What's New in Your Schools?

Welcome back! We are so excited to serve you all again for this 2022-2023 school year. Our team looks forward to hearing from the community and continuing to adapt our services to keep the students healthy and happy. Take a look at what we’ve been cooking up for this upcoming school year!

Menus & Communication

Use this QR code to access our Nutrislice webpage that holds all schools’ menus!

This page features:

- Nutrition information on all meals
- Allergen alerts
- Highlights of featured menu items
- Awesome opportunities to take advantage of!

Days To Mark on Your Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>National Pizza Day</td>
<td>Grab a slice to celebrate this cheesy day!</td>
</tr>
<tr>
<td>12th</td>
<td>National Day of Encouragement</td>
<td>Give your peer an extra push to start this school year off positively</td>
</tr>
<tr>
<td>22nd</td>
<td>Fall Equinox</td>
<td>Check out on the next page more facts about shopping seasonally this fall</td>
</tr>
<tr>
<td>27th</td>
<td>National Chocolate Milk Day</td>
<td>Milk is a great source of calcium, vitamin D, protein… and chocolate!</td>
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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 macfarlanel@lynnschools.org

Nutrislice has an app available on all smartphones. Check it out to have the menus right at your fingertips!
Keep an Eye Out For These Programs in Your School!

Monthly focuses on nutrition and culinary topics

It's the students' turn to decide the menu

Diving into the role food plays in your mood!

Take a look at our “Nutrition Information” Page to learn more about these programs!

Check out these NEW menu items at the Middle and High Schools

- Loaded Fries available on “Fry-Day”
- Stay tuned for more variations throughout the year
- Hummus, Feta, Spinach and Tomato Wrap
- Cherry and Granola Yogurt Parfaits

Hydration Station
September still brings the heat, and it is extra important to stay hydrated. Here's some tips:
- Add some fruit or herbs to your water for natural flavoring
- Grab a bottle of water at lunch!

Power Through the Year
A new school year can be overwhelming so take each day at a time. Be sure to have at least 3 meals a day to keep energy up in and out of class.

Seasonal Eating
It is great to eat seasonal because this is when specific crops are at their highest yield, and provide the most flavor! Check out the SnapEd seasonal produce guide to check out Fall!

Dive into the role food plays in your mood!