

# May 2018

## Morton School District Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 PANCAKES & *SAUSAGE PATTY OR CHICKEN POPPER BASKET  POTATO PUFFS GLAZED CARROTS 100% ORANGE JUICE	2 LUCKY TRAY DAY  WALKING TACO OR TACO PRETZEL DIPPER  FIESTA BEANS SHREDDED LETTUCE FRESH APPLE	3  HOT DIGGITY DOG OR CHEESEBURGER  CARROTEENIES GARDEN PEAS CHILLED PEARS	4  CHICKEN NUGGETS** Or PIZZA DIPPERS w/MARINARA SAUCE  MASHED POTATOES & GRAVY GOLDEN CORN 100% FRUIT PUNCH
7  CRISPY CHICKEN SANDWICH OR YOGURT MEAL  POTATO SMILES GOLDEN CORN CHILLED PEARS	8 BROWNIE BITE DAY  MINI CORN DOGS OR MEATBALL SUB SANDWICH  CARROTEENIES SEASONED GREEN BEANS 100% APPLE JUICE	9 BROWN'S PICNIC  NACHO SUPREME OR CHEESE QUESADILLA  STEAMED BROCCOLI SALSA ORANGE SMILES	10 LUCKY TRAY DAY  WESTERN BURGER OR MACARONI & CHEESE **  TANGY BAKED BEANS GARDEN PEAS 100% FRUIT PUNCH	11 LINCOLN'S PICNIC  GARLIC FLATBREAD PIZZA OR TURKEY & CHEESE SANDWICH  OVEN FRIES CHERRY TOMATOES CHILLED PEACHES
14 LUCKY TRAY DAY  SOFT TACO OR *BBQ RIB PATTY  STEAMED BROCCOLI REFRIED BEANS FRESH APPLE	15  CHICKEN NUGGETS** OR CHARBROILED SALISBURY STEAK**  MASHED POTATOES W/GRAVY GLAZED CARROTS CHILLED PEACHES	16  POPCORN CHICKEN & WAFFLES OR *SAUSAGE BISCUIT  POTATO PUFFS SEASONED GREEN BEANS 100% ORANGE JUICE	17 GRUNDY'S PICNIC  *AMERICAN SUB SANDWICH OR HAMBURGER  TANGY BAKED BEANS ROMAINE SALAD APPLESAUCE	18 JEFFERSON'S PICNIC  CHEF'S CHOICE PIZZA OR MINI CORNDOGS  CARROTEENIES GARDEN PEAS GOLDEN PINEAPPLE
21  PANCAKES & *SAUSAGE PATTY  POTATO PUFFS GARDEN PEAS 100% JUICE	22  CRISPY CHICKEN SANDWICH  STEAMED BROCCOLI GOLDEN CORN ASSORTED FRUIT	23  LAST DAY  HALF DAY  NO LUNCH	24	25
28	29	30	31	PICNIC MENU  GRILLED HAMBURGER OR GRILLED HOT DOG  CARROTEENIES TANGY BAKED BEANS SIDEKICK FROZEN FRUIT DESSERT

(\*) Contains Pork

(\*\*) Offered with Whole Grain Bread

**Farm Fresh Produce**  
featuring... **Soybeans**  
The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

**Available Daily  
Through 5/11**  
**Crispy Chicken Salad**  
Or  
**Corn Dog**

**Lunch \$2.45**  
(Milk included with meal)  
**Milk 50¢**  
Offered Daily:  
Fat Free Flavored  
Fat Free White  
1% White

**THANK YOU FOR  
EATING WITH US THIS  
YEAR! ENJOY YOUR  
SUMMER BREAK!!  
SEE YOU IN THE FALL.**

**Questions**  
Call: Kristina Klein  
Food Service Director  
309-284-6320  
Menu changes may be necessary. Notice will be given when possible.  
**A comprehensive Nutrition & Allergy Guide  
is available in the Food Service Office.**  
For more information  
or to "Ask the Dietitian",  
check out our website!

