

## Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% with a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

## BREAKFAST

### BEFORE SCHOOL:

BENEFIT BAR  
CINNAMON BUN  
MUFFIN & YOGURT  
BAGEL w/ CREAM CHEESE  
CEREAL w/ CHOICE OF SUNFLOWER SEEDS, STRING CHEESE ,  
GRAHAM CRACKER  
PEANUT BUTTER & JELLY WAFER

Milk, Juice, Fruit Offered Daily

**MONDAY:** PANCAKES

**TUESDAY:** BREAKFAST BURRITO

**WEDNESDAY:** FRENCH TOAST AND SAUSAGE

**THURSDAY:** BREAKFAST SANDWICH

**FRIDAY:** WAFFLES

## Fresh Pick Recipe

### CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.



FEBRUARY 2020

February 14th Valentines Day & February 17th Presidents Day CLOSED

BREAKFAST --\$2.00 FREE & REDUCED \$0.00



Please look for these icons in your cafeteria.

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