

Message from the Cafeteria

Eat a variety of colorful vegetables for a healthy immune system, healthy skin, and to help heal cuts and bruises. They are a good source of many nutrients including carbohydrates for energy, potassium, fiber, folic acid, vitamins A, C, and E, and phytochemicals.

Examples of Dark Green/Orange Vegetables:

- Beet Greens
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leafy Lettuce



- Mustard Greens
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes
- Turnip Greens

EAT LEARN LIVE
WITH
COLOR

Grains Help with Growth, digestion, and healthy nerve functions. They are great source of carbohydrates for energy, B Vitamins, iron, magnesium, and selenium. Whole grains are also good source of fiber.

How to identify Whole Grains:

Check the food's ingredient label. The first ingredient must be a whole grain. Look for ingredients such as:

- Brown rice
- Bulgur or bulgur wheat
- Graham flour
- Oatmeal, oats, or whole oats
- Whole grain corn
- Whole rye
- Whole Wheat
- White Whole Wheat
- Wild Rice

Examples of Whole Grains:

- ✓ Bagels
- ✓ Biscuits
- ✓ Bread
- ✓ Breadsticks
- ✓ Buns
- ✓ Crackers
- ✓ French Toast
- ✓ Pancakes
- ✓ Pita Bread
- ✓ Rolls
- ✓ Tortillas
- ✓ Waffles
- ✓ Wraps
- ✓ Brown Rice
- ✓ Hard corn taco shells, rounds, or scoops
- ✓ Oats, Oatmeal
- ✓ Wild rice

Variety of Healthier Options has been added on to Harper Woods School Menus. Each school has a variety of fresh fruit and vegetables for the students to choose from daily. Every Monday we cook made to order omelets starting at 6:30 am at the High School. We have added new salads, and colorful varieties of vegetables on Sandwich Central. We are purchasing a new Panini Grill made to order Panini sandwiches. Our goal is to teach the students of healthier options of food to stay fit and all around healthy. Parents just a reminder you can trace what your students are purchasing through the food service program by logging into Zangle. If you have any comments or concerns please contact Brian Corbett Food Service Director (313) 335-2050 or (313)245-3025