



**JOURNAL CLUB  
PRESENTS:  
A HOT POTATO IN  
THE MORNING**

School Nutrition Magazine  
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# ARTICLE REVIEW

- Similarities to PPS: tasty grab-n-go convenience items, breakfast for lunch days, locally grown products
- USDA elimination of white potatoes from federally subsidized SBP and severely limited from SLP
  - Intent: to guide children in increasing their consumption of non-starchy veggies, fruits, leafy greens and whole grains
  - Cons: possible increase in food waste, strain on budget
- Potatoes = Starch or Veg?
  - Provide > 20% recommended DV of: potassium, vitamin C and vitamin B6
  - Provide >10% DV of folate, manganese, niacin and phosphorus
  - Provided 13% DV of fiber

# HOT POTATO = HOT TOPIC

- Kids love potatoes

- The “Gateway Vegetable”
- Potatoes are the number one side dish in foodservice

- What about sweet potatoes...

- Low-glycemic, complex carbohydrate
- Vitamin A in 1 C SP = 16 C of broccoli
- Vitamin E from a essentially fat-free source
- And... kids are starting to like them, but what about as breakfast items?

## PUT YOUR THINKING CAP ON

- What is one thing you learned from this article?
- What is your perspective on potatoes, are they a starch or a vegetable or both?

## TO AGREE OR DISAGREE...

- Do you agree with the USDA in eliminating/restricting potatoes in school foodservice?
- Is it a good idea to incorporate potatoes into breakfast?

# BRAINSTORMING

- How are potatoes already being used at breakfast in PPS?
- What are some new ideas on how potatoes can be incorporated into school breakfast?
- Can sweet potatoes be used in place of regular potatoes at breakfast? And how (ideas)?