

November Newsletter



The cold weather is beginning, but that won't stop us from activities and learning in the cafeteria. Check out our menus to see what is new!



November is **Let's Get Cooking** month in the cafeterias where we'll be engaging students with delicious recipes, interactive demos, and fun and informative nutrition education. Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends.



Take a look at the Nutrition Information tab on the foodservice page to find some tips for a healthy holiday season, and recipes to give a try!

Stop by Farmer's Market at Central Square that happens **every Thursday** from 11:00 am-3:00 pm. This is a great way to access fresh fruits and vegetables that are grown locally here in Lynn. The address is 1 Exchange St, Lynn, MA 01901.



Days To Look Forward To:

3rd- National Sandwich Day

11th- Veteran's Day

24th- Thanksgiving

28th- National French Toast Day



KEVIN RICHARDSON DIRECTOR OF DINING SERVICES

S 781.477.7220 x 3227, or richardsonk@lynnschools.org

LEAH MACFARLANE RESIDENT DIETITIAN

S 781.859.9870 x 3536, or macfarlane@lynnschools.org



Let's Recap October!

October was packed with events and activities! We absolutely loved working with the students on trying new foods and learning all about nutrition.

October 10-14th – All Elementary Schools in Lynn celebrated National School Lunch Week with groovy cafeteria decorations, activities and treats all week! Below you can see the contents of our Lucky Tray Day goodie bags. Lucky Tray Day chooses a random winner in each grade by placing a sticker on the bottom of their tray, that winner receives a prize! We hope students enjoyed some extra fun in the cafe!



October 13th – Our team set up a stand in the LVTI cafeteria to promote Farm to School Month. Students learned about fresh herbs and cooking seasonally. They were able to try our tomato, basil and mozzarella salad too! This is featured on the Extra-Extra bar every Thursday.



October 20th & 21st - At Lynn English High School, students took part in **Student Choice**. This program involves choosing between two concepts for our main hot meal. This year's concepts were Chaat House and Mac&Cheeseology. Chaat house is our school-lunch take on traditional Indian flavors. Mac&Cheeseology spices up your classic noodles with fun toppings. Meals were tasted for each concept and then voted on with the help of our student volunteers! **It was a tight race with over 700 student votes and the winner is.... Chaat House!**



chaat
HOUSE
INDIAN KITCHEN



October 26th & 27th - Students at Tracy and Washington Elementary Schools got to taste test our Warm Pear Crisp, which featured the Massachusetts' **Harvest of the Month**, pears!



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