



Glassboro School District

February 2016 Monthly Update



Let The Planning Begin! March is National Nutrition Month.

National Nutrition Month is an excellent time to promote healthy eating and nutrition education in your district.

The Academy of Nutrition and Dietetics celebrates National Nutrition Month as an opportunity to provide nutrition education and information featuring a new theme annually.

"It is a time to return to the basics of healthful eating!" Academy of Nutrition & Dietetics. www.eatright.org



This year's theme is:

"Savor The Flavor Of Eating Right" is the March 2016 Theme"

Nutri-Serve implements Concepts & Goals of the **"Savor The Flavor Of Eating Right"** on a regular basis in the districts we serve.

"Savor The Flavor Of Eating Right" Concepts:

- ◆ The **HOW, WHEN, WHY & WHERE** you eat are all just as important as what you eat.
 - ◆ **HOW:** We aim to provide the appropriate menu choices per age group. We love easy-to-eat finger foods for young students! They love our raw veggie patch daily with ranch or hummus dip.
 - ◆ **WHERE:** We try to create a fun atmosphere in the cafeteria with school-spirited colorful signage and monthly promotions.
- ◆ Take the time to enjoy the traditions and appreciate the pleasures, great flavors and social experiences food can add to your life!

"Savor The Flavor Of Eating Right" Goals:

- ◆ Develop a mindful eating pattern with nutritious and flavorful food including: whole grains, lean proteins, fruits, vegetables, and fat-free dairy. Limit sugars, salt and saturated fats.
 - ◆ Sounds like the Balloons for a Balanced Lunch to us! Our meals provide **Whole Grains (orange balloon)**, **Lean Protein (purple balloon)**, **Assorted Fruit (red balloon)**, **Veggie Choice (green balloon)** and a **Milk Choice (blue balloon)**. Students can choose 3,4 or 5 balloons however one must be a **Fruit (red balloon)** or **Veggie (green balloon)**.
- ◆ Aim to be active for at least 30 minutes per day.

Reach out to the Food Service Director in your school district for some Nutrition Education Ideas! We have some new fruit and veggie coloring books and tasting evaluation forms!

January Fun Days (Highlighted on Menu)

February 2: Groundhog Day!

Students who purchased the school lunch received a groundhog dessert! It was a graham cracker groundhog who is peeking its head out of the ground of chocolate pudding topped with crushed oreos! Perfect way to celebrate this tradition of predicting the weeks left of cold winter weather.



February 9: Mardi Gras!

Students who purchased the school lunch received a churro with their meal to celebrate!

February 11: Valentine's Treat!

Valentine's day fell on a Sunday this year so we served our Valentine's Day treat on February 11th. Sweetheart Jello is berry Jello topped with whipped cream and a heart treat!



February 22: National Pancake Week!

The 4th week in February is known as National Pancake Week! The pancakes we served were whole grain which is higher in protein, fiber and other nutrients.



This institution is an equal opportunity provider and employer.



February Happenings!



Here at Nutri-Serve in Glassboro, it is important that our team are always Professional! Each week, we have staff meetings that helps to motivate and encourage our staff on professionalism. To sum it up: Be a **Professional** is being **Personable, Respectful, On Time, First, Energetic, Saying what you mean, Smiling often, Interdependent, Organized, Neat, Acknowledging talent, and Learning from others.** By Chef Trenay Parker



Check out what's cooking in Your School District!

Gourmet Sandwiches by Stacy Cooper, Cook/Manager

Look at what's available at Dorothy L. Bullock school!! Freshly made gourmet sandwiches on soft whole grain bread. The students and teachers are loving the varieties!! Stacy comes with a lot of experience in management and creativity with food. Stop by and welcome her to the district!

INTRODUCING...

Maria Quinones

Maria is the Cook/Manager at the Intermediate School. She is adding some healthy and delicious Hispanic flavors to the students meals. They love her rice and beans along with her beef burritos. Maria started with Nutri-Serve in 2015. She has a great team that work for and with her. The students are learning about culture & diversity with food! Great job Team!!



Please Detach and Return to Food Service Director

We Want Your Opinion:

Name: _____

Date: _____

I would like more information on: _____

I would like to suggest: _____

I am concerned about: _____

Dining Service Contact: Chef Trenay, Food Service Director 856-652-2700 ext 4712, GLA@nsfm.com