

VOLUME 5 • ISSUE 7 • MARCH 2023

CAFE CONNECTIONS

CHILD NUTRITION SERVICES MONTHLY NEWSLETTER

CELEBRATING ANDREA

Congratulations to Andrea Sanchez, Cafeteria Manager at Paseo Pointe, for her commitment to excellence. Andrea has been with Laveen School District for 16 years and her contributions to the school, staff and community cannot go overlooked. She goes above and beyond for our students, ensuring delicious and nutritious meals are served with love and care everyday. For this and many other reasons, Ms. Sanchez has received the Exceptional Service Award, the highest recognition given to classified employees. We thank Andrea for her hard work and dedication.



WHO'S THAT?



You may have seen a new face in our cafeterias recently. Meet Lauren, our current dietetic intern. She is helping out in our kitchens and

completing projects as part of her nutrition degree through ASU to become a Registered Dietitian. During her internship Lauren has also spent time in hospitals and public health settings. She is almost done with her internship and is honored to finish her experience in school nutrition. She knows nourishment is the first step to successful learning (and fun play!). Lauren loves to see all the kid's happy faces, especially first thing in the morning at breakfast!

NATIONAL SCHOOL BREAKFAST WEEK MARCH 6 – 10, 2023

It's time to Dig In To School Breakfast! We are celebrating National School Breakfast Week (NSBW) and the School Breakfast Program. Throughout the week, students will receive a sticker each day that they participate in breakfast at school, which is good for a free fruit slush with their lunch.

According to the Food Research and Action Center, kids who eat their first meal at school right before class are better test takers! Breakfast at school also decreases disciplinary referrals and increases the likelihood of eating the proper amounts of vitamins and minerals. Our breakfast menu is designed by nutritionists and safely served by our amazing kitchen staff. Our breakfast options are delicious and meet the nutritional needs of our growing and learning students. Plus, we serve breakfast at no charge to all students!

BREAKFAST WEEK MENU



MONDAY

'BUILD IT UP' BAGEL & CREAM CHEESE, CRAISINS

TUESDAY

MINI 'BLUEPRINT' BREAKFAST BITES, APPLESAUCE



WEDNESDAY

'PERMIT' POP-TARTS, FRESH ORANGE

THURSDAY

MINI 'CONSTRUCTION' CINNIS, FRESH GRAPES

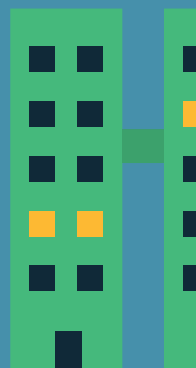
FRIDAY

CINNAMON CRUMB CAKE, 'SKYSCRAPER' STRING CHEESE, PEACHES/RAISINS

BREAKFAST IS SERVED WITH 100% FRUIT JUICE AND MILK, DAILY



DIG IN
TO SCHOOL BREAKFAST™



SHAMROCK GREEN SMOOTHIE

St. Patty's Day is March 17th. Have some family fun by making a smoothie together! As long as you add spinach, you can customize any other ingredients and still have a seasonal green treat!

INGREDIENTS

- 2 frozen bananas
- 1 green apple, core removed
- 2 cups water or milk (non-dairy, if necessary)
- 1 cup plain greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

INSTRUCTIONS

1. In a blender, add all ingredients. Blend until smooth.
2. Add more liquid if you desire a thinner smoothie.
3. Adjust sweetness with additional honey, if desired.

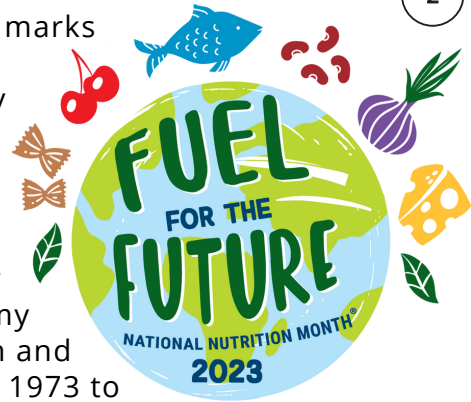


Photo and Recipe adapted from momables.com

NATIONAL NUTRITION MONTH

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This March marks the 50th anniversary of National Nutrition Month, a campaign founded by The Academy of Nutrition and Dietetics in 1973 to raise awareness about healthful eating and physical activity habits. This year the theme is Fuel for the Future and focuses on sustainability in addition to well being. Here are 5 ways you and your family can participate this month:



- Plan a meal at the table together without the distraction of screens.
- Commit as a family to trying one new fresh fruit or vegetable a week.
- Let each family member pick out a recipe to prepare and eat together.
- Take a family walk after dinner.
- Challenge you and your family to go meatless for a day a week.

If you want to know more or would like to look up Registered Dietitians in your area to help you and your family eat healthier and more sustainably, go to eatright.org.

FROM OUR DIRECTOR



In Good Health,
Jennifer

March is going to be a fun and busy month! First off, we are celebrating National School Breakfast Week, March 6-10. This year's theme is Dig In to School Breakfast and we're serving some of our fan favorites, decorating our cafeterias and passing out stickers to students who eat breakfast with us that will be good for a frozen fruit slush at lunchtime. As a reminder, we serve breakfast to all students at no charge, so let us take care of getting their day off to a good start. We are also celebrating National Nutrition Month. As a nutrition professional, I take great pride in knowing that our school meals provide the best nutrition for our students so that they can perform their best academically. This month we are busy planning our menus for next school year and will be doing lots of student taste tests throughout the last quarter. How about Apple Nachos? Follow us on our social media platforms to see what our students thought about this as a new breakfast option! If you aren't aware, we partner with the Life Time Foundation, an organization dedicated to helping school nutrition departments eliminate ingredients of concern from their menus. We've been working with Chef Kent behind the scenes to provide culinary training to our staff and develop recipes that use cleaner ingredients. Feel free to check out our webpage for more information on that initiative. Happy Spring!



@LaveenChildNutrition



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