picked will keep the nutrients longer.

Myth #3: Eating late at night leads to weight gain

Fact: It is not when you eat that is most important, but rather what you eat. Weight gain occurs when the amount of calories consumed exceeds the amount that you burn. Many times you may find yourself eating more calorie-dense foods in the evening, which can lead to weight gain.

Crunchy Peanut Butter Apple Dip

Ingredients

- 8 ounces reduced-fat spreadable cream cheese
- 1 cup creamy peanut butter
- ¼ cup fat free milk
- 1 tablespoon brown sugar
- 2 teaspoons vanilla extract
- ½ cup chopped unsalted peanuts
- Apple slices

Directions:

In a small bowl, beat together the cream cheese, peanut butter, milk, brown sugar, and vanilla extract. Then stir in the peanuts. Serve this tasty dip with apple slices, and refrigerate any leftovers!

<http://www.tasteofhome.com/recipes/crunchy-peanut-butter-apple-dip>

Nutritional Facts: for 2 tbsp

Calories: 126
Fat: 10 g
Cholesterol: 5 mg
Sodium: 115 mg
Carbohydrates: 5 g
Fiber: 1 g
Protein: 5 g

