



## WHAT'S HAPPENING IN YOUR CAFÉ?

### March is National Nutrition Month!

National Nutrition Month is an annual campaign in our schools to encourage students and adults to make smart choices for their health and well-being. This year our theme is 'Intact Whole Grains'! We will be planning to do tastings in some of our schools this month, which will include sampling whole grains! Some recipes may include overnight oats, wheat berry salad, or parfaits with whole grain granola. We will also be hosting a "guess the grains game" to test students knowledge on whole grains. Stay tuned to see if we'll be doing a tasting at your school this month. Happy National Nutrition Month 2018!



## FOOD & WELLNESS

### Why are We Celebrating Whole Grains?

Whole grains provide more vitamins, fiber, and protein than their refined counterparts – but did you know there was a difference between the types of whole grains you eat? Intact whole grains – those in their whole form like quinoa, brown rice, farro, bulgur, barley, and oats – digest more slowly and have the most nutrients. Processed whole grains like whole wheat bread and flour are still better choices than refined, but intact whole grains are the better choice nutritionally. All the grains offered in our schools are whole grain-rich, including the fresh baked bread we provide from our local bakery and the whole grain breaded chicken patties served in our cafes! Celebrate National Nutrition Month by adding more whole grains to your diet and maybe even trying a new grain from the list above!



## FEATURED RECIPE

### Twice Baked Broccoli Potatoes



#### INGREDIENTS

- 4 tbsp. broccoli fresh, steamed cut into small pieces
- 1/2 baked potato
- 1 tbsp. greek yogurt, fat-free
- 1-1/2 tsp. green onion chopped
- 3/4 tsp. Just Mayo - Serracha (or any spicy mayo)

#### STEPS

1. Bake potatoes at 350 degrees for one hour. Remove and let cool.
2. Steam broccoli until tender and quickly plunge into ice water to stop the cooking and lock in the bright green color. Drain well.
3. Cut cooled potatoes in half lengthwise. Core the insides of the potato out with a small spoon. Keep filling to the side.
4. In a large mixing bowl smash the reserved potato pieces with a large fork or potato ricer. Add the cooled chopped broccoli, Greek yogurt, Serracha mayo, and chopped scallions. Fold the ingredients together until incorporated.
5. Place filling into the cored potatoes and bake until golden brown.