

Quincy Quick Bytes



EMPLOYEE SPOTLIGHT: Tracey Munson

Tracey is a nutrition intern from Simmons College working with the food service department for the month. Along with nutrition she's also interested in sustainable food systems as a way to increase food availability and decrease hunger. She's a big fan of root vegetables like beets, carrots, and sweet potatoes (hence this month's recipe), and since moving to Boston thinks apple cider doughnuts might be her favorite fruit. (Just kidding, please don't count fruit flavored doughnuts as a fruit)



TRY THIS RECIPE OF THE MONTH: Sweet Potato and Kale Grilled Cheese*

INGREDIENTS: (2 servings)

- 1 medium sweet potato (peeled & sliced into thin rounds)
- 2 Tbsp olive oil, divided
- 1/2 small red onion, sliced
- 2 Tbsp butter
- 4 slices whole grain bread
- 6 ounces Mozzarella cheese (sliced)
- 2 leaves kale (torn into pieces)
- Salt and black pepper (to taste)
- Balsamic glaze or reduction (optional)

DIRECTIONS:

1. Preheat oven to 400 degrees F. Toss sliced sweet potatoes with 1 tbsp. of oil and salt and pepper. Place on a baking sheet and roast for 20-25 minutes or until tender. Remove from oven and set aside.
2. Caramelize the onions with remaining oil on medium heat.
3. Top buttered bread with sweet potatoes, cheese, onions, kale, and balsamic glaze. Grill on pan until bread is golden brown and cheese is melted. Enjoy!

*Recipe adapted from Two Peas & their Pod

An Apple a Day Health Tip

Kale is a great non-dairy source of calcium, which is necessary for strong bones!



Nutrition Trivia

What's the nutrient that gives vegetables like sweet potatoes and carrots their bright color?

Answer: Beta-Carotene (which converts to Vitamin A in the body)



Eat Well
Learn Well
Live Well

WHAT'S NEW?!

Our team of nutrition and Farm to School interns are going to the different elementary schools in the district to introduce them to a new fruit or vegetable! Last week they brought a sweet, brussels sprouts recipe to the kids at Marshall Elementary. Some kids were eager to show their love for vegetables, and other's had to dare each other to try the recipe. But in either case, they had fun trying it! There were a lot of positive reviews on the survey, and some kids even took copies of the recipe to give to their parents. Our favorite comment on one of the survey's said, "Can you guys come every single day pretty please! I love the veggies!". This week we'll introduce kale chips to the students at Lincoln Hancock. Hopefully there will be some of the same excited reactions!



COMING SOON... Local Day!

In February we will offer a burger bar for lunch made up of local ingredients! We will be highlighting a new specialty burger, which is made up of local beef and mushrooms. We're eager for the kids to try this delicious burger and to get excited about local food!

What Makes a Lunch?

USDA National School Lunch Requirements: **Select 3-5 Different Components**

each color dot below represents a meal component

- FRUITS
- VEGETABLES
- GRAINS
- PROTEIN
- MILK

Must include a **FRUIT** OR **VEGETABLE**

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REIMBURSEABLE MEAL:

Quincy School Nutrition Department is required by the USDA to provide the following **FIVE** components to make up a reimbursable meal: **MILK, FRUIT, VEGETABLES, MEAT** (or a vegetarian alternative such as yogurt, cheese, soy products, legumes, beans), & **GRAINS**. For a meal to be reimbursable, students must choose **THREE** full portions of the **FIVE**, with at least one choice being a fruit or vegetable. It is our mission to meet these standards and provide students with a well balanced diet that meets the Healthy Hungry Free Kids Act (HHFKA).

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