

Glassboro School District































October 2015 Monthly Update



Nutrition Education: Balloons for a Balanced Lunch BINGO

It is a fun game for students to learn the components of the school lunch!



Grain 	Protein 	Milk 	Fruit 	Veggie 
				
				
		Free  Snack Space		
				
				

How To Play:

The game can be played in one of two ways...

1. **BINGO** can be a student getting a row of foods going in any direction—*horizontal, vertical and diagonal.*
2. **BINGO** must be a complete lunch so it can be *horizontal or vertical.*

Goals & Objectives

- ◆ *Categorize* foods into the school lunch food groups.
- ◆ *Recognize* food combinations that make a complete lunch or USDA reimbursable meal.
- ◆ *Learn* the Nutri-Serve nutrition education concept Balloons for a Balanced Lunch where each school lunch food group is represented by a different balloon color.

Contact your Food Service Director to play Balloons for a Balanced Lunch in your school!

October Fun Days (Highlighted on Menu)

October 12-16: Nat'l School Lunch Week (NSLW)!

Take a School Lunch Snapshot was the celebration theme for NSLW 2015, Oct 12-16th.



School Nutrition Association members nationwide will be took and shared photos of today's school lunch – using the hashtag #NSLW! The "School Lunch Snapshot" theme invites schools to partake in any NSLW celebration they would like. Nutri-Serve loves NSLW because FOOD=FUN!

October 30: Happy Halloween!

On Friday, October 30th there was a spooky surprise for our customers! Frankenstein pudding cups featured green pudding and was topped with crushed Oreos or chocolate sprinkles with the spookiest Frankenstein face we could draw!



This institution is an equal opportunity provider and employer.



October Happenings!



Meet the cook at Bullock. Ms. Kysha Russell has been working for NutriServe Food Management for 2 years. She is a native of Glassboro, and graduated from the High School in 2001. She is most passionate about her family and making delicious meals for people. Her special talents are skin-care and massage therapy. Please stop in and try a sample of her delicious soups!



Check out what the students are making at Rodgers!

Pizza Maker Packs!

Each Thursday in the Month of October, the students will make their own pizza at their tables with Chef Trenay! It is fun and educational at the same time!

COMING next month...

ServSafe Certifications

All of the cooks in the district will be taking the Nationally recognized ServSafe Class in November. Upon passing the exam, they will be certified safe food handlers. Please look for the certificates posted in the cafeterias!

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