

# LPS Food Services Newsletter

September 2021



## What's New in Your Schools?

We are thrilled to be back serving our district community for the 2021-2022 school year! After adapting our service last year through take-home meals, parent/student pickup sites, and grab n' go options, we're excited to be back serving all students and grade levels in the cafeteria! To kick off the new year, we wanted to share a few things you and your child can look forward to when it comes to mealtime and get an inside look at new recipes and programs we'll be introducing this school year.



Stay up to date on all the happy and healthy meals we're serving up here at Lynn Public Schools! Visit our [website](#), or [Nutrislice](#) to check out daily menus online. Through Nutrislice, students, parents and faculty have access to school menus including nutrition information, allergens and photos. Don't have Nutrislice? Download here: <https://onelink.to/xx7vcg>

### School's Back in Session with Fresh Menu Items!

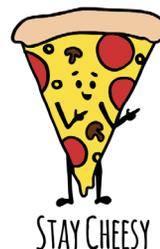
Check out daily menus online!

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### September Fun Days

Visit us in the cafeteria to celebrate some fun!

- National Pizza Day-9/9
- National Pepperoni Pizza Day-9/20
- 1<sup>st</sup> Day of Fall-9/22
- National Potato Month



### Did You Know...

Did you know that potato items like tater tots and French fries served on our menus are baked and not fried? In fact, USDA prohibits the frying of any food offered and served in schools, including here at Lynn PS.

### Pizza Dough Update – Sesame & Egg Allergens

Please note that our middle and high schools will be using a new pizza dough this school year, which contains **milk, soy, wheat, sesame** and in some cases **egg**.

Compared to the pizza dough we have used from years prior, egg and sesame are two new and additional allergens being introduced.

If you have any questions or concerns with navigating allergens or nutrition information for our school menus, please contact us.

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serving up happy & healthy

# Discovery KITCHEN

Each month, we introduce a new Discovery Kitchen theme featuring lessons, events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school communities.

We are excited to kick off the month of September with a focus on teaching students how to fuel their bodies with nutritious foods through a **Power Your Performance** theme. From competitive athletes working to achieve peak performance, to any student looking to power through their active day, we want to show students how eating the right foods can help them perform at their best and stay ahead of the game.

## POWER YOUR PERFORMANCE TIP



**POWERUP!**

Active muscles quickly burn through carbohydrates and need fats for long-lasting energy. Active students should focus on eating healthier fats, such as the unsaturated fats found in most vegetable oils, some fish, and nuts and seeds.



Discovery  
KITCHEN

## Drink Up!!

Did you know that in just one hour of physical activity, our bodies could lose more than a quart of water? Drinking water regularly throughout the day is essential for optimal performance.

*Grab a bottle of water with lunch today and Stay Hydrated!*



## Citrus – Pomegranate Infused Water

Servings: 4-6

### Ingredients

- 1 each – Grapefruit
- 1 each – Orange
- 1 each - Lemon
- 1 each - Lime
- 1 each – Pomegranate
- 1 ½ quarts – Cold water

TIP - submerging cut pomegranate halves under water in a bowl will make separating seeds easier and they will float to surface

### Method

- 1) Cut all citrus fruit in half.
- 2) Take one half of each citrus fruit and squeeze (to catch seed) through a strainer and catch the juice in a bowl.
- 3) Cut the remaining citrus halves into small chunks (about 1 inch) and pluck out any visible seeds with the knife tip.
- 4) Add juice and chunks into a water pitcher or beverage container.
- 5) Cut pomegranate in half, remove seeds and add to the container with the citrus.
- 6) Pour water over the ingredients and refrigerate for a minimum of 2 hours to allow the flavors to infuse.

For optimum flavor refrigerate overnight before drinking.  
Keep for up to 2 days.

Serve and Enjoy!

