The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.

BREAKFAST MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Banana Muffin Juice Milk</td>
<td>Apple Cinnamon Nutigrain Bar Juice Milk</td>
<td>Multigrain Frosted Flakes Juice Milk</td>
<td>Whole Grain Strawberry Pop-Tart Juice Milk</td>
<td>Coco Puffs Cereal Juice Milk</td>
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<td>Trix Cereal Bar Juice Milk</td>
<td>Cinnamon Ultra Bar Juice Milk</td>
<td>Fruity Cheerios Cereal Juice Milk</td>
<td>Froot Loops Cereal Juice Milk</td>
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<tr>
<td>Strawberry Pop-Tart Juice Milk</td>
<td>Apple Cinnamon Muffin Juice Milk</td>
<td>Coco Ultra Bread Juice Milk</td>
<td>Lucky Charms Cereal Juice Milk</td>
<td>Cinnamon Toast Crunch Cereal Bar Juice Milk</td>
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Fresh Pick Recipe

APPLE AND CARROT SAUTE

- 1 1/2 Tbsp olive oil
- 1/4 c onion (small dice)
- 1/2 c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 1/2 c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan saute onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and saute for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

We Serve 1% Milk
Whole Grain or Enriched Bread Products Served Daily

Nutrition Information is available upon request.