

Mattawan Consolidated School October Nutrition Newsletter



Welcome to your
monthly newsletter!
We are excited to share
our story with you!

hello
FALL

In this issue:

**What's New in your
Schools?**

***Seed to Table**

**Reasons to
Celebrate!**

**Special Events -
Global Eats Goes to
Mexico!**

**What's New in the
Café!**



MS. CHRISTINA HALLER
DIRECTOR OF DINING SERVICES
challer@mattawanschools.org

chartwells
serving up happy & healthy

chartwells

Discovery KITCHEN

This Month in Discovery Kitchen

Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

Try this recipe at home:
Zucchini and Squash Chips

Watch the video recipe here:
[Zucchini & Squash Chips Recipe](#)

chartwells
Discovery
KITCHEN
AT HOME



Fruits and veggies that are locally grown are picked at their peak freshness and flavor served in your cafe.

A large graphic for "Seed to Table". At the top right is a large orange sun with yellow dots around it. Below the sun, the words "SEED TO TABLE" are written in a playful, stylized font. "S" is red, "E" is orange, "E" is green, and "D" is green. "TO" is in a blue pot. "TABLE" is in a simple, black font. There are various green plants and brown seeds scattered around the text.

EVERYTHING tastes fresher when it's right from the farm or garden!

A graphic for "National Farm to School Month". It features the text "October is NATIONAL Farm to School MONTH!" in a playful font. There is a small illustration of a white chicken and a yellow school bus. The background is a mix of brown and green with white circles.

Lots of Reasons to Celebrate!

October 4: National Taco Day

Let's taco 'bout it at lunch as we celebrate National Taco Day! Join us for tacos at lunch in the cafeterias today!



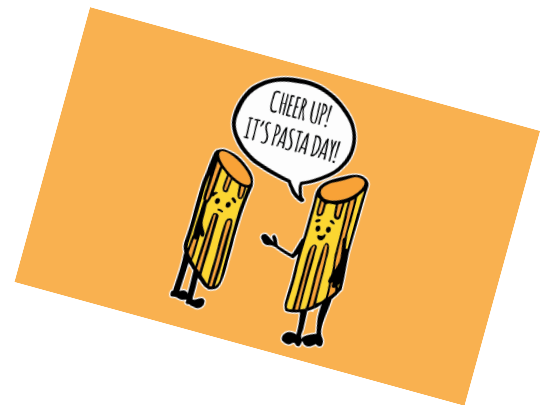
October 12: Apple Crunch Day

Join us in celebrating by eating a Michigan apple today!



October 6: Smile Day

Be the reason someone smiles today 😊 and then join us for lunch in the cafeteria as we celebrate Smile Day! !



October 9-13: National School Lunch Week

President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. We will celebrate all week long!



October 31:



#servinguphappyandhealthy

chartwells
Discovery
KITCHEN
AT HOME

Honey Roasted Pumpkin

Servings: 4-6

INGREDIENTS

1/8 tsp Ground Thyme
1/8 tsp Ground Nutmeg
1/4 tsp Ground Cinnamon
3/4 tsp Kosher Salt
1/4 tsp Ground Black Pepper
1/3 oz Light Brown Sugar
1 tbsp, 2-1/2 tsp Canola Oil
3/4 oz Honey
1/2 tsp Fresh Minced Parsley
2 # Fresh Cubed Pumpkin

METHOD

1. In mixing bowl, mix honey, oil, brown sugar, salt, pepper, cinnamon, nutmeg and thyme with whisk until combined.
2. Add peeled, (guts removed) cubed pumpkin to the bowl and combine.
3. Make sure pumpkin is evenly coated.
4. Place pumpkin on sheet tray and roast in 350F degree oven until pumpkin is cooked through and lightly caramelized, about 25 minutes.
5. Remove from sheet pan, place in serving container. Garnish with fresh parsley.

Serving size: 1/2 cup



October 26: Pumpkin Day
What's cookin', gourdlookin'?
Try our recipe Honey Roasted
Pumpkin! !

Join us on a
food
exploration
celebrating
cultural
heritages

Global Eats



In October, we are starting our
adventure first to Mexico.



Dishes are simple yet packed with fresh flavors like lime and cilantro and the heat of peppers and spices. Some of our highlighted recipes include Huevos Rancheros Tacos, Pork Carnitas & Cheese Quesadilla, Albondigas con Arroz, and Elotes-style corn.

Did you know? There
are 7 different culinary
regions in Mexico.



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