



KID'S KORNER

Seminole I.S.D. Food Service

Our New Favorite Color



It's February, which means you're already seeing a little red, right? Well, we want to encourage you to see even more - and you can start with the foods you serve at home!

You've probably heard that it's best to eat a rainbow of colors, right? Well, that is because each color tends to represent certain nutrients your body needs. Red fruits and vegetables are antioxidant-packing powerhouses, which means they actually protect the cells in your body from damage. Ripe raspberries and red peppers are just two tasty ways to show your cells some love!

Feeling chili? Red beans are a versatile way to add color, fiber, and protein to your meal. Pair red beans with tomatoes and lean protein, and you've got a warm winter meal packed with antioxidant power!

Speaking of tomatoes, the base of our popular pizzas is the best 51% whole grain crust topped with fresh tasting tomato sauce! We finish it with low fat mozzarella cheese and reduced fat pepperoni. . . . But that snappy red sauce is just one more way we make sure your student is eating their colors, every day!

Check out this Month's menu: <http://seminoleisd.nutrislice.com/menu/>

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