

**Fairview
Independent
School
District**

Breakfast

News Letter

Keep Nutrition Simple

- 1) Focus on one nutrition concern at a time, for example, choosing lean meat, Lowfat milk, increasing calcium rich foods, or eating more whole grain foods.
- 2) Add color! Buy fruits and vegetables with vibrant and distinct colors that indicate rich nutrient content.
- 3) Identify problem areas in your diet, such as high calorie snacks, skipping breakfast, or empty calorie foods.
- 4) Add 20 minutes of physical activity a day, such a nice autumn walk with the kids.

Eat Wise and Exercise

School Breakfast..... The First Step to Learning ... Children who are hungry find it hard to stay alert and participate in their classroom experiences.

The Fairview School Breakfast Program helps close the readiness gap with nutritious food in a cost-effective manner before classes begin.

Healthy School Breakfast * Healthy Minds * Healthy Bodies

Fairview Elementary serving daily a choice of:

Variety of healthy breakfast entrees

Non-Fat Milk, Lowfat 1% Milk or Skim

100% Fruit Juices



*Keep you body on the fast track
For top performance
Make good nutrition a goal for you!*

School Breakfast Goals

Enjoy Breakfast at school: everyday
Make healthy food choices: everyday
Drink plenty of water: everyday
Exercise: everyday

**Breakfast line starts at:
7:30 am -8:00 am**

Eat a healthy school breakfast!



Recipe of the Month

Pumpkin Bread on the Move

What with school, extra-curricular activities, and homework, kids need sustenance to help them power through. And parents need something easy they can grab for the kids and go.

Enter pumpkin bread. It's packed with beta carotene, easy for little hands to hold onto, and--best of all--has a relatively low mess probability (one solid piece doesn't require utensils, and isn't quite as prone to crumbs as a crunchier snack).

Ingredients

- 1 1/2 cups all-purpose flour
- 1 1/4 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup solid pack pumpkin puree
- 1 cup packed brown sugar
- 1/2 cup buttermilk
- 1 egg
- 2 tablespoons butter, softened

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift the flour, baking soda, salt, cinnamon and nutmeg into a large bowl. Mix in the pumpkin, brown sugar, buttermilk, egg and butter until well blended. Pour into a 9x5 inch loaf pan and smooth the top.

Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center comes out clean.

ENJOY!



Cooking with Pumpkin:

It's a shame that more people don't eat pumpkin year 'round because whether you get your pumpkin from a can or the squash itself, it makes a nutritious and tasty add-in to a wide variety of dishes.

