

News in Your School

Southern Regional School District

National School Breakfast Week

March 4-8, 2019

March 2019

In This Issue

- ♣ National School Breakfast Week
- ♣ Healthy Breakfast Ideas

Recipe:

- ♣ Whole-Grain Pancakes



RD Corner



Hello! My name is Meredith Hesselein and I'm your school Registered Dietitian!

My main goals are to teach students lifelong healthy eating habits and to keep you up to date on food and nutrition news. If you have any questions or comments, feel free to contact me at:

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National School Breakfast Week (NSBW)

is an annual national campaign designed to raise awareness of the School Breakfast Program (SPB) in school communities across the country. The SPB was

permanently authorized in 1975 by the federal government as a means for all K-12 students in the United States to have access to a nutritious school breakfast. More than 14 million children participate each day! School breakfast plays a particularly significant role for children of food-insecure families—and when all students are taking advantage of school breakfast service, that can help to eliminate any stigma associated with participation. **#NSBW19** is a great occasion to gun the engine with these messages.



Students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher in standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

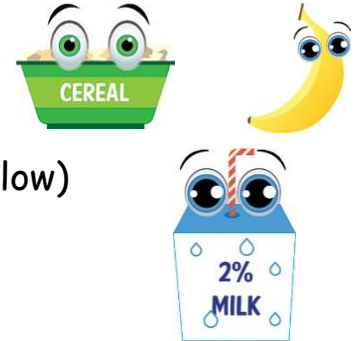


Article and Artwork adapted from:
 School Nutrition Association, About NSBW
<https://schoolnutrition.org/meetings/events/nsbw/2019/about/>

Healthy Breakfast Ideas

The best breakfast meals contain a variety of different foods from the MyPlate food groups. Schools participating in the School Breakfast Program (SBP) are required to offer students daily whole grains, fruit and/or vegetables and low-fat milk. Some healthy breakfast meals include:

- Fruit and Yogurt Parfaits with whole-grain granola
- Oatmeal with chopped nuts and dried fruit
- Whole-grain Pancakes topped with sliced fruit (recipe below)
- Veggie Omelet with whole-grain toast
- Breakfast Burrito filled with egg, cheese & veggies



Let's Get Cooking...

Whole-Grain Pancakes

Ingredients:

- 1 cup whole-wheat flour
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup cornmeal
- $\frac{1}{4}$ cup rolled oats
- 2 tsp baking powder
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp baking soda
- 2 $\frac{1}{4}$ cups buttermilk or plain yogurt
- 3 large eggs
- $\frac{1}{4}$ cup unsalted butter, melted
- 1 tablespoon honey

Directions:

1. In a large bowl, mix together whole-wheat flour, all-purpose flour, cornmeal, oats, baking powder, salt and baking soda. In a medium bowl, mix together buttermilk, eggs, melted butter and honey. Mix the egg mixture into the flour mixture until smooth.

2. Heat a griddle or large cast-iron skillet over medium heat. Check to see if it's hot by sprinkling a few drops of water on the surface. They should sizzle and evaporate immediately.
3. Add a little butter to the pan and let it melt. Pour about $\frac{1}{3}$ cup batter onto skillet; repeat to cook as many at one time as you can, leaving space for each pancake to spread.
4. Cook until bubbles form and start to burst, about 3 minutes. Flip and cook until golden on the other side, 2 to 3 minutes.
5. Transfer to a plate as they finish and serve immediately with maple syrup and more butter on top, if you like. Serve with fresh fruit.