



**Happy New Year and Welcome Back!**

**Our Food Nutritional Specialist Director, Sandra Collier, as well as the Food Nutrition Team, would like to welcome our students back to a productive and healthy school year.**



**UPrep Food Services 1st Quarter**

## **The Scoop Newsletter**

**EXTRA EXTRA**

**MONDAY ★ through ★ FRIDAY**

**FREE BREAKFAST AVAILABLE**

**Where: All UPREP School Districts**

- Check your school website or front desk for times
- Experience a nutritious, well-balanced breakfast daily

Did you know... UPREP Schools are CEP, which means all scholars eat FREE!!!! Please be sure to complete a Household Survey if you haven't already. See Front Desk or reach out to the Nutrition Team at 313-887-1613 ext. 1104 for survey

**Any Questions Contact Nutrition Team @ 313-887-1613**

### **EASY HOMEMADE FRUIT POPS**



#### **Ingredients**

- 1 large banana, cut into small pieces (frozen bananas work too)
- 4 large fresh strawberries sliced or cut into small pieces (any type of fresh or frozen fruit will work)
- 1/2 - 1 cups apple juice no sugar added, or other favorite fruit juice

#### **Instructions**

Add fruit to your Popsicle mold, alternating different kinds of fruit until the molds are filled almost to the top. Gently fill the mold with apple juice, leaving at least 1/8 in headspace and place the popsicle stick inside. Freeze for at least 6 hours or overnight.

#### **Nutrition**

Calories: 44kcal | Carbohydrates: 11g | Sodium: 2mg | Potassium: 150mg | Fiber: 1g | Sugar: 7g | Vitamin A: 15IU | Vitamin C: 13mg | Calcium: 6mg | Iron: 0.2mg

### **FUN FOOD FACT**

In 1905, 11-year-old Frank Epperson from San Francisco, California, accidentally invented the Popsicle. It was a chilly evening when he decided to make himself a soft drink. He mixed soda powder and water with a wooden stirring stick but somehow forgot about his drink and left it on the porch.

### **Shout Outs!!!**

We would like to shout out Variety Foods Services. The Nutrition Team had the great fortune to partner with VFS for the Christmas holidays 2019. We were able to give 22 families large Christmas baskets full of food, hats, and gloves and etc... Thanks VFS!!!



**Check out our scholars adding their own flavor to the mix**



Tasting the flavor at  
University Prep Science & Math  
High School



Adding the Flavor at  
University Prep Academy  
High School



Enjoy the Flavor Stations  
at all  
3 U Prep High School  
Districts

**All UPREP Schools are now enrolled in the Community Eligibility Program, which means our breakfast and lunch meals are absolutely free to all Students!!!**

**In order to keep our CEP status we need your participation, let us know your favorite or not so favorite meals we need your input!**

**If there are dietary needs i.e. Food allergy etc... Please see our Food Nutrition Specialist to receive a Special Meal Accommodation form that must be completed by medical authority.**

**We want to provide the best Breakfast & Lunch experience possible to our students.**

**Our High School students can look forward to more from the Food Nutrition Team, like more salad toppings bars, fruit bars, we have new flavor stations to add spiciness to your meals.**

**Check out your individual school website for breakfast hours. When spice is life.**



**BREAKFAST BAR**

**University Prep Arts & Design Middle & High School**

**Breakfast Time**

**Monday – Friday**

**7:00 am – 7:50 am**