




# Jackson County Food Service Newsletter

## Strawberries



### Did You Know?



- Over 53% of seven to nine year olds picked strawberries as their favorite fruit.
- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C for kids.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries are a member to the rose family.
- On average, there are 200 seeds in a strawberry.
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.

### Shamrocks

- Shamrocks have been considered good luck symbols by the Irish since early times

- Shamrocks or representations of the plant are frequently worn on Saint Patrick's Day.

- There are no clover plants that naturally produce four leaves, so the four leaf clover was considered lucky because it is so rare.



**TOKAY'S**

**TIDBITS**



Happy Birthday to:

Penny Myers- March 1<sup>st</sup>

Celinda Anderson- March 3<sup>rd</sup>

Maire Faulk- March 19<sup>th</sup>

Chelia Dickson- March 25<sup>th</sup>

## March

- March is the 3<sup>rd</sup> month on the calendar and one of the seven months which are 31 days long.
- In leap years, March starts on the same day of the week as November and common years as February.
- March is American Red Cross Month
- March's birthstones are the aquamarine and bloodstone which mean courage.
- March's birth flower is the Narcissus (plant).
- "Save a Spider Day" is March 14
- St. Patrick's Day is March 17th

## Pay Student's Meals Online

Tired of writing checks or sending cash for your child's meals? You now have the option of paying online. Using the web page, [www.mealpayplus.com](http://www.mealpayplus.com), you can set up an account for your students and you can make standard payments or auto-payments right from your computer. You will need your student's ID number. If you do not know your child's student's ID number, you can contact the child's school or the Food Service Office. With meal pay plus you can keep track of your balance and set it up to notify you by email when the balance of each of your students' account goes below the set limit.

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## Calcium

Calcium is more plentiful in your body than any other mineral! It is found in your bones, teeth, blood, body tissues, and nerve cells! Calcium helps your heart beat normally, and keeps your bones and teeth nice and strong! Calcium helps prevent high blood pressure! It also helps blood to clot, this is part of the healing process when you have a wound. Calcium plays a role in controlling your muscles and helping your bones to grow properly! 99% of calcium that is in your body is in your bones and teeth! Calcium helps with nerve signaling. In other words, it helps your brain tell your body what to do, and helps your body tell your brain about what it feels, sees, hears, smells, and tastes!

You can get calcium from milk, yogurt, cheese, broccoli, collards, kale, mustard greens, turnip greens, and Chinese cabbage. You simply cannot live without calcium, it's that important! Calcium is a very important mineral that you need plenty of in order to keep your body in good shape! So drink some low-fat or skim milk and eat your greens, and you'll be on your way to great health!

### National School Breakfast Week

National School Breakfast Week is Monday March 8, 2010 through Friday March 12, 2010. During this week the children will enjoy Mighty Muffin Squares, Breakfast Burrito Boost, Get Up and GO With Granola and Yogurt, Finish Line Cheese Grits, and Fuel Up With French Toast! Come and enjoy breakfast with your child this week!



## Sodexo Staff Spotlight

### Teresa Horton

Teresa has been with the Food Service Family for 12 years and is our Graceville High School Manager. She has served as manager for 10 years and served as manager over Graceville Elementary and Graceville High together for 1 and a half years. Teresa strives to do the best that she can for herself, her "Ladies", school and her employer. She absolutely loves her job and that shows on the faces of her staff every day. Teresa has been married to Tom Horton for 25 years. Together they have 5 children, Shannon Budd, Jeff Horton, Jennifer Ammons, Kyle Horton and Kayla Horton. Her Husband and she also love spending time with their 6 grandchildren, Wildman Riley Horton, Lauren, Sierra and Anna Grace Budd, and Will and Wes Ammons. Teresa enjoys life but most of all spending time with her family, grandchildren and of course, her friends! Thank you Teresa for everything you do for the Sodexo Food Service Family!

### Reminders

- School Menus available online at [www.sodexhoeducation.com](http://www.sodexhoeducation.com)
- Use [www.mealpayplus.com](http://www.mealpayplus.com) to pay for your Child's Lunches
- Free & Reduced Application are available to all students
- Kids check out Lift Off's website at [www.liftoffsplyground.com](http://www.liftoffsplyground.com) for great activities and fun!

### EXTRA! EXTRA!

For some more help with getting back in shape after the holidays, visit:

<http://www.webmd.com/diet/default.htm>

Or

<http://weightloss.about.com/od/beginnerscorner/tp/begexerguide.htm>

For some great ideas for activities you can do with your child, visit:

<http://www.apples4theteacher.com/holidays/winter/>

To find a great recipe for fruits and veggies that is in season visit:

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/InSeasonview/InSeason?OpenDocument&month=1>