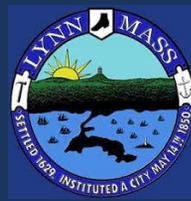


LPS Food Services Newsletter

December 2021



What's New in Your Schools?

December Events

Spice It Up Classroom Activity – This month, we will be visiting an elementary classroom where students will participate in a 'painting with spices' activity, a sensory twist for some creative art!



Rainbow Carrot Tasting – To celebrate December's Harvest of the Month produce theme, students at Harrington will be sampling rainbow carrots w/ hummus during lunch time on December 14th!

Did You Know...

The portions of meal components served in schools must be adjusted by age/grade group to better meet food and nutrition needs of children according to their ages? These portion sizes are established based on evidenced based research and the Dietary Guidelines for Americans



Berry Kale Smoothie Recap @ Sewell-Anderson

This past month, our food service team visited Sewell-Anderson where students had the chance to try berry kale smoothies! They were a big hit, making this tasting a great example of how to easily boost a kid-favorite menu item with nutrient-rich foods. This was a first time that a lot of the students tried kale too!

Discovery Kitchen Cook Off @ Breed

This past month we also had the opportunity to work with Breed Middle School's cooking class, hosting a Discovery Kitchen Cookoff! Teams of students designed their own food truck, competing against each other by creating a signature dish that would be sampled and judged on. From steak tacos, breakfast sandwiches and Korean hot dogs, these students were able to let their inner chefs shine through! Our department will be looking to feature some of these dishes in the cafeteria for the entire student body to try!



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Spice It Up, is a celebration of international recipes that are proven to raise the bar of the spice rack, empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

Chartwells K12 is proud to encourage students to learn some simple seasoning cooking knowledge and to share this outside of schools and in their own kitchen, adding delightful new flavors to any dish. Get ready to add a little spice to your day!

Every wonder what the difference is between an herb and a spice? Spices come from the seeds, bark, berry or fruit of a plant, and herbs come from the green leaves.



Spice It Up Fun Fact
Some spices can flavor both sweet and savory dishes. Cinnamon is often added to sweet baked goods but can be found in savory dishes like chili



Pizza Pepperoni Pasta Bake

INGREDIENTS

- 5 c. – whole grain rotini pasta
- 3/4 lb. – 85% lean ground beef
- 8 oz. – shredded, part skim mozzarella cheese
- 2 tsp. – Italian Seasoning
- 1-1/2 oz. – sliced pepperoni
- 3 c. – spaghetti sauce

Servings: 8

METHOD

1. Cook pasta according to package instructions. Drain and set aside. Do not overcook.
2. Brown ground beef. Drain.
3. Combine the cooked pasta, browned ground beef, cheese, spaghetti sauce and pepperoni into serving pan. Sprinkle the Italian seasoning over the mixture. Heat to 165 degrees F

Serve and Enjoy!