



Mattawan Consolidated School Food Service Thymes Newsletter

FEBRUARY 2017 NEWSLETTER

Culinary Events

- 2/02/17 Groundhog Day
- 2/06/17 Inclusion Week
- 2/07/17 Card Day
- 2/08/17 Count Day
- 2/09/17 Lucky Tray Day – Elementary
- 2/10/17 Half Day – Sack Lunches
- 2/14/17 Valentine's Day Heart Pizzas
- 2/16/17 Italian Food Day
- 2/20/17 President's Day
- 2/27/17 National Chili Day
- 2/28/17 Mardi Gras

SIMPLY GOOD

This month, our **Food Focus** is on Herbs & Spices. In place of salt, try using dried rosemary, garlic, dill, or basil with a dash of lemon juice for a healthy switch. You might find a new favorite!

SIMPLY GOOD breakfast

Did You Know... Breakfast is available daily in the school cafeteria? Students who eat breakfast have better concentration, are more alert and miss fewer days of school. Start your child's day in a healthy way!

Old Salad Bar

or

New Herb Garden

Our Later Elementary Third Grade Class now has a new portable raised herb garden which is being used as part of their S.T.E.A.M. program as a result of re-purposing an old salad bar that we had sitting in storage. The new herb garden has been retro fitted with grow lights and seed heaters which are connected to a timer so that the plants have the necessary amount of light and heat to grow.

Also, since the unit is mounted on wheels, the garden can be easily moved from classroom to classroom so that each of the teachers can use our Simply Good curriculum, along with their own, to teach the students about herbs and spices, germination, the composition of seeds and plant growth.

Once the herb garden is ready for harvest, we will then use the herbs in another Chefs 2 Schools event where the students will be able to use these fresh herbs in a special recipe.

What a Win Win for Everyone!



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Easy-to-Access School Menus

Easy to access, real time digital menu and nutrition information for you, our valued Mattawan community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone, or visit:
www.mattawanschools.nutrislice.com

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eat.

Strawberry Cinnamon Smoothie

Ingredients:

- ¼ cup Applesauce, unsweetened
- ¼ sup 100% Apple Juice
- ¾ tsp. Ground Cinnamon
- ½ cup Strawberry Yogurt, low fat

Steps:

1. Chill applesauce and apple juice several hours or overnight under refrigeration.
2. Stir yogurt, apple juice and cinnamon together in a large bowl until well mixed.
3. Add applesauce to mixture, stirring until smooth.
4. Keep refrigerated at 40 degrees F or lower until ready to serve.

Enjoy!



Nutrition: 171 calories, 0.9g SatFat, 1.8 g fiber, 4.8g protein, 5.7mg cholesterol - Recipe Yield: (1) 8oz portion

learn.

Cooking Tips with Herbs & Spices

There are many delicious, fresh foods that require little tinkering with flavor. But, when it comes to lightening up recipes, it is important to understand how to keep flavor when reducing fat, sugar or sodium. One way is through the addition of spices and herbs! Lots of dishes create depth by adding herbs and spices to layer flavors. Taste and season throughout the cooking process. It's better to under-season and add more spices, than over-season and be left with a ruined dish. Only add salt at the very end - you may find your dish doesn't even need it!



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The Later Elementary students had a great time during our Chefs 2 Schools Event as they enjoyed a delicious Strawberry Cinnamon Smoothie and the opportunity to take a ride on our very own blender bike.

