



Partners In NUTRITION

Back to school books, back-packs, and more

The list for back-to-school preparation goes on, so as you prepare to feed your children's minds, have you considered the best approach for their stomachs? School lunch is a great option for busy families: it's easy and economical, and it's also a great way to make sure your child gets the daily nutrients that are essential to success in school.

Meals provided through your school are part of the National School Lunch Program. That means:

- Foods are provided from the five main food groups
- Meals must meet the recommendations of the Dietary Guidelines for Americans
- Nutrient analysis of meals is averaged over the course of a week
- Meals may not contain more than 30% of calories from fat
- Nor more than 10% of calories from saturated fat

These days, kids will find some of their favorite foods on lunchroom serving lines, from crisp main dish salads to tacos and burritos to yogurt and fruit salad. In many schools, kids can choose from ethnic dishes such as Asian stir fry, vegetarian dishes, and lots of healthier versions of traditional foods like baked French fries and meatball subs made with leaner ground turkey. School foodservice works hard to make food tasty, appealing and convenient, offering easy options like grab-and-go sandwiches and wraps and more.



WORKING TOWARDS A HEALTHIER SCHOOL ENVIRONMENT

There's an epidemic in our country—overweight, sedentary, and undernourished children and teens—and school foodservice professionals are taking part in nationwide initiatives to solve this problem. One such effort is called Action for Healthy Kids (AFHK). AFHK's mission: to create a healthy school environment for all kids by promoting sound nutrition and physical activity.

One of AFHK's goals, for example, is to provide all students in grades pre-K through 12 with nutrition education, so that they learn the skills they need to adopt healthy eating habits. Another goal pushes for policies ensuring that all foods and drinks on school campuses help children learn healthy eating habits that are consistent with the Dietary Guidelines for Americans.

To find out more or see if schools in your area are participating, **visit www.actionforhealthykids.org**. When you encourage your local school districts to adopt healthy school policies and practices, your helping to make a big difference in your child's future lifestyle choices.



With the advent of new Federal nutrition guidelines for school meals, experts are paying more and more attention to what's in the lunch on your child's tray everyday. And they're impressed with what they're finding.

Recent studies* show that school lunches can be a healthy alternative for parents looking for convenient, inexpensive and nutritionally sound choices for their kids. In fact, in a number of studies, elementary school kids who ate lunch at school got more calcium, protein and vitamins with less fat and sugar than their classmates who brought lunch from home.

So when you feel that first nip of fall, pack your kids' backpacks, with new notebooks ... and their lunch money!

*Alice Jo Rainville, *The Journal of Child Nutrition and Management*, 2001; *School Nutrition Dietary Assessment Study*, U.S. Department of Agriculture, 1993; *School Nutrition Dietary Assessment Study*, U.S. Department of Agriculture, 2000.

RECIPE ONE

ROMAINE WRAP-N-ROLLS

Makes 2 serving(s)

INGREDIENTS

Mayonnaise, light	2 tablespoons
Black pepper, freshly ground	1/8 teaspoon
Romaine lettuce leaves, tough part of each stem pinched off	4 large
Roasted turkey breast meat, sliced	4 ounces
Swiss cheese, sliced	4 ounces

KITCHEN SUPPLIES

- Small bowl
- Measuring spoons
- Butter knife
- Small spoon
- Cutting board
- Plastic wrap

DIRECTIONS

- In a small bowl, use a small spoon to swirl together the mayonnaise, pepper.
- Place lettuce leaves cupped side up and root end toward you on a cutting board. These are your wrappers!
- Evenly divide the turkey slices onto each leaf.
- With a butter knife, evenly spread the turkey tops with the mayonnaise mixture.
- Then, onto each, evenly divide the cheese slices.
- One at a time, starting at the root end, roll up each filled leaf.
- Wrap each Roll tightly in plastic wrap

NUTRITION INFORMATION

Per serving: 320 Calories, 23 g Total Fat, 13 g Saturated Fat, 80 mg Cholesterol, 890 mg Sodium, 4 g Total Carbohydrates, 0 g Dietary Fiber, 1 g Sugars, 25 g Protein, 25% Vitamin A, 8% Vitamin C, 50% Calcium, 6% Iron

Recipe: www.kidnetic.com

GET MORE INFO ON WHAT'S WORKING...

