

Mattawan Consolidated April Nutrition Newsletter



SPRING IS IN THE AIR WILDCATS!

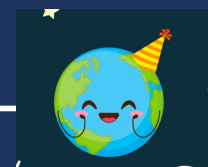


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Events to Look Forward
to this Month
~ Earth Month



Reason's to Celebrate!

Global Eats ~ Korea

Wildcats Learn ~
"SMOOTH-IE" Ride

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serving up happy & healthy

This Month in Discovery Kitchen

Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40 percent of our food supply is wasted and that each of us throws away nearly 300 pounds of food each year?

Food waste is central to some of the key challenges facing the world, and today's kids are more passionate than ever to do their part to reduce food waste and promote sustainable food practices.

Celebrate our Earth this Month and Stop Food Waste Day.



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**Discovery
KITCHEN**
AT HOME



Reasons to Celebrate!

April 12: Grilled Cheese Day

Let's get cheesy!

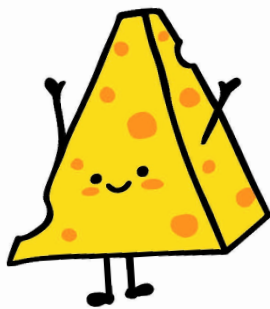


April 20: Cheddar Fries Day

Did someone say cheese fries. Enjoy some over the weekend! Don't be afraid to add a variety of protein and veggie toppings!



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THIS MIGHT BE CHEESY,
BUT WE THINK YOU'RE GREAT!

April 22: Earth Day

Join us in the cafeteria on April 22 as we celebrate Earth Day!



April 24: Stop Food Waste Day

Take the pledge to **#stopfoodwaste**



Check out "Earth Month"
from Chartwells K12



Make Every Day Earth Day!

Join us on a
food
exploration
celebrating
cultural
heritages

Global Eats



*Pushing the boundaries of Korean cuisine
while honoring its traditions, creating meals
like Korean Style Cheese Corn, Gochujang
Style Chicken Lettuce Cups, & Korean Bulgogi
Beef Tacos*

The strong Korean
belief in
eumyangohaeng (yin
and yang) is reflected in
its food as well, which is
nutritionally balanced in
terms of colors,
textures, and flavors!



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



The "SMOOTH-IE" Ride

The 5th grade students rode their way to a healthy snack on March 1, during the 5th grade STEAM day!

STEAM day inspires students to be involved in the fields of science, technology, engineering, art & math.



Superintendent
Randy Fleenor

Assistant Smoothie Maker

Jan Dragicevich

Ingredients used:
Vanilla Yogurt
Frozen Strawberries &
Blueberries
Banana
Spinach
Apple Juice

**Pedal
Power**