



April 2017 Newsletter

National Nutrition Month Tasting at Classical & English

April is Earth Month!

April is dedicated to doing our part to take care of the planet we live on. To celebrate we will be highlighting delicious and fresh, plant-based menu items. We encourage you to participate by trying these foods and reducing your carbon footprint one bite at a time!



In celebration of March being National Nutrition Month, the food services team held samplings of our Wheat Berry & Black Bean Salad at Classical and English High Schools. This year's focus was intact whole grains, which was a great opportunity to expose our students to new and unique grains like quinoa, wheat berries, barley, millet, and buckwheat. The sampling was a huge success! Many curious students were eager to try something new and healthy. Along with the sampling we had an "Ask the dietitian" table, which gave students an opportunity to ask nutrition-related questions and grab resources take home with them. It was great to see that our students are always looking to try something new and are curious about nutrition!

SIMPLY GOOD

This month, our **Food Focus** is on Garden Vegetables. These vegetables are rich in vitamins, minerals, phytochemicals and fiber. They taste great and can be easily added to salsas, salads or even grilled!

SIMPLY GOOD breakfast

Did You Know... Breakfast is available daily in all of our schools? Students who eat breakfast have better concentration, are more alert and miss fewer days of school. Start your child's day in a healthy way!



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Easy-to-Access
School Menus

Easy to access, real time digital menu and nutrition information for you, our valued **Lynn** community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone, or visit

<http://lynnschools.nutrislice.com/>

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eat.

Menu Highlights

We are continuously offering new and exciting menu items to our students and staff. Be sure to check out the following menu items for the month of April!

- Marinated Tomato & Cucumber Salad
- Bagel Pizza
- BBQ Cheddar Chicken Sandwich
- Buffalo Chicken Dip
- Romaine & Spinach Salad
- Sweet & Spicy Green Beans
- Italian Chicken Wrap
- Buffalo Roasted Cauliflower



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April is National Gardening Month!

Eating garden fresh vegetables is not only delicious, it's nutritious! Get the whole family together and try starting a small garden. You can grow tomatoes, cucumbers, carrots, squash, green beans, and anything else you may like. Having fresh garden vegetables on hand is a huge plus! With the harvest you can complement meals with your fresh produce or you can eat the vegetables as a meal themselves. Having a garden is a great way to get outside, it is also a great way to grow your own delicious and nutritious garden vegetables!



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Mindful Food Focus

Our monthly food focuses do a great job exposing our students to new and healthy food choices. In addition, since April being Earth Month we will be making an extra effort to expose our students to fresh plant-based menu items like our tomato and cucumber salad, very veggie salad, romaine and spinach salad, and our buffalo roasted cauliflower. Vegetable focused meals help decrease our chances of developing heart disease, diabetes, stroke, and cancer. Vegetarian meals are also more sustainable for our planet!

