

Mattawan Consolidated School Dining Services Fresh Thymes Newsletter

Mattawan Michigan Mondays

Special Events:

Be Sure to mark your calendars for our Tribute to Elvis Birthday Luncheon at our Later Elementary School on January 8th during our scheduled lunch periods where the students and staff will be entertained by our very own Elvis impersonator, Mr. Brian Pickrell.

For lunch, our main menu selection will be a variation of one of Elvis's favorite meals, a Sun-Butter and Banana Wrap.

Be sure to join us and enjoy this once in a life time event.



Fun Food Facts:

The yellow Cavendish bananas most of us eat today have been bred to be seedless. The little black dots in the middle of the banana are immature seeds that won't develop.

Fun Food Facts:

Carrot cookies were a popular Christmas gift among friends and relatives living in the New England states during the 1700s.

In September, Mattawan Consolidated School received the 10 Cent a Meal for School Kids & Farms Grant for serving foods grown by Michigan farms, so that we could purchase Michigan grown fruits, vegetables and legumes.

In conjunction with the grant, since the start of the school year, we have been promoting different Michigan grown products on our menu each Monday.

On Monday December 3, 2018, we had the pleasure of having Ms. Elissa Trumbull, Consultant for the Farm to School 10 cent a meal pilot program, visit Mattawan Later Elementary School.

While here, Ms. Trumbull interviewed and surveyed our 5th grade teachers and students throughout the day as to how the program and our Michigan Mondays were going.

Through our Discovery Kitchen taste test, and throughout the serving lines, the students had the opportunity to sample Apple Crisp, made from Michigan apples, Cinnamon Glazed Multi Colored Rainbow Carrots, and fresh cut Multi Colored Rainbow Carrots.

Needless to say, they were a big hit with the students and staff.

As one 5th grade student said, "When I think of Rainbow Carrots, I think of Unicorns."



Mattawan Consolidated School Dining Services Fresh Thymes Newsletter

Ugly Sweater Day

Did You Know?

“Simply Good” is Chartwells’ nutrition education program that focuses on wholesome school meals, student wellness and nutrition education. Through special events and monthly activities, we promote cafeteria participation in the National School Lunch and Breakfast programs and educate students about the importance of eating healthy, balanced meals and locally grown foods through monthly activities which engage the students.



Did You Know?

Much of the “on the Go” packaging used in our cafes feature the Ingeo trademark which consists of 100% annually renewable materials made from plants. Pactiv Earthchoice PLA (Ingeo) is a natural plastic material made from corn and is 100% annually renewable.

www.earthchoicepackaging.com

David Rose, FMP
Chef/Director of Dining Services
269-668-3361 x1865
drose@mattawanschools.org

On December 18, we held our 4th Annual Food Service Staff Ugly Sweater Contest.

Throughout the week, staff members were able to display their creativity, while interacting and serving students.

As in years past, it has always been difficult to come up with the top three winners, as everyone did such an outstanding job.

This year’s winners included:

- Laura Rench: Elementary School
- Jessica Wilcox: Middle School
- Heidi Fletcher: High School

With this year’s bar being raised again, many of our staff are already planning and designing their sweaters for next year’s competition.



Happy New Year

As we begin 2019 and make our New Year’s resolutions, let’s consider clean eating and living by avoiding or limiting processed and refined foods.

Clean eating can be accomplished by limiting the consumption of processed foods, eating more plant based food items, choosing whole foods in their natural state, reading ingredient labels, eating more balanced meals, avoid skipping meals, and by avoiding sweetened soft drinks.

Many proponents of clean eating believe that it can lead to weight loss, more energy, better sleep, healthier skin and emotional well-being.

So take your time when planning your meals, drink plenty of water and eat slowly.



Mattawan Consolidated School Dining Services Fresh Thymes Newsletter

Cinnamon Glazed Carrot Recipe

Ingredients

- 2 lb. Fresh Carrots, Bias Cut
- 1/8 Cup Light Brown Sugar
- 1/2 tsp. Cinnamon, ground
- 1 Tbs. Canola Oil
- 1/8 tsp. Kosher Salt

portion size: 1/2 cup
servings per recipe: 8

Directions

From the kitchen of Chartwells School Dining
Chef David Rose

Mattawan Consolidated School

- 1 Cook the carrots by boiling or steam until just tender. Drain
- Glaze: While Carrots are cooking, combine brown sugar, cinnamon, salt and oil in a sauce pan. Melt together over low heat, stirring well so there are no lumps. Continue cooking until the glaze thickens slightly, about 3-5 minutes.
- 3 Pour glaze mixture over the cooked carrots and stir together.
Bon Appetit

	KCAL	SatFAT (g)	DFIB (g)	CHOL (mg)	PRO (g)
Totals Per Seving (8 fl. oz)	80	0.2 g	3.3g	0 mg	1.1 g

Nutrient values in this recipe are based on data from the USDA and our supplies.

Cooking is fun and a great activity for the entire family. Students should not make this recipe without their parents permission



David Rose, FMP
Chef/Director of Dining Services
269-668-3361 x1865
drose@mattawanschools.org

Energize your day with a good nutritious school breakfast. A school breakfast gives you more energy, keeps your body healthy and helps you improve your grades!

