

Mattawan Consolidated School January Nutrition Newsletter



Welcome Back!

**Cheers to a Happy and Healthy
New Year**



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

In this issue:

**The Great American
Roadtrip**

Reasons to Celebrate!

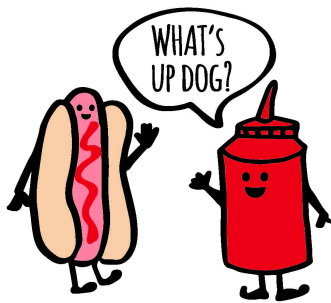
**Global Eats ~
Chinese Cuisine**

Better Together

chartwells
Discovery
KITCHEN

**This Month in
 Discovery Kitchen**

The Great American Roadtrip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.

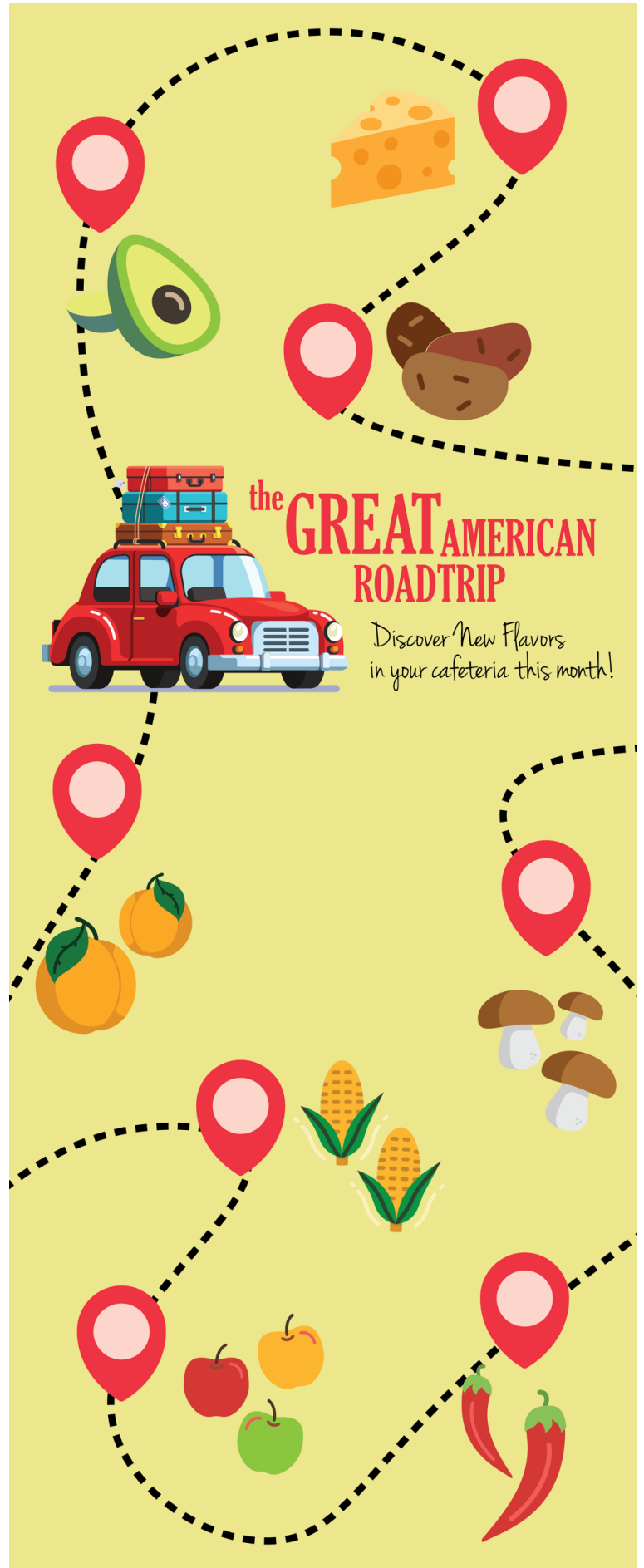


Central
 The Hot Dog
 A beloved American treat with endless ways to top.

West
 Tex-Mex Specialties
 Barbacoa

North
 Philly
 Cheesesteaks

South
 Carolinas BBQ
 Classic American pit
 barbecue grilling





Central

Ethnic Influences

Original - Native American
 Early Settlers - German, Scandinavian, Russian, Irish Eastern European
 Modern Era - Northern Africa

Agriculture

Wild rice, dairy, corn, wheat, soybeans, beets, barley, oats, rye, beef, pork

Popular Dishes & Recipes

Kolache, Indian tacos (fry bread), Swedish meatballs, Chicago pizza and dogs, pierogi, stuffed cabbage, sauerkraut, spiced stews, & casseroles, Kansas City BBQ, ribs, casseroles, corn on the cob

North

Ethnic Influences

Original - Native American
 Early Settlers - Dutch, English
 Modern Era - Polish, Irish, German, Italian, Mediterranean & Middle Eastern

Agriculture

Cranberries, pears, blueberries, apples, strawberries, maple syrup, cherries, peaches, plums, potatoes, root vegetables, squashes, corn, sunflower, potatoes, wild rice, dairy & cheese, lake fish, cod, turkey, seafood (oysters, clams, shrimp)

Popular Dishes & Recipes

Boston baked beans, oatmeal dishes, brown bread, chowders, stews, grinders, casseroles, meat pies, falafel, hummus, tabbouleh, pizza, brined meats, bagels, corned beef and pastrami sandwiches, reubens, sausages, soft pretzels, beef on weck, sloppy joes



South

Ethnic Influences

Original - Native American
 Early Settlers - Spanish, French, Canadian
 Modern Era - West African

