School Lunch Hero Day!
Celebrate with us on May 3rd to help recognize the hard working crews in our cafeterias. Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering meals that students enjoy, Lynn’s food service professionals have a lot on their plate. Want to recognize your school’s lunch hero? Click here for more information and resources on how you can celebrate!

May’s Discovery Kitchen – Kale
Kale is a cruciferous vegetable, making it a part of the same family as broccoli, brussel sprouts and cabbage. It can come in a variety of colors including: green, white, purple and bluish green. When eating kale our amazing super powers come out! Kale has a powerful punch of nutrients that help reverse inflammation and detoxify the liver – try kale in a salad, as a chip or in a smoothie and see if you feel stronger!

National Hamburger Day
Celebrate this classic staple with us by grabbing a hamburger in your school’s cafeteria during lunch time to celebrate! Did you know that Boston ranks #3 as one of America’s top five hamburger-loving US cities?

Strawberries!
Students at Brickett Elementary School sampled fresh strawberries last month, which is a kid favorite for many! Strawberries are rich in antioxidants and vitamin C, where eight strawberries have more vitamin C than an orange. To help ensure your berries stay fresh, keep them dry and only wash before you eat them.

Hydration
This month we are focusing on hydration. You already drink water, but did you know you can EAT your water too? Many fruits and vegetables like strawberries, watermelon and cucumbers have high water content to help you stay healthy and hydrated. Dehydration can cause dizziness and lack of focus, so your best defense is water. Drink up to do your best!

Fun Fact: Have you tried Jicama? This type of turnip (pronounced hih-cah-mah) has around 86% water and is a great addition to your salad or sandwich. They are crisp, crunchy and slightly sweet.

Made Right Here!
Spicy Roasted Garbanzo Beans (yields 5, ½ cup servings)

INGREDIENTS
½ tsp garlic powder
1 tsp canola oil
½ tsp black pepper
2 ½ cups canned garbanzo beans, drained and rinsed

STEPS
1. Preheat oven to 350 degrees F.
2. Whisk together oil, garlic and black pepper in a small bowl.
3. Add the garbanzo beans and toss to coat.
4. Spread into a single layer on a baking sheet.
5. Roast in the oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes.