

Mattawan Consolidated School December Nutrition Newsletter



Holiday Spirit Happening Here



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What's New in your
Schools?

Spice It Up for the
Holidays!

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to this Month

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Spotlight

This Month in Discovery Kitchen

December is Spice It Up! Spice It Up! Is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

chartwells
Discovery
KITCHEN
AT HOME

**'Spice It Up' with
some Asian Spiced
Potato Poppers!**

Scan QR for
video on how
to make your
own at home:



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Discovery
KITCHEN



A Reason to Celebrate!

December 4: National Cookie Day

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long.



December 17: National Maple Syrup Day

Get the flapjacks ready for National Maple Syrup Day. December 17th calls for orders of pancakes, french toast, or biscuits topped off with butter and delicious maple syrup. Enjoy over the weekend!



December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in your favorite configuration and remember the long history of this bread and the people that made it famous. Enjoy one at breakfast!



December is National Pear Month

Pears are harvested during the month of December. Pears are an excellent source of fiber and vitamin C. That's a lot of nutrition in one sweet and juicy package!



Join us on a
food
exploration
celebrating
cultural
heritages

Global Eats



As the adventure goes
on, off to India!



India is a seasonings and spices behemoth! Our take on Indian cuisine includes delicious dishes Tandoori Chicken, Chicken Tikka Masala & Chicken Curry.

Did you know?
More than 70% of the
world's spices are
produced in India. India
has a greater variety of
spices than any other
country.



[Click Here to Visit
K12 Global Eats for
Interactive Travel,
Eat & Play](#)

Better Together

At the heart of Mattawan Dining Services is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet some of our team members from across the district.

Mattawan
High
School



Mattawan
Middle
School



World Kindness Day

NOVEMBER 13

chartwells
GETTING TO TOGETHER. EASILY.

World Kindness Day
November 13, 2023
“Be Kind
Wherever Possible”

An act of kindness
is never wasted.

“If you see someone
without a smile, give
them one of yours”
-Dolly Parton