New March Menu Items
March is National Nutrition Month, where this year we are celebrating the concept Eat to Perform! Our secondary schools will be highlighting special meals that include a combination of an appropriate amount of protein and whole grains, plus the addition of a fruit or vegetable serving. All of which are key food groups and nutrients necessary for optimal sports performance and recovery. Be sure to check out the following:
- Veggie Lovers Pizza – Every Friday @ Crust & Stuff (HS) and Bake (MS)
- Buffalo Chicken Wrap – Mondays, Wednesdays and Fridays @ Outtakes
- Santa Fe Turkey Wrap – Tuesdays and Thursdays @ Outtakes

National School Breakfast Week
Celebrate breakfast with us during the week of March 4th – 8th! Did you know that students who eat school breakfast attend an average 1.5 more days of school per year, and score 17.5% higher on standardized math tests?

Blackberry Tasting
Last month, students at Harrington and Tracy had the chance to sample fresh blackberries during lunch! For some students this berry was a familiar treat, where for others it was their first time enjoying this nutrient-dense fruit filled with high levels of antioxidants. We love getting kids to try something new!

National Nutrition Month
An annual celebration in March, focusing on the importance of making informed food choices and developing sound eating and physical activity habits. This year, we are focusing on sports nutrition at the secondary level, and potatoes and whole grains at our elementary level. We will be holding sampling events and educations at some of our schools to celebrate!

- Athletes Choice - The food we eat transforms into energy and building blocks for our bodies. Carbohydrates have gotten a bad rap in the media, but carbohydrates are our bodies only source of fuel that the brain uses. Choose sources such as fruits, vegetables, and whole grains, which all not only contain carbohydrates, but other important nutrients that protects us from disease. Be sure to check out the above Eat to Perform menu items in our secondary schools, which highlights Athlete’s Choice.

- Potato Power - A healthy diet includes one that incorporates all kinds of vegetables, including potatoes. Potatoes contain their own special nutrients like vitamin C, potassium and carbohydrates. Potatoes can be cooked in so many delicious ways, coming in a variety of kinds - russet, red, purple, yellow and white. Potatoes can be found on our elementary school lunch menus at least once a week, so power up!

Featured Recipe
Fiesta Brown Rice
(yields 5 servings)

INGREDIENTS
2 tsp canola oil
2 tbsp yellow onion, fresh, chopped
1/3 cup green bell pepper, fresh, chopped
1 tsp chili powder
1/4 tsp paprika
1/4 tsp onion powder
1 tsp cumin
1 1/4 cup water
1 1/8 cup crushed tomatoes, canned, drained
5 1/3oz brown rice, dry

STEPS
1. Preheat oven to 350 degrees F.
2. Heat oil in a skillet over medium-high heat.
3. Add in diced onions and green bell peppers. Sauté until onions are translucent and peppers are crisp and tender, about 5 minutes.
4. Add in water, tomatoes and seasoning, and bring to a boil.
5. Combine uncooked rice with water-vegetable mix and transfer into an ovenproof baking pan.
6. Cover pan tightly with foil or lid and place in oven for 45 minutes to 1 hour, or until liquid has been absorbed and rice is tender.
7. Serve and enjoy as a side dish with any meal! Pairs great with tacos, or add as an ingredient in burritos or taco bowls.

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