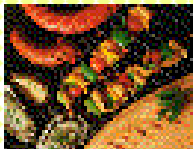


Eat Healthy

Choose School Breakfast & Lunch

Join us in the school cafeteria for a nutritious breakfast and lunch. Students have a variety of choices daily. View our menus by selecting the menu tab. Our breakfast provides 1/4 of the RDA for key nutrients and caloric needs for specific age/grade groups. Lunch provides 1/3 of the RDA for key nutrients and caloric needs for specific age/grade groups. The key nutrients are: Calories, Total Fat, Saturated Fat, Protein, Calcium, Iron, Vitamin A, and Vitamin C.



Tips for the End of the Summer "Grill Masters" At Home

Wash your hands with hot water and soap before and after handling all foods, especially raw meat, poultry, eggs, and seafood. Use hot soapy water to make sure food-preparation surfaces and utensils are clean. Always marinate foods in the refrigerator. Boil used marinade before applying to cooked food. Never place cooked food on a plate that previously held raw foods. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. Never let raw meat, poultry, eggs, cooked food or cut fresh vegetables sit at room temperature more than two hours before putting them in the fridge.

Recipe Corner

Soothing Hot Weather Smoothie

Mix together In Blender: 8oz Lite Strawberry Yogurt, 8 oz Fat Free Milk, 3 Medium Sliced Strawberries, and 3 Ice Cubes. Enjoy.

FOOD OF THE MONTH

BROCCOLI



Broccoli is loaded with vitamins A and C. Vitamin A plays an important role in vision, bone growth, reproduction, cell division, and cell differentiation. It also helps regulate the immune system. Vitamin C is an important structural component of blood vessels, tendons, ligaments, and bone. It also aids in brain function. Enjoy raw or cooked.

"Grill Masters" Tips Cont.

Cook food to a safe internal temperature. Use a thermometer to be sure.

180 - Whole Poultry

170 - Poultry Breast

165 - Ground Poultry

160 - Meats Medium, Pork, Ground Beef

145 - Medium Rare Beef, Steaks, Roasts, Veal, Lamb

140 - Hold Hot Foods

141-39 **DANGER ZONE**

40 - Refrigerator Temps

0 - Freezer Temps