



Summer Nutrition News

June/July 2020

Covid-19 and School Lunch to Go

School lunch may still be available at your school for curbside pick-up. Please check your district website for pick up locations and times. The lunches Arbor Management serves are being held to the highest sanitary guidelines set by the CDC in order to keep everyone safe. Our school lunch staff has been working very hard to keep up with all the changing rules and planning for what might be anticipated for next school year.

Staying Safe with Meal Pick up During Covid-19 Curbside Pick-up

- Keep 6 feet distance
- Wash your hands frequently with soap and water for 20 seconds
- Don't touch your face
- Wear a face covering
- Clean and disinfect frequently touched items, steering wheel, gear shifter, turn signals, seat belts, door handles, radio or temperature controls.
- Cover your cough or sneeze with a tissue, throw the tissue away, then wash your hands.
- If you are sick stay home, have a neighbor pick up for you and deliver at your door.



USDA Meals for Kids Site Finder <https://www.fns.usda.gov/meals4kids>

What's In Season?

Apples, Apricots, Blackberries, Blueberries, Cabbage, Carrots, Cherries, Corn, Eggplant, Grapes, Melons, Nectarines, Peaches, Plums, Radishes, Squash, Strawberries, Tomatoes, Turnips.

FroYo Monkey Tails

These yogurt dipped bananas are not only healthy, but so fun to make with your kids for a frozen treat!

Ingredients:

- 6 oz Greek Yogurt, Vanilla
- 1/2 Cup Rice Krispies Cereal
- 3 Each Ripe Bananas
- 1 Tbsp Unsweetened Cocoa Powder (optional)
- 6 Each Wooden Popsicle Sticks



1. Prep the ingredients by putting yogurt into a tall cup. Pour Rice Krispies on a plate and spread out evenly.
2. Peel and slice bananas in half crosswise. Place wooden popsicle stick into the sliced end of the banana. Stick should go half way into the banana.
3. Dip the banana into the yogurt, covering the banana up to the popsicle stick. Pull banana out of the yogurt and let the excess drip off. Set yogurt-covered banana on plate of Rice Krispies and slowly roll the banana around until all sides are covered with it. Sprinkle each with cocoa powder if desired.
4. Place on wax paper. Repeat until all bananas are covered. Place uncovered in the freezer for 2 to 4 hours before serving. Serve and enjoy!

Chef's note: Experiment with other toppings such as granola, crushed graham crackers or chopped walnuts. Add colored sprinkles or mini chocolate chips.

<https://mymenupal.com/recipe/froyo-monkey-tails/>



June is National Dairy Month!

Yogurt Fun Fact

Turkish shepherds had been turning milk into yogurt since 3000 BCE.

July is National Blueberry Month!

Blueberry Fun Fact

Blueberries are one of the only foods that are truly naturally blue in color.



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgt.com

