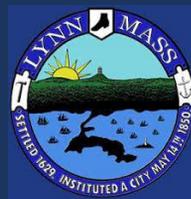


LPS Food Services Newsletter

November 2021



What's New in Your Schools?

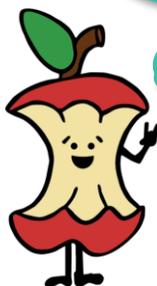
Kale Smoothie Tasting @ Sewell-Anderson

We will be holding a kale smoothie tasting at Sewell-Anderson on November 18th during lunch time. Kale is November's Harvest of the Month, so we want to show students a tasty way they can incorporate this nutrient-rich, dark green vegetable. What better way than in a smoothie combined with vanilla yogurt, berries and banana, yum! We look forward to sharing the outcome of this event.



Did You Know...

All grains served in our schools are 100% whole grain rich? This includes items like pizza dough, sliced bread and even the breading on chicken tenders. Whole grain rich items ensure our students consume foods rich in complex carbohydrates and fiber to provide more energy and keep them fuller longer.



November Fun Days

Celebrate these November fun days with us – whether you're at home or at school!

- National Sandwich Day – 11/3
- National Nachos Day – 11/6
- National Parfait Day – 11/25
- Thanksgiving – 11/25
- National French Toast Day – 11/28

Pear Tasting @ Connery

This past month, our team visited Connery during lunch time to celebrate October's Harvest of the Month, pears! Students had the chance to sample three different varieties of pears – Bosc, Anjou and Starkrimson. With one of our first events back in the cafeteria post-COVID, students loved the excitement, getting the chance to visit our tasting table to grab a pear of their choice along with some fun giveaways like stickers and activity sheets.



KEVIN RICHARDSON, DIRECTOR OF DINING SERVICES
781.477.7220 x 3227, or richardsonk@lynnschools.org

KELSEY MASSIS, RESIDENT DIETITIAN
781.477.7220 x 3236, or massisk@lynnschools.org

Discovery KITCHEN



November is Let's Get Cooking Month, a celebration of homemade classic recipes and empowering students to join in cooking at home with their family and friends, especially during the holiday season.



Cooking is a great way to explore with your senses. Listen to the whirl of a mixer, pound dough and watch it rise, smell it baking in the oven and finally taste the warm bread. Yum!



Additionally, great dishes balance ingredients that enhance the five major taste categories: sweet, salty, sour, bitter, and umami. Ultimately the taste of a dish is what makes our brain say "MMMM, this tastes really good!"



Fun Fact

The taller the hat, the more knowledgeable a chef! There are traditionally 100 creases in a chef hat, one for each way an egg can be cooked.

SERVES 5

Homemade Pumpkin Bars

INGREDIENTS

Cooking Spray
1/2 cup canned pumpkin
1/2 cup sugar
1/2 cup canola oil
1 2/3 tbsp liquid egg
1/2 tsp baking soda
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/8 tsp ground cloves
1/3 cup all purpose flour
3/8 tsp salt
1/3 cup whole wheat flour

METHOD

1. Preheat oven to 325 F.
2. Spray a baking sheet or pan with cooking spray.
3. In a large mixing bowl, mix together pumpkin and sugar. Add eggs and oil and continue to mix until well combined.
4. In a separate bowl sift together baking soda, salt, cinnamon, nutmeg, cloves and flours in a separate bowl. Add slowly to the pumpkin mixture.
5. Mix until well incorporated. Scrap bowl sides and bottom with a rubber spatula to make sure puree is mixed well into flour mixture.
6. Pour mixture into baking sheet.
7. Bake for 25-30 minutes
8. Cut into squares. Enjoy for a tasty snack!

LET'S GET
COOKING

DID YOU KNOW? Salt is a flavor enhancer –it brings out the flavor of other ingredients, but you don't want to overdo it. Taste your food while you're cooking to see how flavors develop and enhance one another.