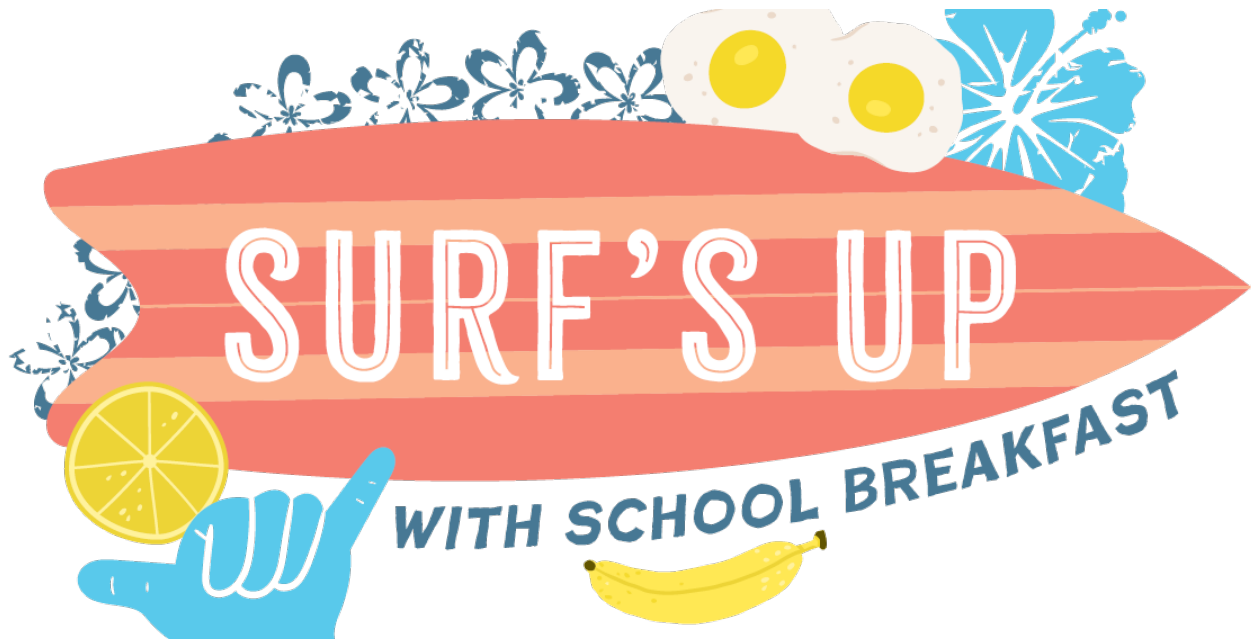


Mattawan Consolidated School March Nutrition Newsletter



Spring Is In The Air! And So Is A Good Breakfast!

Breakfast is often called the most important meal of the day. Breakfast breaks the overnight fasting period. It improves your energy levels and ability to concentrate. Breakfast is available every school day.

Come join us!

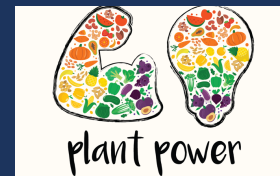


MS. CHRISTINA HALLER
DIRECTOR OF DINING SERVICES
challer@mattawanschools.org

In this issue:

Surf in for Breakfast

Plant
Based
Foods



Events to Look Forward to
This Month, Including:
Global Eats ~ Caribbean

Wildcat P.R.I.D.E.

This Month in Discovery Kitchen

Plant Power is a celebration of plant-based fresh, seasonal and local foods.

With kids placing a high priority on personal health and the health of the planet, protein replacements and vegetarian options are the star of the meal.



plant power

How to Make Aztec Quinoa Bowl

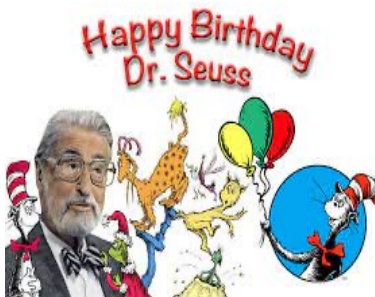


A Reason to Celebrate!

March 2-6, Read Across America Week

Reading is important because it strengthens brain activity, boosts communication skills, helps self-exploration, makes one intellectually sound, it is entertaining, enhances creativity and more. What book are you reading?

(March 2, Dr. Seuss's Birthday)



March 7-11: National School Breakfast Week

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

March 17: St. Patrick's Day

Patrick's Day is the feast day of St. Patrick, a patron saint of Ireland. Originally celebrated with religious feasts and services, St. Patrick's Day became a secular celebration of Irish culture when it reached the United States alongside Irish immigrants. Wear your green!



March is

National Nutrition Month

National Nutrition Month focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

"**Beyond the Table**" addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – even home food safety and storage practices.

Tips:

Learn cooking, food preparation and meal planning skills

Eat with the environment in mind

Enjoy more plant-based meals and snacks

Buy foods in season from local farmers when possible

Eat a variety of foods from all food groups



Join us on a
food
exploration
celebrating
cultural
heritages

Global Eats



Experience the fierce flavors and vibrancy of Caribbean culture, perfecting recipes that include Roasted Jerk Chicken Thighs, Puerto Rican Beef Sancocho, & Spicy Caribbean Island Style Potato Bake.



Food is an essential aspect of many family traditions in Caribbean culture. At holidays and special events, it is very common for people to spend many days preparing food.

Caribbean Regions Include:

- *Cuba
- *Dominican Republic
- *Haiti
- *Jamaica
- *Puerto Rico
- *Bahamas
- *Barbados
- *Trinidad & Tobago



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





Haitian “Pikliz” – Pickled Vegetable Slaw

6 Servings

Ingredients

- 1/8 tsp. – ground cloves
- 1/8 tsp. – ground black pepper
- 3/4 tsp. – kosher salt
- 2 tsp. – minced garlic
- 2 tsp. – fresh sliced jalapeno
- 3 tbsp. – thinly sliced scallion
- 1/2 cup – matchstick cut red bell pepper
- 1/2 cup – shredded carrot
- 1/4 cup – sliced onion
- 1 1/2 cup – shredded green cabbage
- 2 tbsp. – lime juice
- 3/4 cup – apple cider vinegar

Method

1. Combine cabbage, onion, carrot, bell pepper, scallions, jalapeno (thinly sliced), garlic, salt, pepper, and cloves in a bowl. Toss well to combine.
2. Pack vegetables into an appropriately sized food storage container with a tight-fitting lid.
3. Pour vinegar and lime juice over vegetables. Press down on vegetables if needed until they are completely submerged in liquid.
4. Cover with lid and refrigerate for 2 days before serving.

Serve and Enjoy!

Global Eats

chartwells
Discovery
KITCHEN
AT HOME



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Wildcat P.R.I.D.E.



The Mattawan Wildcat P.R.I.D.E. Award is given to those who represent the core values in action; Wildcat Partnership, Respect, Inclusion, Development, and Excellence.

These four dining services staff members were nominated for having perfect attendance for the first semester. Achieving perfect attendance demonstrates an employee's strong work ethic and dedication, as well as fosters team cohesion.



Brooke Gallagher
Elementary Cook



Stephanie Bloomfield
High School Lead

Ann Charles
High School
Team Member



Kristina Treadwell
Middle School Cook

