

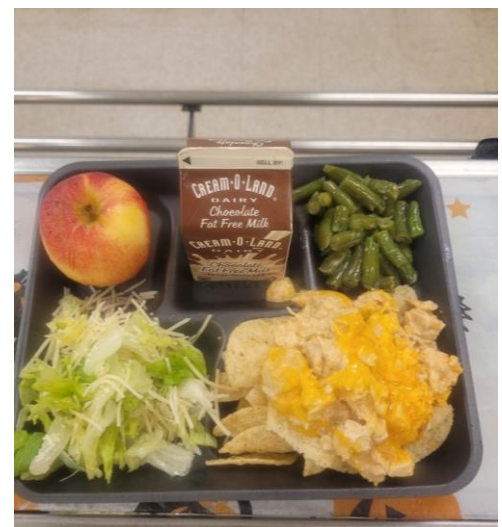
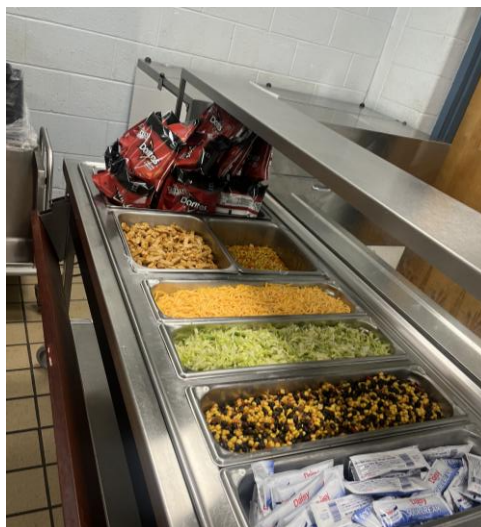


October 2025-26

Nutri-Serving It Up At

Glassboro School District

As we enter the colder months it was time to bring out some comfort meals. The High School & Middle school served up a chicken wing bar (fan favorite) and Nachos Grande. The Elementary School had the famous walking tacos with all the fixings. The monthly Board dinner had Chef Tynita prepare homemade Italian style meatballs with roasted asparagus and cannoli for dessert. We finished strong with Barbara & Kate(HS Staff) serving up the treats at the Home Coming Dance.





Nutri-Serve Scoop

November is Cranberry Month

November 23rd is
National Eat A Cranberry Day!



Did You Know?

- Cranberries contain antioxidants and Vitamin C, which help protect our bodies from sickness
- A few fruits are native to North America including blueberries, Concord grapes and cranberries!
- Cranberries are a great source of fiber which aids in healthy digestion!

Fall Into Healthy Habits

- Take a 20 minute walk to enjoy the fall foliage
- Stay hydrated by using your refillable water bottle
- Have dried cranberries as an afternoon snack!



November is Good Nutrition
Month!



QUESTIONS OR COMMENTS? Contact us!

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