



WHAT'S HAPPENING IN YOUR CAFÉ?

Kale & Jicama Slaw Tasting at Brickett and Ingalls

This past month, Brickett and Ingalls celebrated January being dark leafy green vegetable month with a kale and jicama slaw tasting! LPS's Food Services Department teamed up with members of The Food Corp, visiting both cafes during lunchtime to get kids excited about trying something unique and tasty. This recipe included bright and flavorful ingredients – fresh kale, jicama, chick peas, mandarin oranges, lemon juice, olive oil, salt and pepper - loaded with vitamin K, vitamin C, fiber and protein. We are already looking forward to our February tasting where we will highlight red/orange vegetables!



FOOD & WELLNESS

Introducing Chartwells Sports Nutrition Program!

The Chartwells Sports Nutrition program is designed to educate high school sports teams about good nutrition and hydration habits for improved athletic performance. This targeted program can benefit athletes through Dietitian-led presentations, training tables in the café, and sports nutrition facts and tips for students, parents and staff. Presentations include topics related to: nutrition for athletic performance, fueling for pre and post events, and hydration strategies. Our Food Services Department would like to pilot this program here in Lynn Public Schools to offer an innovative resource to athletes to help set their program apart. We look forward to this new and exciting collaboration with students, parents and staff here in Lynn!

sports
nutrition
EAT TO COMPETE

FEATURED RECIPE

Roasted Beet "Fries"

INGREDIENTS

- 1 lb Fresh Beets
- 1/3 cup Olive Oil
- 5/8 tsp Sea Salt
- 1/4 tsp Black Pepper

- Roma Herb Seasoning (mix together Separately)
- 2/3 tsp Grated Parmesan
- 1 tsp Dry Italian Seasoning
- 1/3 tsp Garlic Powder

STEPS

1. Preheat oven to 425 degrees F.
2. Wash & scrub all beets well, leave peel intact. Remove tops & bottoms and slice into julienned sticks (approx. 1/2" x 1/2" squared & 2-3" long). They should look like fries!
3. Toss with oil until well coated, then spread evenly onto a baking sheet. Sprinkle w/ salt & pepper. Bake for 15-20 minutes, flipping once.
4. Remove from oven and sprinkle fries with Roma Herb Seasoning.
5. Serve warm and enjoy!

