

December Newsletter



Let's Recap November!

In November we were able to reach many students to teach them about nutrition, gain their perspectives on the food, and introduce new and exciting products to their plates. Check out below some of the events that we had this past month.



On November 1st we teamed up with General Mills to try out some new products and increase breakfast participation.

Breakfast is such an important part of the day, especially when a student has a full day of learning ahead. Students were able to give their feedback on the new products, and enter a gift card raffle. Two of the products made their way to the cafeterias this month including new cereal bowls and the apple frudel.



On November 10th and 17th our team visited Hood & Ingalls Elementary Schools to get students out of their comfort zone and try kale!

We made kale smoothies in honor of the Harvest of The Month, and they absolutely loved them! The recipe can be found below, packed with fruits, vegetables, and calcium & protein-rich yogurt.



Students learned about the vitamins and minerals in kale using our program Mood Boost, which acknowledges the importance of having a balanced diet for good physical and mental health. Check out more Mood Boost lessons on the Food Service page under "Nutrition information".



December Days To Celebrate!

4th- National Cookie Day

What is your favorite type of cookie? Try some baking on this national holiday.

11th- National Have a Bagel Day

Celebrate with a bagel from One Mighty Mill, a local Lynn bakery!

17th – National Maple Syrup Day

Do you prefer French Toast or Pancakes with your syrup?

26th-30th – Holiday Break

The food service team hopes you have a safe and lovely winter break!

Berry Berry Kale Smoothie:

Yields: 3 smoothies

Ingredients:

- ½ cup strawberries
- 1 cup kale
- ½ cup orange juice
- ½ cup ice cubes
- ½ cup blueberries
- ½ cup banana
- ½ cup low fat, vanilla yogurt

Directions:

1. Wash ingredients thoroughly
2. Place ingredients in a blender
3. Blend on high speed for at least one minute until smooth
4. Serve chilled
5. Leftovers should be refrigerated

What Are We Cooking Up in December?

December is Spice It Up! month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Spice It Up! Is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

On the secondary school menus, you will find recipes feature many spices including cinnamon and chili pepper! We hope the students enjoy these new recipes.

Nutrition Moment!

With holiday season upon us it can be really tricky to set up any sort of food routine. Remember to consistently eat meals and snacks throughout the day even if you have special meals coming up later that day, your body needs the fuel all day long! Check out the nutrition information section of the food service tab for more holiday related eating tips!



Harvest of The Month:

Carrots are the month of December's featured harvest. We are headed into schools this month to promote trying carrots in new ways. Massachusetts Farm to School provides tons of recipes and lesson with each month. Scan the QR code above to try out their Powerhouse Chili. Some nutritional benefits of carrots:

- Great for your eye health because they are rich in beta-carotene which is a compound used to make Vitamin A
- Packed with antioxidants
- Vitamin C, which helps with your immune system, which is much needed to make it through the winter colds
- There is lots of fiber which helps lower cholesterol and aid in digestion



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