

# North Platte Public Schools



## Produce of the Month November - Sweet Potatoes

November 1, 2008

### November: Simply Delicious Sweet Potatoes

Larry Young  
General Manager

The sweet potato is a native of the New World. In North America, sweet potatoes were grown by the Indians in Louisiana and as far north as Georgia long before settlers arrived. George Washington Carver, the noted agricultural chemist, encouraged the planting of peanuts and sweet potatoes as alternate crops for cotton. As a result, the sweet potato gained much popularity in the south.



That's great news because beta-carotene plays a critical role in keeping your immune system strong and your eyes healthy.

Sweet potatoes – they aren't just for Thanksgiving. You owe it to your taste buds and your body to try these naturally delicious treats today! They make a great afternoon snack! For tasty sweet potato recipes go to <http://www.liftoffsplayground.com>

#### Special points of interest:

- ✓ Temporary Meal Benefits expired September 19th.
- ✓ Thanksgiving Lunch - November 19th.
- ✓ 08-09 Meal Prices
- ✓ This Month in the Cafeterias

The sweet potato is sweet because of a natural enzyme that converts the starch to sugar when the potato matures and when it is cooked. Some people like it even sweeter with a little added cinnamon and brown sugar. The sweet potato is also one of the healthiest foods in the

vegetable kingdom. It is low in calories, high in fiber, has lots of vitamin B6, vitamin C, potassium and iron. In addition to this awesome nutrient profile, the sweet potato has an amazing amount of beta-carotene, which converts to vitamin A in the body when needed. Beta-carotene is what gives the sweet potato its deep orange color. Eating just one sweet potato supplies your body with the entire amount of beta-carotene you need for the entire day.

*Sodexo is a partner in the Pyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit [www.mypyramid.gov](http://www.mypyramid.gov).*

LIFT-OFF wishes . . .  
Happy November  
Birthday to Kids on  
November 21st!

I am working with the North Platte Public Schools to promote their Wellness Program within the District. As part of this program to promote wellness awareness and healthier lifestyles, I will be giving away special non-food birthday gifts to the Students.

Watch each month to see what special gifts I will be giving away for the Student's annual Birthday celebration!

## The Winner is . . . Pete Pizza



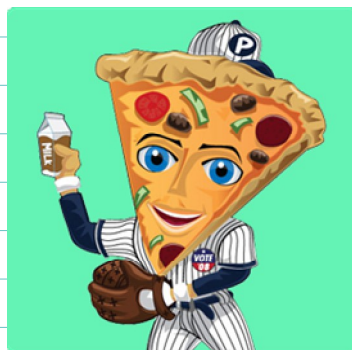
The votes are in and the winner of the National School Lunch Week Student Favorite is . . .

Pete Pizza

Pete won with an overwhelming 49% of the votes for the Kids of North Platte Public Schools.

Other candidates included: Biff Burger (21%), Gloria Grilled Cheese (15%) and Larry Lasagna (14%).

Students had the opportunity of sampling their candidates during the week of October 13–16 and then cast a ballot to select their Choice!



Pete Pizza

### SCHOOL MEAL PRICES

2008-2009

#### BREAKFAST

Paid (All Grades) \$1.00  
Reduced \$ .30  
Adult \$1.50

#### LUNCH

Paid (K-5) \$1.75  
Paid (6-12) \$2.00  
Reduced \$ .40  
Adult \$2.75

Extra Milk \$ .30

#### Meal Definition

A school lunch consists of one entrée, two sides and one milk.

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General Manager  
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Bring in a canned food donation on Wednesday, November 12<sup>th</sup> to help those in need!  
**Take Part In Attempting To Set A New Guinness World Record™!**  
sodexo

## November: Celebrate Community/Making A Difference

### This Month in the Cafeterias

#### November: Celebrate Community/Making A Difference

Being healthy is a balance between making good food choices and engaging in regular physical activity. Being "healthy" offers so many benefits to children's lives including building stronger bones, improving their concentration at school, improving their coordination, balance and strength, enhancing their self-esteem, and allowing them to stay bright and active for a lifetime. These "healthy" benefits can further enhance a child's energy, desire, and creativity to make a contribution and sustain healthier communities. These communities may be at school, home, work, or any other place where people come together. For a brighter tomorrow we need children that feel empowered to make a difference. We can help children achieve their dreams and full potential by encouraging a nutritious diet and daily exercise.

#### **Be a Fitness Role Model**

Over the years there has been an increase in child obesity and it's apparent that a lifestyle of super-sized portions coupled with little physical activity is not helping. Kids need role-models and they need them NOW! We can't tell kids to "go play" and then sit down behind the TV. Children watch what adults do and try to mimic their behavior. It's critical that children see adults moving and taking extra steps to be more active. Encourage after-dinner walks, visit new parks and go for a walk, hike, or bike ride, turn the music up loud and dance around the house, park far away from the mall entrance and walk, rake leaves, wash the car, and if you are going to watch TV, jog in place during commercials. Families don't need expensive gym memberships, hours of time, or fancy equipment to be active – you have what you need at your fingertips. Get creative and have some fun with your kids today!

**FOR A GREAT NEW WEBSITE GO VISIT ME AND MY FRIENDS AT:**

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

Hey, Kids (and Parents) check out these cool school materials!



### Los Kitos

On the North Platte Public School's website there is a lot of cool stuff for the Kids and Parents. On the website check out the Parent Portal and the School Lunch link.

1. Parent Portal - The "Unofficial" Student Lunch Account Balance.
2. School Lunch link
  - School Menus (both lunch and breakfast menus for each school)
  - Nutritional Information for these menus
  - Monthly Newsletters
  - Los Kitos - A Kid-Friendly cartoon strip related to nutrition and wellness for the Student's Point of View. (Available also in Spanish)
  - Other S'Cool Links with a wide variety of Nutritional and Educational material as well as a means of contacting the General Manager directly to answer any questions you may have concerning Child Nutrition.