

# LPS Food Services Newsletter

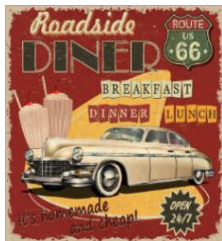
## January 2021



## What's New in Your Schools?

Help us kick off the new year by celebrating the following 'fun days' for the month of January!

- **Harvest of the Month...Apples!** – we will be featuring apples on our menu throughout the month to help promote this nutritious and traditional favorite. Check out our fun facts on the right to learn all about apples.
- **National Soup Month** – looking for a tasty soup recipe with a creative twist? Try our apple, ginger and pumpkin soup recipe below!
- **Build Your Own Meals** – to help build creativity at home, our menu will be offering a couple of 'build your own' style meals from our secondary schools!
  - **Jan 21<sup>st</sup> - build your own beef nachos kit**
  - **Jan 25<sup>th</sup> - build your own pizza kit**
- **National Cheese Lovers Day 1/20**- We will be serving a tried-and-true favorite, mac and cheese, to celebrate! Did you know that in the US 1/3 of all milk produced goes into cheese production?



### January Discovery Kitchen The Great American Road Trip

Even though we may not be traveling a lot these days, we can at least dream about where we want to go! Part of the fun of traveling is exploring foods, where stopping at a local diner is a great way to experience different state foods. Did you know the Northeast is the Diner capital of the world with New Jersey boasting of 600 Diners statewide??



### All About Apples

Apples are an excellent source of potassium, vitamin C and Fiber. Fiber is a nutrient which helps to keep you fuller longer, while also regulating your blood sugars. Did you know that there are 7500 types of eating apples, where 120 varieties come from here in MA?!



### Apple Snacking Ideas:

- Apple nachos – thinly sliced apples, topped with a sprinkle of lemon juice, a drizzle of nut butter, then finished with a sprinkle raisins and sunflower seeds
- Build your own sliced apple and cheddar cheese pita pocket with whole wheat tortilla/pita
- Utilize applesauce a substitute for oil in baking, which is a 1:1 ratio



### Apple, Ginger & Pumpkin Soup

Yield: 5 servings

#### INGREDIENTS

- 3 ½ cups cooked pumpkin or squash
- 1 medium onion, chopped
- 2 medium apples, diced
- 2oz unsalted butter
- 4 cups chicken or vegetable broth
- 1 cup coconut milk or light cream
- 1 ½ tsp ground ginger
- 1 ½ tsp salt

#### METHOD

1. Sauté onions and apples in butter until soft.
2. Add pumpkin, broth and spices.
3. Remove from stove and with a blender or immersion blender, puree until smooth.
4. Return to saucepan and stir in coconut milk or cream.
5. Heat until hot, but do not allow to boil.
6. Serve and enjoy!

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