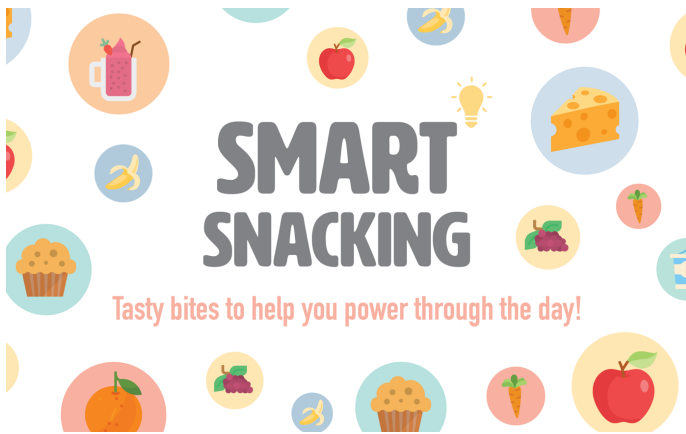


Mattawan Consolidated School February Nutrition Newsletter



Lots to LOVE About School Dining



In this issue:

What's New in your
Schools?
Smart Snacking

Events to Look Forward
to this Month

What's New in the
Middle School Cafe

Happy Leap Year!



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

chartwells
serving up happy & healthy

A Reason to Celebrate!

February 2: National Tater Tot Day

Tater Tots are delicious bites of potato goodness. If you are a potato or Tater Tot Lover, then it is the perfect day for you to have potatoes or Tater Tot's for breakfast, lunch or dinner.



February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us in this week's meal pickup! #nationalpizzaday



February 11, Superbowl Sunday

Go beyond the chips, dips and wings this year with a Soup-er Bowl in celebration of the Big Game! Chicken Noodle Soup anyone?



February 13: Mardi Gras & Pancake Day



IT'S PANCAKE DAY

February 14: Valentine's Day

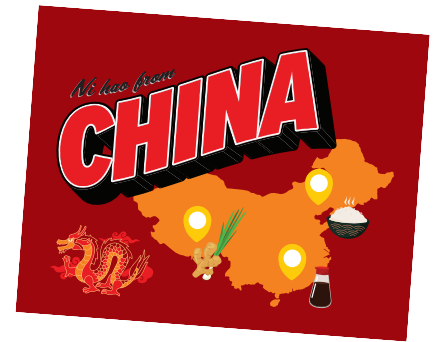
St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.



February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.





What were your favorite
Global Eats meals so far?
Text them to
(269)225-3068

Join us on a
food
exploration
celebrating
cultural
heritages



Next up: *Heading to the
Caribbean in March*



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

What's New in the Café!

REFRESHED MIDDLE SCHOOL CAFÉ EXPERIENCE



HCRR is practiced every day to build healthy spirit, mind and body for all.



Middle School Station Concepts:

Create

Wide Variety of Cuisines

Sono

Served @ Create

Latin American Cuisine

So Deli

Made to Order

Subs & Wraps

Grilled

Grilled Luncheon Fare

2.Mato

Italian Favorites like Pizza

On the Go

Grab & Go Meals

[Click Here for Menus!](#)

Happy Leap Year!

What is a leap year?

It takes around 365 days and six hours or 365.2421 days for the Earth to orbit the sun. Over time, the missing quarter of a day adds up, so an extra day is added on every four years to compensate.

Leap days were first introduced by the Romans in the year 46 BC with the adoption of the Julian Calendar. The Romans added an extra day every four years before the first day of March.

People born on leap day are often called “leaplings” or “leapers”. Approximately 4.1 million people around the world are born on Feb. 29, a chance of 1 in 1,461



Leap Years

PRIOR LEAP YEARS

1880	1912	1944	1976	1908
1884	1916	1948	1980	2000
1888	1920	1952	1984	2004
1892	1924	1956	1988	2008
1896	1928	1960	1992	2012
1900	1932	1964	1996	2016
1904	1936	1968	2000	2020

UPCOMING LEAP YEARS

2024	2044	2064	2084	2108
2028	2048	2068	2088	2112
2032	2052	2072	2092	2116
2036	2056	2076	2096	2120
2040	2060	2080	2104	2124