

Republic School Food Service

Food Choices for Healthy Tomorrows

March 2006

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PIN at Elementary I For Speedier Breakfast Service

We are excited to introduce a pilot program designed to decrease the amount of time it takes for the breakfast cashier to enter a student's breakfast information.

With the old method, elementary students go directly into the cafeteria before school. Students eating breakfast get their breakfast, then stop at the breakfast cashier to tell them their name. It's usually very noisy, making it hard to hear the child. This may necessitate asking the child to repeat their name before the cashier can actually type it into the computer, causing everyone to have to stand in line longer.

To solve this dilemma, a new procedure will be implemented whereby students eating breakfast at Elementary I will put in a 6-digit student identification number into a keypad



Elementary student putting in his student ID at another school district.

at the cashier. This number consists of their 3-digit library number doubled. This new method should speed up service tremendously.

The goal is for students to have their numbers memorized and to implement the PIN system at breakfast sometime in March.

Parents and teachers should work with their students in Elementary I to help them learn their numbers. A sheet of paper with a sample keypad on it can be used for the stu-

dent to practice entering their own number. Other schools using this method assure us most students have their number memorized within two weeks. Of course, the student's name can still be typed in if a problem occurs with the PIN number.

At this time, the procedure of scanning the child's lunch card for lunch will remain in effect, as we feel this is still the fastest way to get a large number of students through the lunch line in a short period of time. We don't do this at breakfast as the cards are kept in the classrooms and are not available at breakfast.

If anyone has questions on this or any part of the school meal program, please call the Food Service Office at 735-3753 or e-mail: rmelvin@mail.republic.k12.mo.us.

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Teachers

There are many free or low cost sources for lesson plans geared for children. Since March is National Nutrition Month, now would be a good time to include some of them in your class plans. Good sources include:

[Dole 5-A-Day Nutrition Explorations](#)
[Team Nutrition](#)

Another good source written in easy to understand language is the Healthy K.I.D.S. Newsletter. Designed for children

Nutrition Lesson Plans

at the middle school level and down, it can be accessed from the district's Food Service web page, click on "Staff", then "[Nutrition Lesson Plans for Kids](#)". Lesson plan and newsletter topics include:

- Carbohydrates

- Fruits and Vegetables
- Milk and Dairy
- Protein

Each plan also includes an activity and an exercise component. Check it out; it's FREE!

Go For The Grains

Eat at least three servings of whole-grain cereals, breads, crackers, rice, or pasta every day.

Most Americans consume enough grains, but few are whole grains. At least half of all grains eaten should be whole grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm.

Look for the word “whole” before the grain name on the ingredients label. Don’t forget to check the nutrition label for fiber. The more fiber in a grain, the longer it takes to digest and the longer you will fill full.

Refined grains are milled, which removes the bran and germ. This process gives grains a finer texture and improves shelf life, but also removes fiber, iron, and many B vitamins. Most refined grains are enriched, meaning certain B vitamins and iron are added back after processing.

Depending on age, sex, and physical activity, most people only need between 4-8 oz of grains a day. To determine the number of servings for you, go to the [chart](#) at [www.mypyramid.gov](#).

What makes a serving?

1 oz equals:

- 1 slice bread
- 1 mini bagel
- 1 cup breakfast cereal
- 1/2 cup cooked rice, cereal, or pasta

It is easy to get enough grains. For example, 1 large bagel equals 4 servings; 1 3-inch biscuit equals 2 servings; 1 cup cooked pasta equals 2 servings.

Why is it important to eat grains, especially whole grains?

Eating foods high in fiber, such as whole grains, helps reduce blood cholesterol and may lower the risk of heart disease. Fiber helps reduce constipation and provides a feeling of fullness with fewer calories.

In addition to dietary fiber, grains contain B vitamins, iron, magnesium, and sele-



1 serving equals approximately 1 ounce or 1 slice bread,

nium. B vitamins help the body release energy from protein, fat, and carbohydrates, and are essential for a healthy nervous system.

Eating grains fortified with folate (one of the B vitamins) before and during pregnancy helps prevent neural tube defects—spina bifida and anencephaly—during fetal development.

Iron carries oxygen in the blood. Magnesium is used in building bones and releasing energy from muscles, and selenium is important for a healthy immune system.

Tips to Increase Whole Grains in Diet

- Substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Add barley to vegetable soup or stews and bulgur wheat to casseroles or stir-fries.

leavening. Experiment.

- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain read-to-eat cereal as croutons or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

“Eat at least three servings of whole-grain cereals, breads, crackers, rice, or pasta every day.”

- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. Stir in toasted nuts or chopped dried fruit.
- Substitute whole wheat or oat flour for up to half the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more



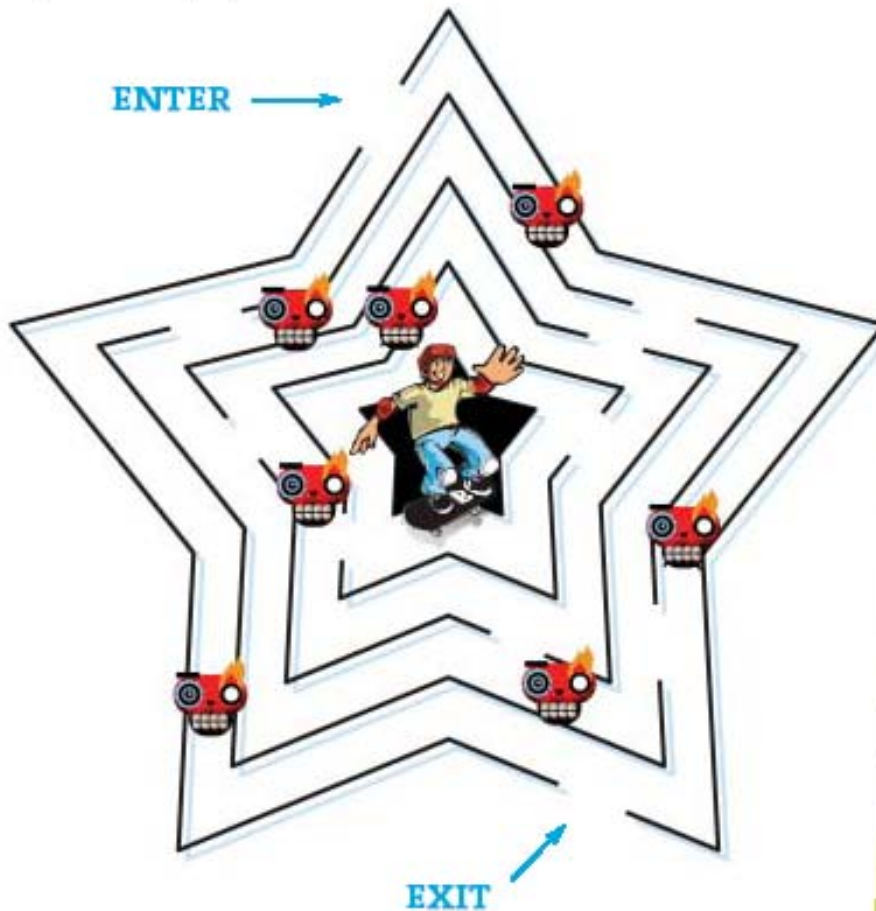
NATIONAL SCHOOL BREAKFAST WEEK, MARCH 6-10, 2006

ACTIVITY SHEET

This year the School Nutrition Association (SNA) invites you to 'Go Places with School Breakfast.' Check out these travel-related puzzles while you enjoy a nutritious School Breakfast.

A-MAZE-ING RACE

Our hero is lost in the maze. Can you become a 'star' performer by collecting him from the center and getting him out in time for a healthy School Breakfast? (You can't go past any of the 'hunger pangs' to make your escape)



SCHOOL BREAKFAST – A CAPITAL IDEA!

Before you go places, prove that you already know something about them. Can you match these countries with their capital city?

Countries	Capitals
1. England	a. Prague
2. France	b. Berlin
3. Czech Republic	c. London
4. Chile	d. Ottawa
5. Nigeria	e. Paris
6. Germany	f. Santiago
7. Canada	g. Lagos

ANSWERS: 1-c, 2-e, 3-a, 4-f, 5-g, 6-b, 7-d

DID YOU KNOW?

Interesting facts from around the world...

- Canada is the second biggest country in the world by size, but only the 35th by population!
- In New Zealand, there are four sheep for each person!
- Every year, an igloo hotel is built in Sweden that has the capacity to sleep 100 people!
- Tokyo in Japan has more neon signs than any city in the world!
- The smallest island with country status is Pitcairn in Polynesia, which measures 1.75 sq. miles!



www.schoolnutrition.org/nsbw

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