



• Healthy Breakfast Ideas for Kids

Imagine your body is a car. After a long night of sleep, your fuel tank is empty. Breakfast is the fuel that your kids need to help get them going.

For busy kids on the go, eating in schools is a great way to jumpstart their day. This is why Chartwells is running our "Eat Breakfast" campaign at our schools this winter: to encourage students to eat a healthy breakfast. Chartwells has planned fun events during the "Eat Breakfast" meal periods, while serving kids' favorite breakfast foods. Please encourage your child to participate in your school's dining program. For more details on our breakfast campaign go to: www.eatlearnlive.com/Chartbusters.



Breakfast IS the most important meal of the day. So here are some healthy, time-saving breakfast ideas for kids on the go. They're easy to grab, can be prepared the night before and are also available from your local school cafeteria:

- Low-fat vanilla or fruit-flavored yogurt unsweetened, whole grain cereal, and fresh fruit
- An unsweetened, whole grain breakfast bar, fresh fruit and low-fat milk
- Unsweetened, whole wheat or oth-

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er whole grain frozen toaster waffles topped with low-fat yogurt, unsweetened applesauce, jam, or natural peanut butter with sliced easy-to-eat fruit

- Unsweetened, whole grain cereal with low-fat milk, fruit slices, raisins or cranberries
- Brown rice cakes (unsalted or lightly-salted) with natural peanut butter, low-fat cream cheese or fruit slices
- Fruit and yogurt smoothie: low-fat vanilla or fruit-flavored yogurt with fresh or unsweetened frozen fruit

• What The Healthy, Hunger-Free Kids Act Means For You

Good news for school food! In a time when American children are dealing with either hunger or obesity, the Healthy, Hunger-Free Kids Act will bring healthier food to the children who need it most. It will have a positive impact on school food and the opportunity for children to live healthy lives.

The Act calls for sourcing more local produce, offering a greater variety of fruits and vegetables, incorporating more whole grains, reduced sodium foods and offering more whole foods, which Chartwells has been doing regularly on an ongoing basis.

? But what does this mean for parents and their children?

It means improved nutrition quality, food safety and increased access for eligible children to free school meal programs. It means that all meals served in schools, including breakfast, lunch, and afterschool meals must meet or exceed federal nutrition standards.

Chartwells Food and Nutrition guidelines, which were launched in

2010, were designed to align menus at all grade levels to meet the Act's nutrition guidelines and the new USDA standards.

Our comprehensive wellness, nutrition and awareness programs already in place. The Balanced Choices® program, for instance, is aligned with the HealthierUS School Challenge. Another program, Chartbusters®, promotes school meals and student wellness with features such as Food Focuses. Our age-specific, customized school dining program, Environments®, encourages students to make good meal choices and promotes wellness in the cafeteria, in the classroom and at home.

Chartwells is always evolving our dining services and programs to be in step, if not ahead of, the latest nutritional research. The Healthy, Hunger-Free Kids Act will only add to the high quality food-services programs that we offer to our the schools.





January Food Focus: Oranges



Keep healthy by eating oranges!

Besides being a good source of vitamins A and C, this super-sweet fruit fuels your body with potassium, fiber, and B vitamins.

Try oranges:

- As a handy snack – just peel and enjoy!
- Cut up in salads
- As a colorful plate garnish with a refreshing taste

Chartwells Executive Chef Ralph Garcia and Comal ISD Texas “Move to Schools” To Fight Obesity



Chartwells and Comal Independent School District (ISD) in Texas did their part to fight childhood obesity with the new Chefs Move to Schools program.

As part of the First Lady Michelle Obama's Let's Move! Campaign, the program calls on chefs around the country to work with teachers, parents, school nutritionists and administrators to educate kids about food and nutrition. A culinary arts class in Smithson Valley High, Spring Branch, received a visit from Chartwells' Executive Chef Ralph Garcia on January 6.

Chef Garcia taught different cooking techniques, such as cooking fresh vegetables, pastas and sauces, in front of students and staff members as they walked through the presentation line. Observers learned to prepare a meal as fresh as possible, which helps to retain the good nutrients essential to a proper diet. Garcia, who calls the program a win-win for students and schools, will also bring his culinary skills to Canyon Lake and Canyon high schools in Comal ISD in February, and plans to visit other schools in the Comal ISD soon.



Orange Salsa

RECIPE

Ingredients

- 2 cups tomatoes, chopped
- 3 ½ cups oranges, chopped
- ½ cup onions, chopped
- ¼ cup parsley, fresh or dried, chopped
- 1 ounce Light Italian Dressing

Preparation

1. Combine the chopped tomatoes, peeled and chopped fresh oranges, chopped onions, chopped parsley, and light Italian salad dressing in a bowl. Mix together well.
2. Cover and refrigerate for at least 4 hours or overnight to allow flavors to combine.

Serving suggestion: Enjoy with baked whole grain corn chips or toasted whole wheat pita chips.

Nutrition Facts:

Serving Size: 1/2 Cup	
Amount Per Serving	
Calories: 57	
Total Fat 0.7g	
Saturated Fat 0.1 g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 41.5mg	
Total Carbohydrate 13g	
Dietary Fiber 2.8g	
Protein 1.4g	
Vitamin A 61.9 RE	Calories from total fat 10.6%
Vitamin A 472.1 IU	Calories from sat. fat 1.6%
Vitamin C 52 mg	Calories from trans fat 0.0%
Calcium 44.3 mg	Calories from carbs 90.2%
Iron 0.5 mg	Calories from protein 10%

Each 1/2 cup serving provides a good source of fiber and an excellent source of vitamin C.