- **American School Foodservice Association:**
www.asfsa.org
- **Action for Healthy Kids:**
www.actionforhealthykids.org
- **National Dairy Council:**
www.nutritionexplorations.org
- **Team Nutrition:**
www.fns.usda.gov/tn
- **Changing the Scene:**
www.fns.usda.gov/tn/Resources/changing.html
- **Kidnetic:**
www.kidnetic.com



Made possible by the Child Nutrition Foundation and the National Dairy Council.

RECIPE TWO

VERY COOL VEGGIE BURRITO

Makes 2 serving(s)

INGREDIENTS

Flour tortillas	2 large (burrito-size)
Refried beans, canned, fat-free	2/3 cup
Mozzarella cheese, shredded, part skim	1 cup
Tomato, Ripe	1 medium
Green Onions (use both the white and green parts)	2
Romaine Lettuce (pre-bagged, chopped)	1 1/2 cups
Salsa (for dipping), optional	1/2 cup

KITCHEN SUPPLIES

- Measuring cups
- Cutting board
- Butter knife
- Cutting knife
- Microwave-safe plate
- Plastic wrap or foil

DIRECTIONS

- Over the entire surface of each tortilla, spread 1/3 cup of the refried beans with a butter knife—just like frosting.
- Place each “frosted” tortilla on a microwave-safe plate. Microwave them, one at a time, on high for 30 seconds.
- Sprinkle 1/2 cup of the cheese onto each tortilla.
- Sit the tomato and green onions on the cutting board. Chop them up with a cutting knife until smaller than the size of dice.
- Scatter half of the chopped tomatoes and green onions onto each tortilla.
- Layer 3/4 cup of the lettuce onto each.
- Fold in 1 inch on both sides of each filled tortilla. Then, roll up each into a tight roll, beginning from the end closest to you.
- Finally, wrap each tightly in plastic wrap or foil so it's ready to toss in your lunch bag.

NUTRITION INFORMATION

Per serving: 510 Calories, 17 g Total Fat, 8 g Saturated Fat, 30 mg Cholesterol, 1210 mg Sodium, 61 g Total Carbohydrates, 11 g Dietary Fiber, 3 g Sugars, 28 g Protein, 40% Vitamin A, 50% Vitamin C, 70% Calcium, 20% Iron

Recipe: www.kidnetic.com

Did you know...

? that researchers found that elementary school children in New York City who ate school lunches got more fruits and vegetables and less fat and sweets than children who brought lunch from home?

? that the milk and other dairy products found in school lunches increase the amount of calcium and vitamin A that a child gets through diet?

? that 45% of U.S. elementary school kids eat less than one serving of fruit per day, and 20% eat less than one serving of vegetables per day?

? that a school lunch provides one-third of a child's daily needs for calories and key nutrients? And that school breakfast provides one-fourth?

What's your Nutrition Quotient?

Your kids will soon be taking tests—why not test your own knowledge about Nutrition.

1 The Dietary Guidelines for Americans recommend that our children's intake of saturated fat not exceed 10%. Some examples of saturated fat are:

- a. olive oil
- b. butter
- c. margarine
- d. animal fat
- e. b and d

2 One food group forms the foundation of the USDA Food Pyramid. Children should have 6 to 11 servings from which food group each day?

- a. vegetables
- b. protein
- c. grains
- d. dairy

3 A serving of dairy is defined as 1 cup of milk, 1.5 ounces of natural cheese, or 1 cup of yogurt. How many servings of dairy should an nine-year-old have each day?

- a. one
- b. two
- c. three
- d. none

1. e 2. c 3. c

ANSWER KEY