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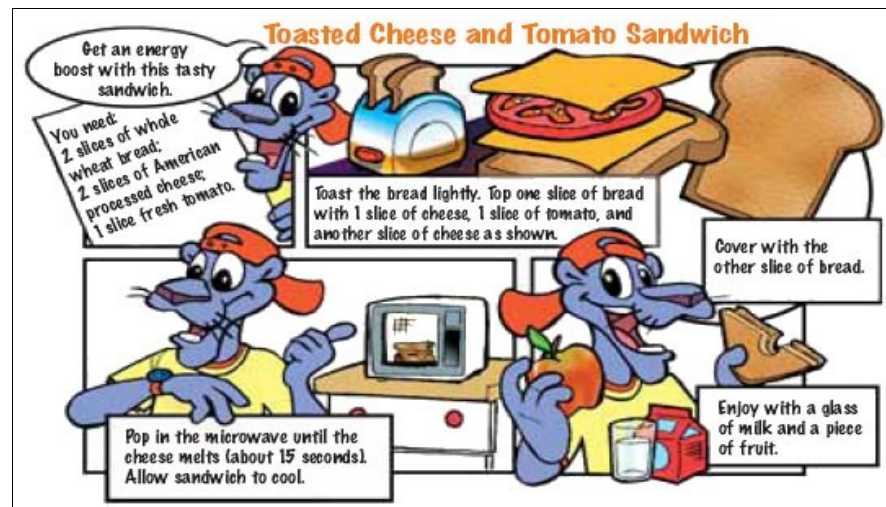
# MAY 2018



## Celebrate Cinco de Mayo

The holiday Cinco De Mayo, honors the victory of the Mexicans over the French Army at The Battle of Puebla in 1862.

Today, it is primarily celebrated in the Mexican state capital city of Puebla, with some recognition in other parts of Mexico, and especially in U.S. cities with a significant Mexican population.



## TIME TO LAUGH

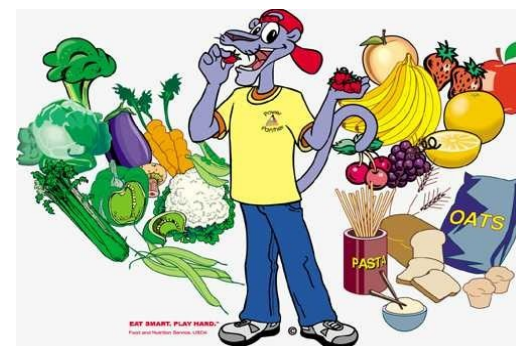
Q. Do you know how to make ground beef chili?  
A. Put it in the Freezer!!!

Q. Why did the strawberry need a lawyer?  
A. Because it was in a Jam!!!

Q. How do astronauts bring their food to work?  
A. In lunch boxes!!!

## POWER PANTHER SAYS:

"I love my new job because I get to travel all across the country to talk to kids, about how important it is to eat smart and play hard. Some of my favorite activities are walking, running, or biking. I cover over 20 miles a day. I am proud to say that I am very fast and physically fit. I play hard everyday! Because I'm so active, I need to keep my energy level up. So I eat smart and use the Food Guide Pyramid as a guide. One of my secrets is keeping a variety of fruits, vegetables and whole grain foods handy. They make great snacks and fuel me up for things I like to do. I hope boys and girls everywhere will make healthy food choices and be physically active like me"





# Arbor Management, Inc.

## Nutrition News

### May 2018



### Soybean Nutrition

**Soybeans** are a type of legume/bean native to Eastern Asia. These small legumes are a great source of protein, fiber and B-complex vitamins. They are often referred to as **Edamame** which are young soybeans, usually still in their pod. The young bean is green, soft and edible. The mature bean is hard which is generally used to make **soy milk, tofu, and soy sauce**. Soybeans play a part in a **healthy, well-balanced diet** and nourish our body with their high-quality nutrients. **Add** soybeans to any salad or roast them for a tasty snack!

### May's National Food Holidays

#### National Egg Month



Eggcellent source of Protein!

4th: Orange Juice Day

5th: Enchilada Day

#### National Salad Month



An easy way to eat a Rainbow of colors!

13th: Hummus Day

14th: Buttermilk Biscuit Day

16th: Barbecue Day

#### National Salsa Month



Enjoy with baked Whole Grain tortilla chips!

20th: Pick Strawberries Day

28th: Hamburger Day

#### National Asparagus Month



Great source of bone-building Vitamin K!

### Family Activities

May is when we really get to see and even feel nature blossoming into spring.

The flowers are blooming, baby animals are taking their first steps and the birds are making their way back from their winter homes.

What a great time for us to grow and expand our outdoor activity list to keep us moving all season long!



Family Baseball Game



Bird Watching Hike



Friendly Soccer Game



Trip to the Zoo



Neighborhood Bike Parade

### Roasted Parmesan Edamame



#### Ingredients:

- 2 c. edamame raw
- 1 tbsp olive oil
- 1/4 c. parmesan cheese, grated
- 1/4 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp black pepper

#### Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper, then set aside.
2. Mix together parmesan cheese, garlic powder, salt, and pepper. Set mixture aside.
3. In another bowl, add fresh (or thawed) edamame and olive oil and stir until edamame is coated.
4. Pour parmesan cheese mixture on top of edamame, then stir until edamame is evenly covered.
5. Spread edamame on prepared baking sheet in an even layer. Bake in the oven for 12-15 minutes or until cheese is melted and browned.



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Arbor Management Inc.



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