

News in Your School

Southern Regional

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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: meredith.hesselein@sodexo.com

National School Lunch Week

"School Lunch: Lots 2 Love"
Oct 15th – Oct 19th



President John F. Kennedy created National School Lunch Week (NSLW) in 1962. During this annual weeklong celebration, the country celebrates in their cafeterias with decorations, special menus, events, and more! The 2018 NSLW theme is **"School Lunch: Lots 2 Love"**. The National School Lunch Program serves more than **30 million** children every school day—that's something to love!

What is the National School Lunch Program?

The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or no-cost lunches to children each school day.

What are the nutrition requirements for NSLP lunches?

All NSLP lunches must meet Federal requirements, though decisions about the specific foods to serve and the methods of preparation are made by local school food authorities.

Where can I go to learn more about the NSLP?

For more information about the NSLP please visit:
<https://www.fns.usda.gov/school-meals/school-meals-contacts>.

References:
School Nutrition Association, schoolnutrition.org
USDA's Food and Nutrition Service, Updated November 2017

Build a Balanced Tray



A healthy meal contains a variety of food choices. Under the USDA's Healthy Hunger Free Kids Act of 2010, schools participating in the National School Lunch Program must offer 5 food choices, called "components". These include whole-grains, lean protein, fruit, a variety of vegetables and milk.

In order for a lunch to be "reimbursable", which means it qualifies for federal reimbursement, a student must choose 3 out of the 5 meal components, including at least 1/2 cup of fruit or vegetable. This ensures that each student who buys school lunch is receiving a variety of different foods to help provide many of the essential nutrients that are needed to be healthy.

Let's Get Cooking...

10 Minute Chicken & Broccoli Lunch Bowl

Prep time: 2 mins
Cook time: 8 mins
Total time: 10 mins

Ingredients:

- 1 (13.5 oz) bag Green Giant Seasoned Steamers Tuscan Broccoli
- 1 cup water
- 1 cup couscous
- 1½ teaspoons dried Italian herb seasoning, divided
- 1 teaspoon onion powder, divided
- 1 teaspoon garlic powder, divided
- ½ teaspoon salt, divided
- ¼ teaspoon black pepper, divided
- 2 tablespoons olive oil
- 1 lb boneless, skinless chicken breast, thinly sliced

Yield: 4 servings

Instructions:

1. Heat the broccoli in the microwave according to the package directions (about 5 to 8 minutes).
2. Bring the water to a boil in a medium saucepan; turn off heat and stir in the couscous, ¾ teaspoon Italian herb seasoning, ½ teaspoon onion powder, ½ teaspoon garlic powder, ¼ teaspoon salt, and ⅛ teaspoon black pepper. Cover the saucepan and let the couscous steam until tender, about 5 minutes.
3. Heat the oil in a large (preferably nonstick) skillet over medium heat. As the skillet heats up, season the chicken with the remaining ¾ teaspoon Italian herb seasoning, ½ teaspoon onion powder, ½ teaspoon garlic powder, ¼ teaspoon salt, and ⅛ teaspoon black pepper. Spread the chicken out evenly in the hot pan and cook until done, about 4 to 6 minutes, flipping once.
4. Serve hot or cool to room temperature and refrigerate to enjoy as lunches throughout the week (they reheat well in the microwave).

