

-- Done Right Food School News --

October 2011

WELCOME BACK TO SCHOOL...FOOD!

We are happy to welcome everyone to a new school year that includes eating healthy school food that also helps teach a healthy message to students. Done Right Food Services, Inc. is a catering company that serves schools in the greater Twin Cities area. We also provide catering services for meetings, parties, and other special events. DRF will be serving over 5,000 healthy breakfasts, lunches, and snacks each school day this year. We are passionate about our goal --- to provide wholesome, real food that helps teach the right message to students --- making it possible for schools to have outstanding food and nutrition programs. Our mission is to serve delicious, nutritious food and provide excellent service with exceptional care, integrity, and professionalism. We specialize in healthy food, nutrition education, and expert services.

HEALTHY CHILDREN LEARN BETTER

Few statements in education are as unequivocal. We know this on a common-sense level, and the data backs this up. Research suggests that students' health and learning are inextricably linked. Studies also show that school health programs --- including healthy school meal programs --- can boost student academic performance and improve behavior and performance. --- *American School Board Journal, 2008*

EAT BREAKFAST!

If you want your students to be more alert, focused and ready to tackle the days academic challenges -- Encourage them to eat breakfast. Not just on test days, but every day of the year. It's well-documented that breakfast eaters are healthier and more energetic throughout the day.

MULTI-CHEESE PITA MELT RECIPE

Combine 1 oz shredded mozzarella and 1 oz shredded cheddar cheeses with Italian seasoning to taste. Assemble melt with 6" pita bread on bottom (bumpy side up), ¼ c pizza sauce spread out, and 2 oz cheese mixture on top. Put in 400 °F oven for ~ 8 minutes or until cheese is melted and slightly browned.

DO YOU KNOW?

- Students often consume up to 50% of their daily calories at school.
- Young people today are eating on average 8% more calories than they were less than 30 years ago.
- Poor nutrition during childhood can have lasting negative effects by impairing cognitive development and school performance.
- Children who participate in daily physical activity have to been show to perform better academically.

OUR DONE RIGHT FOOD COMMITMENT

DRF follows our own *Healthy Menu Guidelines* when planning menus that offer great food for students at school. Menus are aligned with the Dietary Guidelines for Americans, health education curriculum, and school wellness policies. Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served every day in school. Daily lunches include fresh green leafy salads, fresh vegetables and fruits, lean meat and poultry, reduced fat cheese and dressings, whole grain items, and more. Breakfasts offer low sugar cereals, low fat yogurt, etc. All meals include skim milk.

In addition, the guidelines state specific types of heat-and-serve, convenience, less "healthy" foods that will not be served at all. Lunches do not include any breaded chicken products, hot dogs, corn dogs, hamburgers, frozen pizza, french fries, tater tots, fried chips, etc. Likewise, breakfasts do not include any high sugar cereals, chewy cereal bars, pop tarts, etc.

"Healthy Food, Healthy Message"

For more information, contact us:

Done Right Food Services, Inc
www.donerightfood.com
info@donerightfood.com or
651-702-5998

Done Right Food
School & Event Catering Services

