

VOLUME 5 • ISSUE 8 • APRIL 2023

CAFE CONNECTIONS

CHILD NUTRITION SERVICES MONTHLY NEWSLETTER



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NATIONAL SCHOOL BREAKFAST WEEK RECAP MARCH 6 – 10, 2023

Our schools celebrated National School Breakfast Week (NSBW), March 6th-10th. This year's theme was *Dig In To School Breakfast*.

Our team totally 'nailed' the theme by dressing up in construction gear, decorating their cafeterias, and serving fun menu items like 'Mini Construction Cinnis' and 'Hard Hat Honey Buns'. We served almost 14,000 breakfasts that week!



Paseo Pointe Cafeteria Crew

Throughout the week students who ate school breakfast were given stickers to redeem for a free fruit juice slush at lunch.

Did you know that breakfast is free for all Laveen students? We strive to provide a tasty and nutritious breakfast to help our students start the school day ready and prepared to learn.

Want to see more? Check out the NSBW recap reel we created on our social media platforms @laveenchildnutrition.

Vista del Sur Cafeteria Crew



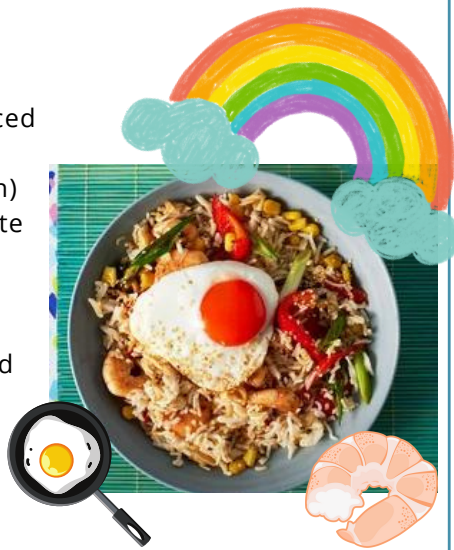
Estrella Foothills Cafeteria Crew



RAINBOW FRIED RICE WITH SHRIMP AND FRIED EGGS

INGREDIENTS

- 1 bunch green onions, thinly sliced
- 1 bell pepper, diced
- 1 cup sweet corn (canned/frozen)
- 2 garlic cloves, crushed into paste
- 3 tbsp vegetable or olive oil
- 4 eggs
- 1 tbsp ginger puree (optional)
- 1 lb cooked and peeled/deveined shrimp
- 6 cups cooked rice (microwaved works great!)
- 3 tbsp low sodium soy sauce
- 1 tbsp toasted sesame seeds (optional)



INSTRUCTIONS

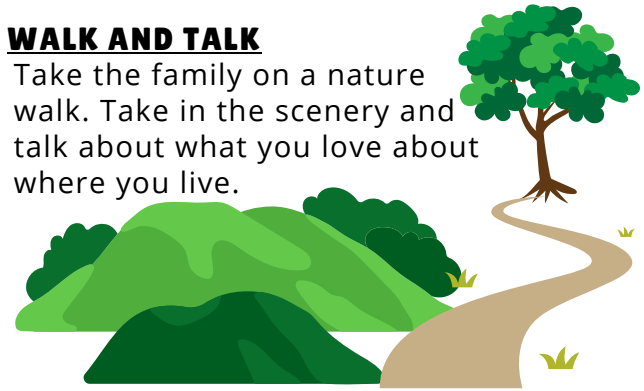
1. Gather ingredients and prepare items (veggies, rice, etc.) if necessary. Drain corn if canned.
2. Use a wok or large frying pan and turn heat to high. Add 1 tbsp oil into pan and crack one egg at a time. Cook eggs until crisp at the edges with a runny yolk, about 3 minutes. Set fried eggs aside.
3. Add the remaining oil to the pan and turn the heat to medium-high. Add in the green onions, bell peppers, sweet corn, garlic paste, ginger paste, and shrimp. Stir fry until veggies have softened and the shrimp is cooked thoroughly. Keep stirring with a spoon to make sure everything cooks evenly.
4. Add in the rice and soy sauce. Season with a little salt and pepper. Continue stirring for another 2 minutes until rice mixture is super hot.
5. Divide into 4 bowls and top with a fried egg and sesame seeds. Enjoy!

Photo and Recipe adapted from <https://www.bbcgoodfood.com>

ADVENTEROUS APRIL ACTIVITIES

WALK AND TALK

Take the family on a nature walk. Take in the scenery and talk about what you love about where you live.



MAKE A NATURE BOUQUET

Hit the trails (check out Holbert Trail at South Mountain) and make a game of how many different colors of flowers you can find. Make a mini bouquet with all of the flowers that you find.



MAKE THE WORLD A BEAUTIFUL PLACE

Give back to your community by taking a walk and picking up trash. Make sure to bring a trash bag with you on your adventure.

Consider inviting a friend to come with you!



FROM OUR DIRECTOR



In Good Health,
Jennifer

With less than 8 weeks of school remaining, we are starting to prepare for our summer meals program, where we serve free breakfast and lunch to children ages 18 and under during the summer months. We will be releasing more details in the near future. What I can share is the waivers that allowed us to serve curbside meals are no longer available, so children will need to come to eat their meal on site for breakfast and lunch. Adult meals will also be available for purchase. Speaking of summer, USDA just released guidance about Summer EBT 2023. Families of eligible students will receive \$120 per child this upcoming Fall. To be eligible for these benefits, students must be enrolled in our school district during the month of May and approved for free or reduced-price meals. As a reminder, families may apply for free or reduced-price benefits at any time during the school year and if circumstances have changed in your household, such as adding a family member or a reduction in pay, you can reapply to see if you now qualify for free or reduced-price meals. We will be sharing more information about Summer EBT in May. Lastly, it was so fun to celebrate National School Breakfast Week. Our team outdid themselves with their decorations and costumes. They created a fun environment for our students and we served over 2,500 more breakfasts than the prior week!