

Arbor Management, Inc.

Nutrition News

September 2018



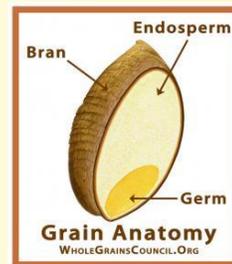
Arbor News!

As students become reacquainted with the school day, Arbor Management, Inc. would like to remind you of our healthy breakfast and lunch options available in the cafeteria. Arbor's school meals offer *balanced* nutrition providing **lean protein**, **whole grains**, **fruit**, **vegetables**, and **hormone-free dairy**. Freshly prepared salads, sandwiches and wraps are a *healthy* grab-and-go option. Build your own salad at the Fruit & Veggie Bar for a custom option. Even our hearty, comfort foods, such as the Homemade Mac & Cheese, Pizza, and Crispy Chicken Sandwiches, are made with *quality* ingredients supplying age-appropriate nutrients. The Arbor Team is constantly brainstorming ways to teach students to make *healthier* choices.

SEPTEMBER IS WHOLE GRAINS MONTH



What is a whole grain?



"Whole grain" means a product contains all three parts of the kernel: bran, endosperm, and germ. "Refined grains" are processed to remove the bran and the germ.

IT'S YOGA MONTH!



Yoga can be a great addition to your physical activity routine. Did you know yoga dates back 3,000 years? There are many different forms of yoga, but all involve deep breathing with various poses to improve balance, flexibility, stamina, muscle, bone and joint strength, and can even aid in weight loss. Try yoga this month!

Why should I eat it?

Whole grains are rich in B vitamins which power your brain and help your body form energy. Whole grains also contain fiber which helps to keep food moving through your body for healthy digestion.

SEPTEMBER IS MUSHROOM MONTH!



Did you know Mushrooms are...

-  The only fruit or vegetable with Vitamin D!
-  Loaded with B-vitamins that help us make energy, and Selenium that strengthens our immune system.
-  Free of fat, cholesterol, and sodium.
-  Have almost as much potassium as a small banana.

MUSHROOM BREAKFAST BURRITO

Prep/Cook Time: 30min Serves: 4

Ingredients:

- 4 cups Mushrooms, cleaned and quartered
- 1 Tbsp Butter
- 1 Tbsp Olive Oil
- 2 cloves Garlic, chopped
- ½ bunch Fresh Parsley, chopped
- 2 cups Cherry Tomatoes, halved
- 1 cup Kidney Beans, canned, drained
- Pinch of Salt
- Pinch of Pepper
- ¼ tsp Chili Powder
- 4 Eggs, large, whisked
- 4 Whole Grain Tortillas

Directions:

1. In a large pan, sauté mushrooms in 1 Tbsp of butter and 1 Tbsp of olive oil for about 5 minutes.
2. Add garlic and parsley, sauté and stir for another 2 minutes.
3. Add halved tomatoes, beans, salt, pepper, chili powder, and whisked eggs.
4. Scramble constantly with a wooden spoon until eggs are fluffy.
5. Distribute into the tortillas, and enjoy your healthy breakfast!



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