

# Quincy Quick Bytes

**TRY THIS! - RECIPE**

**Chicken Enchilada Squash**

**INGREDIENTS:**

- 2 Boneless, skinless chicken breasts
- Spaghetti squash, halved lengthwise and seeded
- 1¼ cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded pepper Jack cheese



**DIRECTIONS:**

Preheat to 450 degrees F.

Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer - 10 to 15 minutes.

Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.

Place squash cut-side down in Microwave on High until the flesh is tender, about 10 minutes or bake in a 400°F.

Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ cup enchilada sauce and cheese.

Bake on the lower rack for 10 minutes. To serve, cut each shell in half. Source: <http://www.eatingwell.com/>

**AN APPLE A DAY—HEALTH TIP!**

Don't Skip Breakfast!

Some people skip breakfast because they think it will help them lose weight. In fact, research shows that people who regularly eat breakfast are less likely to be overweight.

Breakfast has also been shown to have positive effects on children's mental performance and increase their concentration throughout the morning.

—CHECK OUT OUR NEW BREAKFAST MENUS [HERE!](#)

Source: <https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>



**NUTRITION TRIVIA**

According to the USDA's My Plate rules, how much of your plate should be fruits and vegetables?

A. One quarter  
 B. One half  
 C. Three quarters  
 D. All of it

Answer—B.

*"Make half your plate fruits and vegetables" is a key nutrition message of MyPlate and the Dietary Guidelines for Americans. MyPlate is a visual reminder to make half your plate fruits and vegetables.*

Source: <https://www.choosemyplate.gov/quiz>



**WHAT'S NEW?**

Welcome Back! Now that school is back in session, the School Nutrition Department wants to remind students that healthy eating can positively impact your academic performance. It can also improve your athletic ability, your mental health, and give you the focus and energy to thrive in all extracurricular activities. Don't forget to check out our monthly menus [HERE](#) and follow us on [FACEBOOK](#) for all upcoming chef events and new menu items.

Also, as you may have noticed, the QPS Nutrition Department has redesigned our logo for a more eye catching graphic that encompasses our moto of—nutrition and academic success. The above logo was designed by a North Quincy High student, Jenny Zeng.



Jenny's logo was selected out of 30 other options from Students at NQHS and QHS. As a thank you to her talent, we provided her with a \$250 Amazon gift card.

Jenny's logo will be displayed on new aprons, T-shirts, hats, and all materials distributed by the School Nutrition Department. Thank you Jenny Zeng!

Don't forget to download the menu app., for an interactive menu experience. You can view the menu item of the day, nutrition and allergy information, and rate each dish. We would love to hear your feedback and hope to bring fun new flavors to your cafeterias.



**Genius Starts with Food**



Check back with us throughout the year to see what's cooking! We plan to host Chef Tasting events so that students and faculty can sample dishes before they make it on the menu.



Lastly, this past spring the nutrition team brought two traveling salad bars, fondly referred to as "The Fresh Green Wondering Machines" to Merrymount, Beachwood Knoll, Parker, Montclair, Squantum, Wollaston, Snug Harbor, and Atherton Hough Elementary Schools. This fall we will visit Lincoln Hancock, Bernazzani, Della Chiesa, and Clifford Marshall. These schools will be notified on the dates.

We received positive feedback and had so much fun talking with the students about their favorite fruits and vegetables. Our goal was and continues to be to promote healthy eating habits, to introduce students to new and exciting healthy choices, and to make eating a fun and rewarding experience.

**EMPLOYEE SPOTLIGHT: ELIZABETH BUTLER**

Meet Liz! She is the new cafeteria manager of Atherton Hough. Liz has been working with the School Nutrition Department for 3 years and has been a great asset as a substitute cafeteria worker and elementary school lunch attendant. We are so excited for Liz to lead the AH cafeteria and look forward to growing and improving the lunch experience for the students.



**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 a 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).

