Arbor Management's
Nutrition News– *May 2021*

May is National Egg Month!

Eggs are nutrient dense and an excellent source of high quality protein to help you feel full longer and energized throughout the day. They can be eaten and prepared in numerous ways! Boiled, baked, fried, souffle, and scrambled. One single egg supplies about 20-25% of your daily requirement!

Eggsafety.org

School Lunch Hero Day May 7, 2021

This annual event on the first Friday in May is inspired by and in partnership with children's author and illustrator Jarrett Krosoczka, who created the famous "Lunch Lady" graphic novel series after returning to his old school and finding his childhood lunch lady remained and remembered him. When you see your lunch workers be sure to thank them!

Nutrition Spotlight

Choline is an essential nutrient that is grouped with the B vitamin Complex. It is needed to make fats, support cell membranes, Fast transport and metabolism, and DNA synthesis. It also is an essential nutrient for brain function. Great sources of choline are liver, eggs, fresh cod, salmon, cauliflower, broccoli and soybean oil.

Free Meals Available!
For ALL Children 18 and Under Through June 2022!
Check with Your School District for More Information

Recipe
Veggie & Cheddar Crustless Quiche

Ingredients:

8 Large Eggs

3/4 Cup Milk

1/4 tsp. Salt

1/4 tsp. Pepper

1/2 Cup Cheddar Cheese, Shredded

1 Cup Broccoli Florets, Chopped

1/2 Cup Red Onion, Finely Chopped

1/2 Cup Red Pepper, Chopped

Directions:

1. Preheat oven to 350^0.

2. Whisk together eggs, milk, salt, and pepper. Stir in cheese, broccoli, onion, and red pepper.

3. Spoon mixture evenly into greased 6 cup jumbo muffin pan.

4. Bake for 35 to 40 minutes or until tops are puffed and knife inserted in center of quiche comes out clean.

5. Run knife around edges of muffin cups; carefully remove quiches.

https://www.incredibleegg.org/recipes/veggie-cheddar-crustless-quiche/

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