



BLUE EAGLE FOOD, FUN & FITNESS

NAZARETH AREA SCHOOL DISTRICT FOOD SERVICES

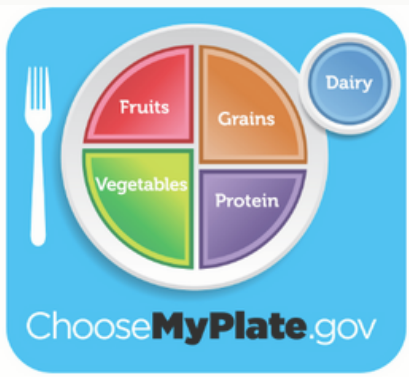
Spring into Nutrition



Build a Healthy Eating Style

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.

- Focus on variety, amount, and nutrition.
- Choose foods & beverages with less saturated fat/sodium/added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



FUN FACT

IT'S PEAK SEASON FOR ASPARAGUS. AN ASPARAGUS CAN GROW **10 INCHES** IN ONE DAY IN IDEAL CONDITIONS. 1/2 CUP SERVING, ASPARAGUS HAS THE HIGHEST FOLATE CONTENT OF ALL VEGETABLES.



THE RECIPE CORNER

GARLIC PARMESAN ASPARAGUS

INGREDIENTS

- 1/2 POUND FRESH ASPARAGUS
- 1/2 TEASPOON SALT & PEPPER
- 3 CLOVES MINCED GARLIC
- 2 TABLESPOONS PARMESAN CHEESE
- OLIVE OIL SPRAY

INSTRUCTIONS

- PREHEAT OVEN TO 425 DEGREES. LINE A BAKING SHEET WITH ALUMINUM FOIL AND SET ASIDE.
- RINSE THE ASPARAGUS, TRIM OFF WOODY END PIECES, AND PLACE ON BAKING SHEET.
- SPRAY THE ASPARAGUS LIGHTLY WITH A COAT OF OLIVE OIL SPRAY. SPRINKLE WITH SALT, PEPPER, GARLIC, AND PARMESAN CHEESE.
- BAKE FOR 8 MINUTES. REMOVE FROM OVEN AND SERVE IMMEDIATELY.

Fueling up for Spring

It's important to fuel your body up whether its for practice, competition, or tests by eating a good breakfast and lunch!

- Whether at home or at school its important to eat breakfast. Placing a breakfast bar in your backpack or having in your car is a great way to make sure you have fuel for the first half of the day.
- For lunch, focusing on protein and fiber is essential. Choose lean proteins and whole grain products.