

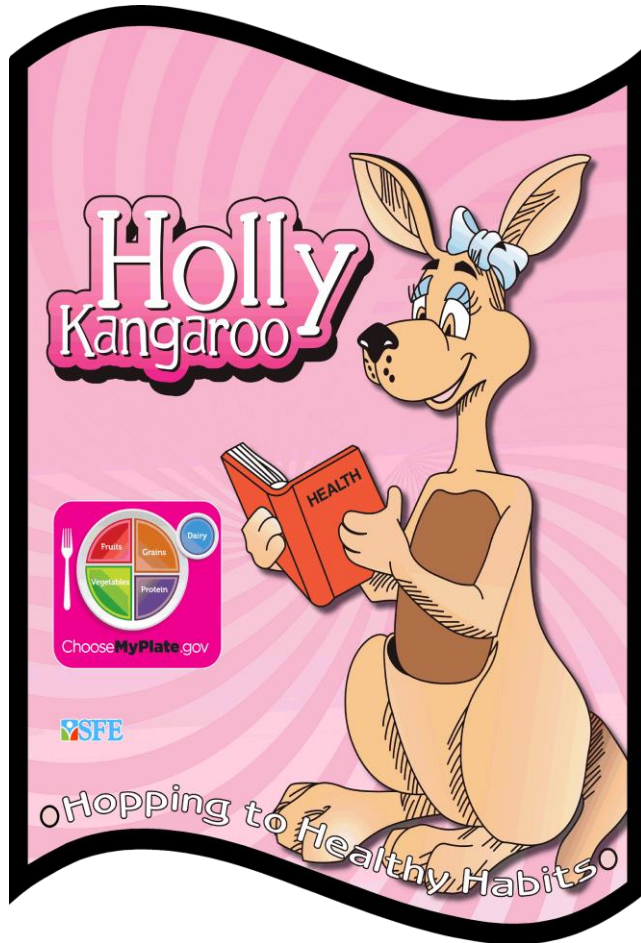
Happy Halloween!

# OCTOBER 2015

## Breakfast & Lunch Menus



### HOLLY KANGAROO'S NUTRITION FACTS



Holly Kangaroo loves her fresh fruits and veggies! Here are 5 helpful tips to encourage your kids to eat more fruits and vegetables.

Eating fruits and vegetables is a part of a healthy diet for both adults and children. With spring, comes an abundance of fresh fruits and vegetables. According to the CDC, only about 1 in 5 children in the U.S. eat the recommended servings of fruits and vegetables each day.

Finding creative ways to encourage fruits and vegetables can be fun for the entire family.

#### Five Ways to Get Kids to Eat More Fruits & Vegetables

1. Keep a bowl of fresh fruit on the counter. Refrigerate cut up fruits and vegetables in small bags for quick, easy snacks.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
4. Challenge family members to reach their daily fruits and vegetables goal. Reward the winner with a prize of his or her choice.
5. Let children choose with fruits and vegetables to serve and how to incorporate them into their favorite meals.

To find out how many fruits and vegetables you or your child need plus more recipe ideas, please visit: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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#### PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.