

# FOOD BYTES

May  
2024



## May is National Physical Fitness & Sports Month!

Regular physical activity is one of the most important things you can do for your health.  
**Kids should try to get a total of 60 minutes of play each day!**



## Fuel Up for Play!

Packed with healthy carbs, veggies, and fresh pineapple, this is a great side dish to serve with your favorite protein like chicken, fish, or tofu to fuel your active kiddos.

## Did You Know?

- It's peak pineapple time!
- Pineapples are rich in vitamins C, K and A as well as manganese, phosphorus and zinc.
- Pineapples are named after pinecones.
- They are native to South American but are now common in Hawaii.
- They are mostly pollinated by hummingbirds!
- If you place the leafy "crown" in soil, you can grow a new pineapple!

Source: USDA SNAP ED-Connection

## Quick & Easy Pineapple Fried Rice

Servings: 4



### Ingredients:

- 2 tablespoons vegetable oil
- ½ cup diced sweet onion
- 1 tablespoon grated ginger root
- 1 clove garlic, minced
- 1 ½ cups fresh pineapple chunks
- ½ diced red bell pepper
- ⅓ cup thawed frozen peas
- 2 cups cold, cooked brown rice
- 2 tablespoons low-sodium soy sauce, or to taste
- 1 teaspoon sesame oil
- 2 tablespoons sliced green onion
- 1 teaspoon toasted sesame seeds

### Directions:

1. Heat oil in a large skillet over medium heat. Cook and stir onion in hot oil for about 1 minute. Add ginger and garlic; cook, stirring constantly, for 1 minute.
2. Increase heat to medium-high; add pineapple, red bell pepper, and peas. Cook, stirring constantly, for 3 to 4 minutes. Stir in rice and soy sauce; cook until sauce is well incorporated, 1 to 2 minutes. Stir in sesame oil and remove from heat.
3. Garnish with green onion and sesame seeds before serving.

Celebrate your  
school lunch  
professionals!

May 3<sup>rd</sup> is  
**SCHOOL LUNCH  
HERO DAY**

