



March 2020



Delivering on Student Well-Being

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The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact me at:

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So Happy is an easy-to-use menu and nutrition app that allows parents and students to see nutrition information and allergens of every meal served in their school.



School Breakfast: Out of this World



National School Breakfast Week is a celebration of the School Breakfast Program which was permanently established in 1975 by an act of Congress to ensure that students across the country have access to a nutritious school breakfast. The program currently serves more than 14 million students every day! This year's theme is **"School Breakfast: Out of this World"** which reminds us that school breakfast provides a healthy and energizing start to the day for students.

Studies show that students who eat school breakfast reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, maintain a healthier weight, and exhibit fewer behavioral problems.

The best breakfast meals contain a variety of different foods from the MyPlate food groups. Schools participating in the School Breakfast Program are required to offer students daily whole grains, fruit and/or vegetables and low fat milk.

Some healthy breakfast options include:

- Fruit and yogurt parfaits with whole-grain granola
- Oatmeal with chopped nuts and dried fruit
- Whole-grain waffles topped with sliced fruit
- Breakfast burritos filled with egg, cheese & veggies



Reference: School Nutrition Association

Fruit and Yogurt Parfaits

Ingredients:

- 1 cup Greek yogurt
- ½ cup fruit of choice (strawberries, blueberries, bananas, etc)
- ¼ cup granola



Directions:

Scoop yogurt into a bowl or cup. Top with sliced fruit of choice. Sprinkle granola over top of assembled ingredients and enjoy a well-balanced, healthy breakfast meal!