

FEBRUARY 2024

MONTHLY UPDATE

amazing things ARE HAPPENING

Glassboro School District



Pretzel Melt @ Bowe MS

Hello, Glassboro School District, it is hard to believe that the school year is almost over.

We have added many new menu items at all the school and there seem to be some new items the students are enjoying which will be on our menus again in April.

In March we will be adding a salad of the month at the HS as well as adding brown rice as an option to replace the grain or bread daily.



Pancakes & bacon @ DLB



KFC Bowl @ HS



Hot Food Shoot @ Bowe



Hot Food Shoot @HS



Burger Bar @HS



Wing Bar @ HS

Surf's Up with School Breakfast

March 4—8 is **National School Breakfast Week**. Whether you are serving breakfast in your school or not, National School Breakfast Week is a good reminder of the importance of a healthy breakfast. They say that breakfast is the most important meal of the day, and it's true! Studies show that students who eat breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert



Eating a healthy breakfast that includes at least a fruit, a whole grain, and low-fat or fat-free milk is a great way to ensure you are nourished and ready to start the day.

March is National Nutrition Month

This National Nutrition Month, the Academy of Nutrition and Dietetics is featuring the theme *Beyond the Table* which aims to teach about the full lifecycle of food and nutrition, from farm to production and finally to your plate. It also celebrates the various ways we eat, including in schools and restaurants, and highlights sustainability and food safety.

Here are some ways for you to eat Beyond the Table at home:

- Commit to trying a new fruit or vegetable every week.
- Explore food recovery options in your community.
- Reduce food waste by repurposing leftovers and using what you have first. Get creative and try making something new!
- Try more meatless meals—choices like beans and lentils are versatile plant-based protein sources that work in a variety of dishes.
- Let everyone at home help with mealtime. Meal planning, grocery shopping, and cooking/preparing food are skills for all ages—there are many tasks that even kids can get involved in.



National Nutrition Month is the perfect time to plan nutrition education in your classroom or cafeteria. To get Nutri-Serve involved in your district's wellness initiatives, contact your school's Food Service Director, or reach out to Nutri-Serve's Registered Dietitian, Kim, directly at kimc@nsfm.com.

QUESTIONS OR COMMENTS? Contact us!

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