

LPS Food Services Newsletter

April 2022



What's New in Your Schools?

Student Choice Launch at Marshall Middle School

Our food service department has been collaborating with 8th grade social studies classroom at TMMS regarding their action civics project related to school lunch. As a result, our team will be launching Student Choice at Marshall! This program gives students a voice with their menu options, where students will sample items from new food concepts and vote on their favorite. The winning concept will be featured as a rotating station in the cafeteria.



April Fun Days

Be sure to celebrate these fun days with us for the month of April!

April 1st – April Fools Day

April 2nd – National PB&J Day

April 7th – Opening Day

April 12th – National Grilled Cheese Day

April 22nd – Earth Day

April 27th – Stop Food Waste Day



Celebrating Dairy - Chocolate Yogurt Dip w/ Apple Slices

This past month, our food services team visited Brickett to celebrate March's Harvest of the Month theme, dairy! Students were able to sample a chocolate yogurt dip paired with apple slices. This tasting allowed students to learn a unique way to incorporate more dairy, to help keep our bones and teeth strong!



Did You Know...

Our lunch programs offer all five food components to help ensure a student has access to a balanced meal? That means all meals include a fruit, vegetable, whole grains, protein and dairy for students to choose from. Out of the five components, students are required to take at least three components, where one must be a fruit or veggie



Social Emotional Learning Night @ Shoemaker

Shoemaker held a Social Emotional Learning Night on March 31st, where food services was in attendance with a mindful eating station. Our station included samples of energy bites and chocolate yogurt dip with apples, to show parents an example of what some of our tasting events have been in schools. Family members were also able to learn healthy eating tips and mindful eating techniques that could be incorporate into their daily routines.

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

chartwells
serving up happy & healthy

April's Discovery Kitchen focus is Waste Warrior, presenting interactive, impactful activities to connect with Generation Z's passion for social activism and taking care of our planet.

A 2018 survey of US teens between the ages of 14 and 17 reported the environment ranked on the top 5 key concerns of teens, with 69% of teens saying they trust a company more after learning that it supports a social cause, and 67% said they feel a responsibility to help solve social problems.

Together, we can make a difference! Reducing food waste by just 15% could feed more than 25 million Americans every year. Take the pledge to #stopfoodwasteday today and everyday!

On average, 30% of an apple is wasted when we eat it from the side. By eating an apple from the bottom up versus the side, you can eat nearly all of it! Not convinced? Try it for yourself!



Misreading product dates causes about 20% of annual food waste from consumers. "Best if used by" or "sell by" dates tell us when to start checking for signs of spoilage, NOT when the food becomes unsafe to eat.



BE A WASTE WARRIOR



Cauliflower Tabbouleh

INGREDIENTS

- 1 lb fresh cauliflower
- 1 2/3 tbsp fresh lemon juice
- 2 tsp garlic powder
- 3 tbsp olive oil
- ¼ tsp salt
- ¼ cup fresh parsley, chopped
- 1 cup fresh tomatoes, diced
- 5 oz fresh cucumber

METHOD

1. Using a food processor, prepare the cauliflower by 'ricing', mincing into the size of cooked rice kernels.
2. Steam or roast riced cauliflower for 3-5 minutes or until lightly cooked. You want the desired texture to be al dente. Allow cauliflower to cool.
3. In a small bowl, whisk together lemon juice, oil, garlic and salt.
4. Wash and prepare parsley (fine chopped), tomatoes (small dice) and cucumbers (skin on, small diced).
5. Combine the cooked, cooled riced cauliflower with parsley, cucumbers, and tomatoes in a mixing bowl or pan. Pour prepared dressing over the ingredients and toss gently to combine.