



# Nutrition Newsletter

## Welcome!

We are very excited to introduce our first nutrition newsletter, that will provide monthly updates from the Food and Nutrition Department. This newsletter is intended to give you more of an insight to the Baldwin-Woodville nutrition program by highlighting new menu items, answering your questions, and promoting healthy habits!

## What's New on the Menu?

### New for Breakfast:

#### **Early Riser (12/4)**

*A hearty start to the morning, with egg, cheese, and bacon stuffed inside a crispy shredded hash brown patty!*

#### **Apple Pie Yogurt Parfait (12/14)**

*Creamy vanilla yogurt layered with cinnamon apples and crunchy granola!*

### New for Lunch:

#### **Cowboy Caviar (12/4)**

*A refreshing, nutrient packed salad dish with black beans, red and green peppers, and sweet corn in a light vinaigrette-style citrus dressing!*

#### **Chicken Bites (12/10)**

*Boneless Chicken Wings, crispy on the outside and juicy on the inside! Served with your favorite dipping sauces.*

#### **Fiesta Beans and Rice (12/18)**

*Flavorful, Spanish-style rice with kidney beans for a protein packed side dish.*

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## Meal Prices:

Breakfast: \$1.80 (K-12th)

\$2.50 (Adult)

Lunch: \$2.25 (K-5th)

\$2.45 (6th-12th)

\$3.70 (Adult)

Free/Reduced:

FREE or \$.30 for Breakfast

FREE or \$.40 for Lunch

*Not sure if you qualify for Free/Reduced?*

*Contact the District Business Office @*

*715-684-3411 ext 1103*

## Tip of the Month: Eat a Rainbow!

Fruits and Vegetables of different colors offer a variety of vitamins, minerals, and antioxidants. The easiest way to make sure you are getting all the nutrients you need, is to fill your plate with a variety of colors!

**Red: Improve Heart Health**

**Blue/Purple: Protect Cells from Damage, Improve Mineral Absorption**

**Orange/Yellow: Helps Vision, Digestion, and Immune System**

**Green: Antioxidant and Anti-inflammatory Properties**

**Brown/White: Supports Healthy Bones, and Increased Antibacterial Properties**

Eating a variety of colors has great healing powers and can help prevent chronic diseases!

**We offer a Garden Bar at lunch filled with fresh, colorful fruits and vegetables daily!**



## We Want to Hear from YOU!

In order to make the Food and Nutrition department a success, we are going to need your feedback! What foods would you like to see on the menu? What topics would you like discussed in the newsletter?

There is now a new link on the Food Service website that you can use to enter any suggestions, comments, or requests! Give it a try!

