

LPS Food Services Newsletter

March 2022



What's New in Your Schools?

TMMS Action Civics Project Collaboration

This past month our team visited an 8th grade social studies classroom to collaborate with students on an action civics project related to school lunch. Our team answered questions, discussed regulations, and identified next steps to support students with their project. The student's end goal will be to become more involved with their school meals program by making menu recommendations that align with student's tastes and preferences.



Shoemaker Power Up Energy Bite Tasting

We celebrated February's Discovery Kitchen, Smart Snacking, with a 'power up energy bite tasting' for Shoemaker students! These energy bites were made with sun butter, raisins, graham crackers, oats, vanilla and honey, showing kids how easy it can be to make a tasty, nutritious, and power-packed snack!



March is **National Nutrition month**, where this year's theme is all about celebrating a world of flavors. The purpose of this year's theme is to showcase how flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes. So, this month let's celebrate your heritage and introduce one another to new foods and flavors!

Use these tips to choose foods that have vitamins, minerals, fiber and other important nutrients:
<https://sm.eatright.org/nutrichdiet>



National School Breakfast Week

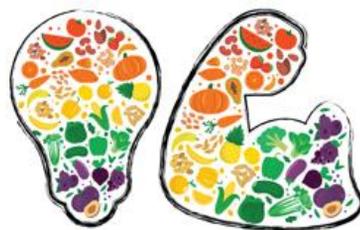
Mark your calendars for National School Breakfast Week, **March 7-11th**! This year's theme, "Take Off with School Breakfast!" spotlights the transformative power of school breakfast. When kids start the day with a healthy morning meal, they can be ready for whatever comes next! Learn more by clicking [here](#).

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chartwells
serving up happy & healthy

This month, we are also celebrating **Plant Power**, a celebration of plant-based, fresh, seasonal and local foods! People often think that animal foods provide the best source of protein, but there's plenty of plants packed with protein as well. For example, a cup of edamame or lentils contains more protein than a glass of milk or a serving of chicken. This month, we want you to learn just how powerful some plants can be in terms of protein and nutrition they can provide when compared to other foods.

Plant foods come in a rainbow of colors, which provide you with different vitamins and minerals that your body and brain need to perform your best throughout the day. In fact, did you know that plant foods contain 64 times the antioxidant levels of animal foods?! Try to paint your plate with as many colors as you can find.



plant power



Kale Salad with Apples

Ingredients

8oz fresh chopped kale
2 tsp honey
1 ¼ tsp canola oil
¼ tsp lemon juice
1/8 tsp ground black pepper
1/8 tsp kosher salt
½ red delicious apple, fresh

Method

1. Bring a large pot of water to a rolling boil. Add kale and blanch for 3 minutes.
2. Place kale in a sheet pan to cool. Chill immediately in fridge.
3. Make the dressing. Combine honey, oil, lemon juice, black pepper, and salt in a mixing bowl. Whisk to combine.
4. Transfer chilled, blanched kale to a medium-sized mixing bowl. Pour dressing over kale and toss greens with dressing until well combined.
5. Cut apple into ¼ inch diced pieces. Add apples immediately to dressed salad and toss to combine.
6. Serve and enjoy!

