

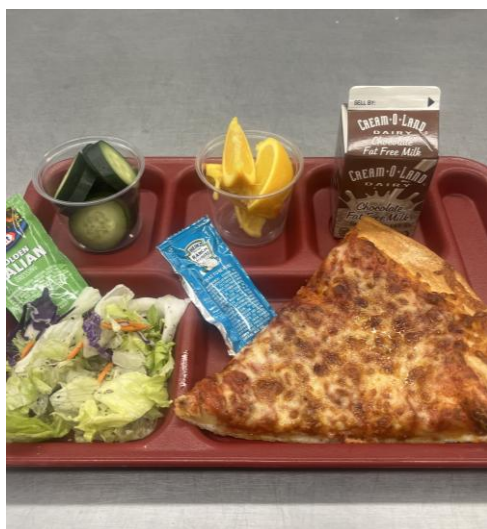


December 2025-26

Nutri-Serving It Up At

Glassboro School District

The month was filled with many events, Hot Cocoa sales at Bowe served by the student council and Bowe Renaissance dishing out ice cream and warm pretzels to the students. There were numerous catered events, the annual Senior Sunday Dinner at Bullock with the Glassboro PD, the final Board Dinner for 2025 and the HS Holiday Homecoming breakfast. At Bullock we dished up 2 of the student favorites, pizza and breakfast for lunch. We look forward to 2026, and we wish everyone a safe Holiday season and a very Happy New Year.





Nutri-Serve Scoop



January is
Brown Rice Month

January is
National Oatmeal Month!

Did You Know?

- Brown Rice is a whole grain which means that all parts of the grain are intact. Whole grains are high in protein, fiber, vitamins and minerals.
- Due to fiber content, brown rice and oatmeal can help our blood sugar stay healthy.
- Rice can be safely frozen for 3-6 months in portioned containers.

Winter Wellness Tips

- Boost your fiber intake by eating brown rice & oatmeal
- Prioritize hydration and sleep to keep your immune system strong
- Keep moving! Enjoy indoor activities like yoga or stretching

Oats Your Way



Celebrate National Oatmeal
Month!



QUESTIONS OR COMMENTS? Contact us!

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