



November Titan Food Service

What's New in Your Schools?

We are thrilled to be back serving our district community for the 2022-2023 school year! Thanks to Governor Baker, we can continue to provide **FREE meals to all students for the**

IMPORTANT MENU UPDATE

Last minute menu changes may occur and are out of our control due to the nationwide food supply chain issues.

Posted menus may not reflect these changes.

We appreciate your patience and understanding during this time.

If you have any questions regarding your school's menu, please feel free to reach out to the Food

Fun fact: Kale grow best in cold weather

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POWERUP!

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Whole fruits and vegetables not only provide energy but also contain phytochemicals, which protect us from disease. Colorful berries or fresh salads are great examples that can keep your body going strong.

Harvest of the Month promotes a different Massachusetts-grown crop each month in school cafeterias across the state. With help from the Massachusetts Farm to School Project, our school cafeteria will include produce from local farms



Kale chip Recipe:

1 bunch kale

1 TBS olive oil

1 teaspoon sea salt

Preheat an oven to 300 degrees F

Line a rimmed baking sheet with parchment paper.

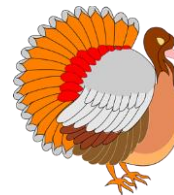
With a knife or kitchen shears carefully remove kale leaves from the thick stems and tear into bite size pieces.

Wash and thoroughly dry kale with a salad spinner.

Drizzle kale leaves with olive oil and toss to combine.

Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.

Bake until the edges start to brown 20 to 30 minutes



Don't forget to take me out of the freezer