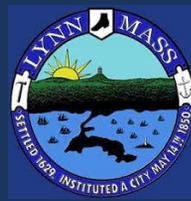


# LPS Food Services Newsletter

February 2022



## What's New in Your Schools?

### **Drewicz Student Council Focus Group**

This month, we will begin collaborating with Drewicz Elementary School's student council group, as an opportunity to hold focus groups and education events. Our partners, Revolution Foods will be joining us, where we will work to encourage students to have a voice in their school menus! We will be surveying current menu options, identifying new menu items to add, and tying in some tasting opportunities and nutrition education fun! We are looking forward to collaborating and working with our students in a unique and different way.



### February Fun Days

♥ HAPPY VALENTINE'S DAY! ♥

- Chinese Lunar New Year
- National Tater Tot Day – 2/2
- National Pizza Day – 2/9
- Valentine's Day – 2/14
- National Muffin Day – 2/20
- National Chili Day – 2/25



### **Apple Slices w/ Cinnamon Yogurt Dip Tasting @ Aborn**

In January we visited students at Aborn Elementary School for a tasting offering sliced apples paired with a homemade cinnamon yogurt dip. This tasting was a HUGE hit for the students! A tasting like this is the perfect example of a healthy and balanced snack for kids to enjoy. Kids can be more apt to consume fruit and veggies if they are sliced up, as it is more appealing to the eye and easier to eat. Pair fruits and veggies with a dip, and you have yourself a winner!



### *Did You Know...*

Federal regulations require that fluid milk must be offered at each meal service in school. We are required to offer at least two different options at meals, including unflavored milk. Milk must be skim or 1%. Although milk is required as an offering, it is not required that a student takes it with their meal.



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# Discovery KITCHEN

With February being National Snack Month, it is all about **Smart Snacking**, exploring fun, flexible ways to bring the snack culture to life! The traditional three-square meals a day is becoming a thing of the past. Insights show that Gen Z (born between 1995 – 2015) have non-traditional eating habits and favor mini meals over the more standard style of eating. Between classes, after school activities, jobs and friends, they're on the move and want to eat in a way that matches their lifestyle.



Satisfying and nutritious snacks often contain more than one food group. Creating snacks with a combination of fruits, vegetables, whole grains and proteins such as string cheese with veggies, and a whole wheat pita with hummus, will help you keep going on busy days.



Thirst is often confused for hunger so consider drinking water and other low calorie beverages throughout the day to help you stay satiated.

## Homemade Ranch Popcorn

### INGREDIENTS

- ¼ cup popcorn, yellow hullless, raw
- ½ tbsp canola oil
- ¼ tsp garlic herb seasoning (salt free)
- ¼ tsp onion powder
- ½ tsp ground mustard
- ½ tsp garlic powder
- ¼ teaspoon ground black pepper
- 1/8 tsp dried parsley flakes
- Cooking spray

### METHOD

1. In a large pan, add canola oil. Heat pan over medium high heat.
2. When the oil is hot, add the corn kernels and cover the pan with lid. Shake pan to get all the kernels to pop.
3. Spray popped corn with cooking spray and toss with seasoning mix.
4. Enjoy for a tasty snack on the go!

## SMART SNACKING

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KITCHEN