



# NEWS

Fall  
2016

For Parents and Students at  
Kansasville School District

## Food Service Update!

### YOUR FOOD SERVICE PROGRAM

Taher, and your Food Service Team at SDA, welcome you to the 2016-2017 school year! For over 35 years, Taher has been managing and operating food service programs. Now in more than 150 school districts nationwide, we implement programs that correspond with each district's mission and goals. Taher is committed to providing the SDA School District with an exciting and nutritionally-balanced school food service program.

### HARVEST OF THE MONTH ~ "HEALTHY TO A T" NEWSLETTER

As part of Taher's educational initiative, we promote our Harvest of the Month Program to expose our students to fresh, healthy foods and get them to try something they may not normally try at home. Featured items may be used in an "On Display" chef demonstration, included in the Fruit & Vegetable Bar, or given out as samples for students and staff to try! Weekly educational fact flyers are prominently displayed in the café with fun facts aimed to garner interest and attention to the food.

In addition to the weekly education fact flyers for the Harvest of the Month, look for our "Healthy to a T" newsletter each month on the District's Food Service webpage. Taher's corporate dietitian Melanie Wirth, MBA, RDN, LD, incorporates tips on a healthy lifestyle in her article, and we'll feature interesting facts and a recipe for you to try at home for either the featured fruit, vegetable, spice or herb.

### PROMOTIONS

We are excited to add promotions to our elementary school lunch menu each month to enhance the lunch experience for your students. Promotions will be highlighted on the posted menu and different food items will be featured.

### REDUCED APPLICATIONS

Included with this update are the reduced meal applications. If you should find your family situation to be that of financial hardship, we encourage you to apply for reduced meals.

2016-17 MEAL PRICES	
LUNCH	
Regular .....	\$3.10
Reduced .....	\$1.15
Extra Entree .....	\$1.50
Adult.....	\$3.10

Month	Fruit	Vegetable	Herb/Spice
September	Cantaloupe	Zucchini	Fresh Dill
October	Local Apple	Parsnips	Turmeric
November	Cranberries	Spaghetti Squash	Lemon Grass
December	Pear	Brussels Sprouts	Cardamom
January	Lemon	Avocado	Thyme
February	Blueberries	Leeks	Clove
March	Grapefruit	Kale	Cilantro
April	Carrot	Rhubarb	Fenugreek
May	Honeydew	Asparagus	Mint
June	Strawberries	Radish	Anise
July	Currant	Spinach	Rosemary
August	Plum	Cauliflower	Achiote Seed

**HEALTHY to a "T"** July 2016

**Harvest of the Month**  
String Green Beans

**THE SKINNY ON BREAKFAST**  
Breakfast is the most important meal of the day! Not sure how breakfast has been a point of contention among weight loss coaches, dietitians, and doctors for a long time. The benefits of breakfast research is that those who eat breakfast tend to have lower body mass indexes and it's hard to carry out a comprehensive study since controlling what, when, and how much a person eats is nearly impossible. It is often found that those who eat breakfast tend to have a lower BMI.

**DOES BREAKFAST REALLY HELP YOU TO LOSE WEIGHT?**  
No, not at all. In fact, those who eat breakfast tend to have a higher BMI than those who don't. This is because breakfast eaters tend to eat more throughout the day, and this extra food intake can offset the benefits of breakfast.

**WHEN IS THE BEST TIME TO EAT BREAKFAST?**  
The best time to eat breakfast is when you wake up. This is because your body is in a fasted state and needs the energy from breakfast to get started. Eating breakfast first thing in the morning can help you feel more energized and focused throughout the day.

**RECIPE: String Green Beans with Cranberries and Pecans**  
Serves: 4

1 bag (16 oz) frozen or canned string green beans, 1/2 cup cranberries, 1/2 cup pecans, 2 Tbsp olive oil, 1/2 tsp salt, 1/4 tsp black pepper, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp dried dill weed, 1/4 tsp dried basil, 1/4 tsp dried oregano, 1/4 tsp dried thyme, 1/4 tsp dried rosemary, 1/4 tsp dried sage, 1/4 tsp dried marjoram, 1/4 tsp dried fennel, 1/4 tsp dried chives, 1/4 tsp dried parsley, 1/4 tsp dried basil, 1/4 tsp dried oregano, 1/4 tsp dried thyme, 1/4 tsp dried rosemary, 1/4 tsp dried sage, 1/4 tsp dried marjoram, 1/4 tsp dried fennel, 1/4 tsp dried chives, 1/4 tsp dried parsley.