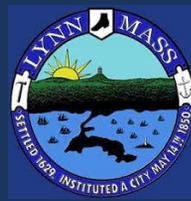


# LPS Food Services Newsletter

October 2021



## What's New in Your Schools?



Did you know the National School Lunch Program (NSLP) serves nearly **30 million** children every school day in cafeterias, classrooms and, when necessary, even at home? Join us in celebrating #NSLW21 October 11–15 to highlight the importance of school lunch and the critical role school nutrition professionals play in helping children succeed in and out of the classroom. #NSLW21 #SchoolLunch #WILDSchoolLunch <https://bit.ly/NSLW-21>



### Benefits of School Lunch

- ✓ Children receiving school lunches consume fewer empty calories and more milk, fruit, veggies and fiber than their peers
- ✓ Students receive their healthiest meals at school
- ✓ School lunch participation is associated with a lower BMI

### Our Lynn School Menus

- ✓ Require the offering of a variety of fruit, vegetables, lean proteins and whole grains
- ✓ Limits sodium, calories and unhealthy fats
- ✓ Meets Dietary Guidelines for Americans

### Message from Lynn PS Food Services

#### *National Supply Chain Issues*

Over the past few months, you may have seen news stories about disruptions in the supply chain across the country, resulting from effects of the pandemic. Industries, including food, foodservice, construction and automotive, have been impacted by manufacturing and labor shortages in ways that we've never experienced before.

At Lynn PS, students and families can continue to count us for great-tasting meals kids love to eat every day, but as you may have already seen, there will likely be more frequent menu changes based on product substitutions from our suppliers.

Understanding these supply chain challenges will likely continue for the next several months, we wanted to reach out and let you know we're doing everything we can to proactively address issues before they inevitably arise.

For families with students who have allergies, please remind your child to be sure to check with the cafeteria manager regarding product substitutions that may not be reflected in the menu posted. We will make every attempt to update Nutrislice in real-time, but out of an abundance of caution, please do not solely rely on the digital nutrition panels to accommodate allergies or medical conditions.

If you have any questions or concerns regarding your student's meals, please don't hesitate to reach out.

Thank you in advance for your patience and flexibility during this time

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chartwells   
serving up happy & healthy

**October is Seed to Table Month**, a celebration of fresh, local and seasonal food

Did you know that fruits and veggies that are grown locally in your community are picked at their peak freshness and flavor.? This means they may also contain more nutrients! Seek out your local farmers market where you can buy all the colors of the rainbow, while maybe even getting the chance to meet a real farmer.

You don't need a big backyard to plant a garden. Plants will grow in pots placed inside on a windowsill, outside on a patio, balcony, or even a rooftop!

If you want to start small, try planting some herbs like basil and mint. Fresh herbs can liven up any dish.



### Fun Fact

Did you know you can eat every part of some vegetables? The stem, root, leaves and even the flowers of vegetables such as radishes and turnips are 100% edible!



## Pesto Wheatberry & White Bean Salad

**Yield: 4 servings**

### INGREDIENTS

- 2 cups wheat berries, cooked
- ½ tsp black pepper
- 1/3 cup canola or olive oil
- 2 tsp Dijon mustard
- 2 ½ tbsp lemon juice
- 1 tsp garlic, fresh, chopped
- ½ tsp salt
- 2/3 cup diced tomatoes, canned in juice
- 3 tbsp dried basil leaves
- 1 ½ tbsp fresh parsley
- 2/3 cup tomatoes, fresh, chopped
- 2 cups great northern beans, canned, drained, rinsed
- 4 cups romaine lettuce, fresh, chopped

### METHOD

1. Prepare wheat berries according to package instructions. Set aside and let cool.
2. Add canned tomatoes and their juices, Dijon mustard, lemon juice, garlic, salt and pepper to a blender or food processor. Puree until smooth. Slowly add in oil until well blended.
3. Combine cooked and cooled wheat berries, beans, fresh tomatoes and basil together in a bowl. Add in dressing, mix well. Garnish with fresh chopped parsley.
4. Let refrigerate for at least two hours to allow the grains to absorb dressing and flavor.
5. Serve 1 cup wheat berry salad over 1 cup chopped romaine. Enjoy!

