



WHAT'S HAPPENING IN YOUR CAFÉ?

Spice it Up!

December is Spice It Up! Month in our cafeterias, where our secondary menus will be highlighting the following featured and new menu items:

- **Cinnamon Glazed Carrots** - 12/10 w/ the main entrée
- **Pizza Burger** - Every Friday on Grab a Stack
- **Grilled Chicken BLT sandwich** - 12/12 as the main entrée

In the classroom we will be engaging students in some fun nutrition educations, learning about where herbs and spices come from, why they are used in cooking to make foods more flavorful, and the cultural origin and use.

Rainbow Carrot Tasting

December is the month to celebrate carrots! A ½ cup of fresh or cooked carrots are an excellent source of vitamin A, which is important for eye sight. Did you know that the first original carrots were not orange? Instead they were purple, white, yellow and even black, often referred to now as rainbow carrots. This month, Kids at Drewicz Elementary School will get the chance to sample rainbow carrots, capturing their reactions as they try something new and exciting!



November newsletter update! Basil carton gardens in our 2nd grade classrooms at Ingalls have officially begun to sprout!

FOOD & WELLNESS



Parent Café Nutrition Workshop @ Ingalls

When it comes to instilling healthy eating behaviors in our students, it is just as important, if not more important, that parents are onboard and understand how they can help integrate healthy behaviors at home. Last month at Ingalls Elementary School's Parent Café, we held a nutrition talk for parents covering the following topics:

- Healthy eating tips for your child
- Why physical activity is key
- Importance of sleep
- Q&A sessions

We are always willing to help support and educate a variety of key stakeholders throughout our district community, with a goal to help improve one's nutrition and wellbeing. We look forward to more opportunities like this in the near future!

FEATURED RECIPE

Cinnamon Glazed Carrots



INGREDIENTS

- 1 1/2 pounds - round disc cut carrots
- As needed - water to cook carrots
- 1 1/2 tbsp. - light brown sugar
- 1/2 tbsp. - ground cinnamon
- 1 tbsp. canola oil
- 1/8 tsp. - black pepper
- 1/2 tsp. - salt

Servings: 4 - 6

METHOD

1. Place carrots in a pot and cover with water, bring to a simmer and cook until tender.
2. While carrots are cooking, combine brown sugar, cinnamon, salt and oil in a skillet and melt together over low heat.
3. Drain cooked carrots and add to glaze - mix to coat.

Serve and Enjoy!