

# LPS Food Services Newsletter

## March 2021



## What's New in Your Schools?

Spring is on its way and we have lots to look forward to when it comes to 'all things food' at school and even at home! Whether it is a fun day celebration, or a new menu item, we've got you covered in the food department

- **National School Breakfast Week - 3/1 thru 3/5**  
*Take advantage of our school breakfast program whether you are learning at home or at school! Our breakfast menus are developed to provide a healthy, balanced meal. Studies show that students who eat school breakfast are more likely to score higher on standardized tests, maintain a healthy weight, and be more alert.*
- **National Chicken Soup Day - 3/13**
- **Dr. Seuss Day - 3/2**
- **St. Patrick's Day - 3/17**
- **National Waffle Day - 3/24**



### March Harvest of the Month

Dairy is an extremely important part of our school meal programs. One out of two kids, ages 9 and up, aren't getting enough calcium, vitamin D and potassium, all of which are essential to grow strong. Milk and the 9 essential nutrients it contains, is a required offering for both our breakfast and lunch programs. In addition, we regularly integrate yogurts and cheeses into our students' favorite foods.

**Tip:** Freeze milk into ice cubes and add to smoothies, sauces, or soups



For more info and helpful tips click [here!](#)



## SCORE BIG

WITH SCHOOL BREAKFAST



### National Nutrition Month – Personalize Your Plate

National Nutrition Month is an annual campaign where this year's theme is "Personalize Your Plate", as there is no one size fits all approach to nutrition and our personal health. We are all unique with different bodies, goals, backgrounds and tastes.

Throughout the month of March take each week to focus on the following to help better your own nutrition:

- **Week 1:** Every day eat a variety of nutritious foods that represent the five food groups
- **Week 2:** Plan your meals ahead of time each week to help relieve stress
- **Week 3:** Enhance your knowledge of culinary techniques to help bring out the flavor in foods without having to add in extra ingredients/calories
- **Week 4:** choose healthy foods you enjoy!

For more information, tips and ways to get involved, click [here!](#)

## Strawberry Mandarin Greens with Citrus Dressing

### Ingredients

½ cup mandarin oranges  
½ cup cucumbers, fresh, sliced  
¼ cup tomatoes, fresh, diced  
¼ cup red onion, fresh, sliced  
¼ cup strawberries, fresh, sliced  
1 cup romaine lettuce, fresh, chopped  
2 ¼ tsp lime juice, fresh  
2 tbsp 100% orange juice  
1 ½ tsp honey  
½ tsp crushed red pepper flakes  
¼ tsp salt  
1 tbsp canola oil

### Method

1. Combine romaine, strawberries, mandarin oranges, cucumbers, onions, and tomatoes in a large bowl.
2. To prepare dressing, whisk together oil, lime and orange juices, pepper flakes, salt, and honey together in a small bowl.
3. Pour the dressing over the salad ingredients. Toss well but gently to coat.
4. Serve and enjoy!

plant power



chartwells   
serving up happy & healthy

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