# Mattawan Consolidated School November Nutrition Newsletter





## The Happiest Place in School Welcomes You!





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Special Events – Global Eats Goes to Italy!

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## This Month in Discovery Kitchen

November is Let's Get Cooking month in the cafes! Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends.

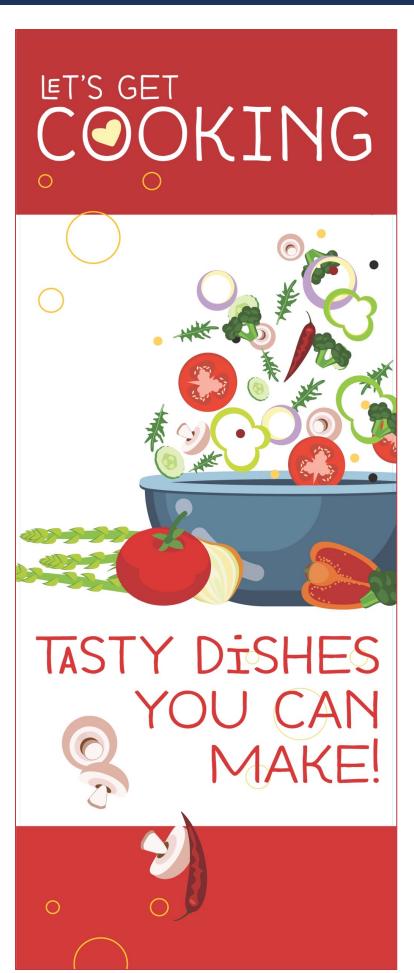
Enjoy this homemade recipe over the holidays!

Watch How to
Make Your Own
Apple
Cranberry Crisp

Discovery KITCHENO AT HOME



Discovery KITCHENO



#### **Reasons to Celebrate!**

### November 3: National Sandwich Day

Whether you stack it high or thin, National Sandwich Day on November 3rd recognizes one of America's favorite lunch items.



#### November 6: National Nacho Day

Since the time of the original nachos, the toppings have expanded. Today we add beef, chicken, and seafood along with a variety of seasonings. This snack even satisfies the pickiest eater. Whether you're a vegan to full-on carnivores, there's a nachos recipe for you.



#### November 11: Veterans Day

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

### November 13: World Kindness Day

An act of kindness is never wasted. That's why we're celebrating
World Kindness Day in the cafeteria!



World Kindness Day
NOVEMBER 13
chartwells\*

## November 23: Happy Thanksgiving!



### November 28: French Toast Day

Do you prefer them topped with fruit, syrup, or whipped cream? Try it whichever way you like as we celebrate National French Toast Day!



Join us on a food exploration celebrating cultural heritages



Next Adventure, on to Italy, where the main meal is lunch! In Italian, lunch is 'il pranzo'



What we know as Italian food often is an American interpretation. We're taking it back to Italy's roots with recipes such as Penne Pasta with Chicken all'Arrabbiata, Nonna's Meatballs Pizzalola, Roast Chicken with Creamy Mushroom Sauce.

Did you know? Italians eat 60 pounds of pasta per person per year!

Click Here to Visit K12 Global Eats for Interactive Travel, Eat & Play



#### What's New in the Café!

#### REFRESHED HIGH SCHOOL CAFÉ EXPERIENCE











Serving Room #2





High School
Station Concepts:

Create
Wide Variety of Cuisines

Sono

Latin American Cuisine

So Deli Made to Order Subs & Wraps

Made to Order Salads
Coming Soon

Wild Greens

Grilled

Grilled Luncheon Fare

Italian Favorites like Pizza

2.Mato

On the Go

Grab & Go Meals

Click Here for Menus!