



Riverside Child Nutrition Services

Fueling Riverside Students for Success

Fall Newsletter



Hello

Welcome Back!

As the new school year begins, Child Nutrition Services is excited to support student success through healthy meals and nutrition education. Good nutrition helps students stay focused, energized, and ready to learn every day.



Nutrition Tip: Start the Day with Breakfast

Students who eat breakfast are better prepared to concentrate in class and participate in school activities.

Quick Breakfast Ideas

- Whole grain cereal and milk
- Yogurt with fruit
- Whole wheat toast with peanut butter
- Egg and cheese breakfast sandwich
- Fresh fruit and low-fat milk

Remember, school breakfast is available every morning and is a great way to start the day!



Color Your Plate Challenge

Did you know different colored fruits and vegetables provide different nutrients? Challenge your family to eat at least three colors every day:

- Red: Apples, strawberries, tomatoes
- Orange: Carrots, sweet potatoes, oranges
- Green: Broccoli, spinach, cucumbers
- Purple: Grapes, plums, cabbage

Take the challenge and see how many colors your family can eat this week!



Farm to School Spotlight

SoOctober is Farm to School Month!

Farm to School connects students with locally grown foods while supporting farmers and teaching healthy eating habits.

This fall, encourage your child to try:

- Apples
- Leafy greens
- Squash
- Sweet potatoes
- Citrus fruits

Trying new foods helps students develop healthy eating habits that can last a lifetime.



Riverside Elementary School
District

*Grow Kindness,
Grow Confidence,
Grow Together!*



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Family Recipe Corner

Apple Cinnamon Yogurt Parfait

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 apple, diced
- ¼ cup granola
- Sprinkle of cinnamon

Directions

1. Layer yogurt, apples, and granola in a cup.
2. Sprinkle with cinnamon.
3. Enjoy as breakfast or an after-school snack.



Student Challenge

Try one new fruit or vegetable this month.

Ask yourself:

- What did it taste like?
- Would you eat it again?
- How was it prepared?

Share your favorite new food with your family.



Healthy Habit Reminder

Students should drink water throughout the day.

Benefits of drinking water: ☒ Helps keep the body hydrated

☒ Supports learning and concentration

☒ Keeps muscles and joints working properly

☒ Helps students feel their best

Bring a refillable water bottle to school when allowed.



Did You Know?

School meals provide:

- Fruits every day
- Vegetables every day
- Whole grains
- Low-fat or fat-free milk
- Age-appropriate portions

Our goal is to help every Riverside student grow, learn, and thrive through healthy nutrition.

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Fueling Riverside Students for Success - One Healthy Meal at a Time 🍎



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