Agriculture

Sweet potatoes, cabbage, West African spices, black eyed peas, pinto beans, greens (collard, turnip, and mustard), okra, peaches, blackberries, soybeans, tomatoes, snap beans, sorghum, rice, grits, pork, poultry, catfish

Popular Dishes & Recipes

Pimento cheese, biscuits, gravy, deviled eggs, Brunswick stew, grits, mac & cheese, slaw, BBQ (pork), fried green tomatoes, succotash, cornbread, Caribbean cuisine, seafood, jambalaya, gumbo, po' boys, ham, Cuban sandwiches, chili, derby pie, burgoo, corn pudding, chow-chow, sweet potato fries, catfish, fried pickles

West

Ethnic Influences

Original - Native American
 Early Settlers - Spanish, Irish, Welsh, Irish, British
 Modern Era - Asian (SE and Indian Continent), Mexican, Latin America & Middle Eastern

Agriculture

All produce including grapes, olives, onions, snap beans, chilies, corn, potatoes, citrus, lettuce, apples, potatoes, barley, beans, wheat, dairy, lamb, and beef

Popular Dishes & Recipes

Lighter fare and fresh produce focused, grain bowls, Asian inspired dishes, salads, chili, BBQ (brisket), queso, Tex-Mex, tacos and burritos, posole, salsa, chile rellenos, Frito pie, blue corn cakes, masalas and Indian-style curries



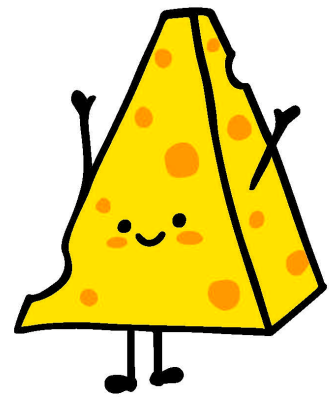
A Reason to Celebrate!

January is: National School Board Recognition Month

Thank you, School Board Members!
We can't thank you enough for
supporting our mission of serving up
happy and healthy every day.



LET'S GET
CHEESY



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

January 20: National Cheese Lover's Day

Get ready to 'havarti' a 'gouda' time, because
it's National Cheese Lover's Day!

Enjoy a grilled cheese sandwich with some
warm tomato soup on cold winter days!



Milk is Local
Milk is a leading
segment of
Michigan's
agriculture
industry with
about 900 dairy
farms.

January 11, 1878, was the first time milk
was delivered to homes inside sterilized
glass bottles sealed with wax paper.

Join us on a
food
exploration
celebrating
cultural
heritages

Global Eats



Chinese cuisine is rich and diverse, varying in style and taste from region to region.

Enjoy a sensory experience filled with ginger, soy, and chili flavors. Some of our highlighted recipes include Cantonese Style Beef & Pepper Stir Fry, Chicken & Vegetable Dumplings, and Orange Chicken



Did you know? There are 8 regions in China and each has a unique culinary style.

8 culinary region cuisines:

- Anhui
- Cantonese
- Fujian
- Hunan
- Jiangsu
- Shandong
- Szechuan
- Zhejiang

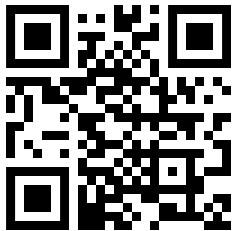
[Click Here to Visit K12 Global Eats for Interactive Travel, Eat & Play](#)



chartwells
Discovery
KITCHEN
 AT HOME



Vegetable Fried Rice



Scan for
 Video
 Recipe

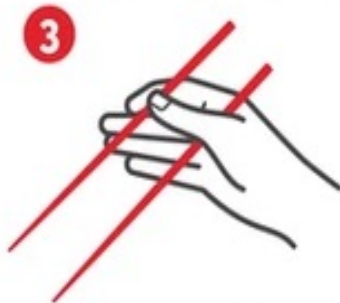
How to Use Chopsticks



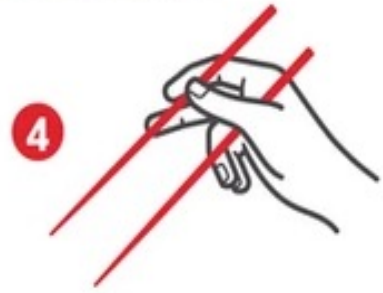
1 Place your hand like you're going to shake hands with someone.



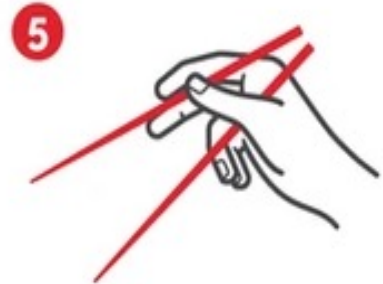
2 Put one of the chopsticks under your thumb, resting it on the palm of your hand.



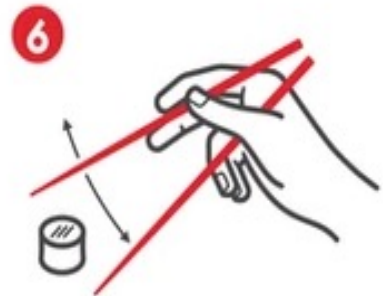
3 Hold the second chopstick between your thumb and index finger



4 Bend your ring finger and pinky. Tuck your ring finger under the lower chopstick.



5 Put your middle finger under the top stick.



6 Move the top stick up and down to grip food, keeping the lower stick still.

Global Eats

CHINA



Global Eats



Better Together

Let the holiday fun begin...with a little friendly kitchen bake off competition



2023 Bake Off Champ

Middle School Staff



Elementary Staff



High School Staff

**Not photo'd: Missing some of our fabulous staff – December 14, 2023