



WHERE IS SUGAR HIDING?

The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calorie allowance. Added sugars include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (such as putting sugar in your coffee or adding sugar to your cereal). Added sugars (or added sweeteners) can include natural sugars such as white sugar, brown sugar and honey as well as other caloric sweeteners that are chemically manufactured (such as high fructose corn syrup). For most American women, this is no more than 100 calories per day and no more than 150 calories per day for men (or about 6 teaspoons per day for women and 9 teaspoons per day for men). Some may be surprised to find added sugars in these selections:

- Yogurt with Fruit
- Tomato Sauce
- Dried Fruit
- Canned Soup
- Bread
- Orange Juice
- Salad Dressing
- Granola Bars
- Barbecue Sauce

Names for added sugars on labels include:

- Brown sugar
- Corn sweetener Corn syrup
- Fruit juice concentrates
- High fructose corn syrup
- Honey
- Invert sugar
- Malt syrup
- Molasses
- Raw sugar
- Sugar
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)
- Syrup



NEW EXCITEMENT EVERY MONTH!

Each month in the Elementary Schools, the students will embark on a culinary journey with our "From The Farm" promotional series that will educate and inspire your student. It will introduce your child to creative and new menu items featuring a variety of fresh ingredients.



DECEMBER AND JANUARY

We are kicking off the winter months with a celebration of flavorful dishes centered around tasty Bananas and refreshing Citrus. Lemon Pasta with Chicken will surely get those taste buds engaged while Lemon Raspberry Muffins and Orange Glazed Carrots will kick it up another notch! What about those Bananas?! Banana Pancakes and Banana Oat Muffins will leave your student satisfied and asking for more.

Check your elementary student's back pack for awesome recipes that the whole family can enjoy!



FEBRUARY AND MARCH

To wrap up Winter's cold months, we will be adding an additional ingredient to your student's delicious menu...wholesome Eggs. From Breakfast Egg Boats, Spinach Frittatas and Spiced Lentils with Poached Eggs, Mother Nature's warm splendors will surely satisfy.

Do you know what all 3 ingredients have in common? Lemons, Bananas and Eggs float in water.