



Lynn Public Schools

Nutrition & Health Tidbits

JANUARY 2017

January Food Focus: Dark Leafy Greens

These vegetables can make a excellent addition to any meal to give you the great nutrition that you need! There are a variety of dark leafy greens to choose from like: spinach, kale, swiss chard, turnip greens, mustard greens and bok choy.

GROCERY STORE TIP:

You can easily find a variety of leafy greens in the produce aisle year round! However, look for greens that are in—season. For instance, during the colder seasons choose kale, arugula and turnip greens. They can be cheaper than traditional lettuce and are a great way to change up your salad! Look for sturdy and firm greens that are free from bruising or discoloration.

COOKING WITH LEAFY GREEN VEGETABLES:

There are a variety of ways to get your leafy green fix —Make a colorful salad by swapping out lettuce with kale or arugula, while adding in a variety of fruits and vegetables; bake kale chips in the oven and drizzle with olive oil; add kale to smoothies, soups, salads and sandwiches; or use swiss chard as an unexpected yet tasty pizza topping!

HEALTH BENEFITS:

Dark leafy greens are a true nutrition champion! They contain important vitamins and minerals that improve our health and protects us from illness and disease. Leafy greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding, and helps build strong bones.

FUN FACT:

Kale sure loves those chilly months! It is recommended to actually NOT harvest kale until after the first frost. The frost and light freeze sweetens the taste, while hotter temperatures bring out more bitterness in kale leaves.

Apple Sampling at Ford Elementary



Last month, Ford Elementary School celebrated a farm to school initiative where students had the chance to participate in an apple sampling, coordinated by both the Food Services Department and The Food Project. Students were able to sample a variety of locally grown apples during lunch, including: Golden Delicious, Gala, Fuji, Honey Crisp, Green Dragon and Granny Smith apples! After sampling, students were then able to vote for their favorite apple by placing stickers on designated posters assigned for each apple. The students and staff loved this initiative because it not only was a friendly competition during lunch time, but it also allowed for the opportunity to expose our students to different varieties of fruit. The food services team looks forward to hosting more nutrition education initiatives like this one throughout our other schools!



A New Year and New Menu Items!

To kick off a new year, our January menus will be highlighting some new menu items that students and staff can look forward to trying! These menu items were personally selected by the interest of students who are members of the Lynn Youth Health Alliance group at both Classical and English High Schools. These menu items were built into the menu to bring greater variety, as well as continuously looking at ways to enhance how we offer more fresh fruits and vegetables.

Our middle schools and high school can look forward to the following new menu items:

- * Fresh Strawberry Chicken Salad
- * Italian Baked Pasta
- * Beef Stroganoff
- * Herbed Beef Italiano
- * Chicken Teriyaki Noodle Bowl

Autumn Kale Salad



Serving Size: 4

Ingredients:

4 cups Spring salad mix
4 cups fresh kale, chopped
1 1/8 tsp fresh lemon juice
3/8 cold water
1 3/4 cup granny smith apples, cored and diced
1 cup dried cherries
1 cup shredded carrots
1/2 cup honey mustard dressing

Instructions:

1. In a large bowl, mix together spring mix and kale.
2. In a second bowl, mix together diced apples with lemon juice and water, stirring for 3 minutes to prevent browning. Drain and discard liquid.
3. Toss together all ingredients until salad is well dressed and mixed.
4. Serve and enjoy!

The Many Types of Kale



Just like there are many types of vegetables there are also many types of kale. Kale varies in color, from green, to violet-green, to purple. Violet-green kale can often times be referred to as dinosaur kale. Some kale has curly leaves and others are flat and waxy. Next time you are at the grocery store, see what kinds of kale you can find!

Contact Us!

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Carton 2 Garden Program Spring 2017

Carton 2 Gardens is a program through Kidsgardening.org which helps grow school garden programs in an affordable, sustainable, and creative way. This year the organization is holding its third annual Carton 2 Garden Contest, open to public and private schools, where contestants implement innovative garden creations by using repurposed milk and juice cartons. The food services team is happy to support any of our Lynn schools who would like to participate in this contest for Spring 2017. Your school could win up to \$5,000! Click [here](#) to find out more information on how to enter this contest, or contact food services for more information.

CARTON 2
GARDEN
Helping grow school garden programs