



News In Your School Hillsborough Township BOE

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Sodexo Food Service

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Questions? Comments?
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National School Lunch Week October 9th-13th 2017

What is National School Lunch Week?

Created by President John F. Kennedy in 1962, National School Lunch Week (NSLW) is a weeklong celebration of school lunch programs.

The #NSLW17 theme is "School Lunch: Recipes for Success," which was designed to help you tell your school lunch story, including the 'secret ingredients' to your success! School lunches provide 5 different food groups daily. Those include Protein, Starch, Fruit, Vegetable and Milk. Students are allowed to take a minimum of three of these groups; however one of their choices must be a fruit and/or vegetable.



5 Tips to a Healthier Halloween

1. Hand out healthier treats rather than just candy (granola bars; snack packs such as trail mix, raisins, crackers, or pretzels; 100% juice boxes; non-candy Halloween treats such as stickers, bookmarks, tattoos, erasers, and pencils).
2. Eat a nutritious meal before going trick-or-treating, so children are not hungry and only want to eat candy for supper.
3. Limit the number of treats your child can have each day. (Make sure to decide the appropriate number ahead of time and let children know the limits and why it is important to limit candy)
4. Keep candy out of reach to prevent continuous and mindless eating of candy.
5. Eat a piece of candy with a glass of milk or apple slices to add some healthy nutrients.

LET'S GET COOKING

CHOCOLATE COVERED FROZEN BANANA BITES

If at any time you feel like you need something sugary in your diet, don't fret about it! It is completely normal for our bodies to want sugar; it is our main source of energy. If one day you do feel like a sugar fix, here is a nutritious, yet sweet snack.

Ingredients:

- 🍌 3-4 bananas
- 🍌 1 Cup of dark chocolate chips
- 🍌 Peanut Butter (can substitute another type of nut butter or sun butter)
- 🍌 Tooth Picks
- 🍌 Coconut oil



Directions:

1. Peel and cut the bananas into thick slices.
2. Place a dab of peanut butter or any other kind of butter to the center of the two bananas to create a "banana sandwich"
3. Freeze the bananas for 1-2 hours
4. Add chocolate chips to a microwave safe bowl, and microwave in 30-second intervals, stirring between each interval. Adding a scoop of coconut oil (can be optional; it makes the chocolate have a smoother consistency)
5. Once the "banana sandwiches" are frozen, poke them with a skewer, and then dip them into the melted chocolate.
6. Once the chocolate is hardened, you can then enjoy your Chocolate Covered Frozen Banana Bites!

<http://spoonuniversity.com/recipe/easy-chocolate-covered-frozen-banana-sandwiches/>

