

MSD of Pike Township

November 2023 Nutrition Newsletter



The Happiest Place in School Welcomes You!

Welcome to your monthly newsletter! We are excited to share our story with you! We are pleased to share that our program, Global Eats, is proving to be a huge success with students and faculty at Pike High School, Pike Freshman Center, and Pike Preparatory Academy.

Our first stop on the map was Italy! Students got to try an Italian style pasta bake, chicken parmesan, Italian roasted potatoes, and cacio e pepe brussel sprouts.

This month, we are traveling to China, with different Chinese cuisine debuting every Thursday in the high school cafeterias!

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This institution is an equal opportunity provider

Spotlight:

Global Eats:

Hop on the journey with us to introduce our students to flavors from different cultures and cuisines!

Discovery Kitchen:

Let's Get Cooking with New Augusta South and Lincoln Middle School.

Great Apple Crunch:

Lincoln Middle School, NJELC, College Park Elementary, and Guion Creek Elementary "CRUNCHEd" with us in October!

Upcoming Events:

Stay tuned for more updates in our December newsletter!

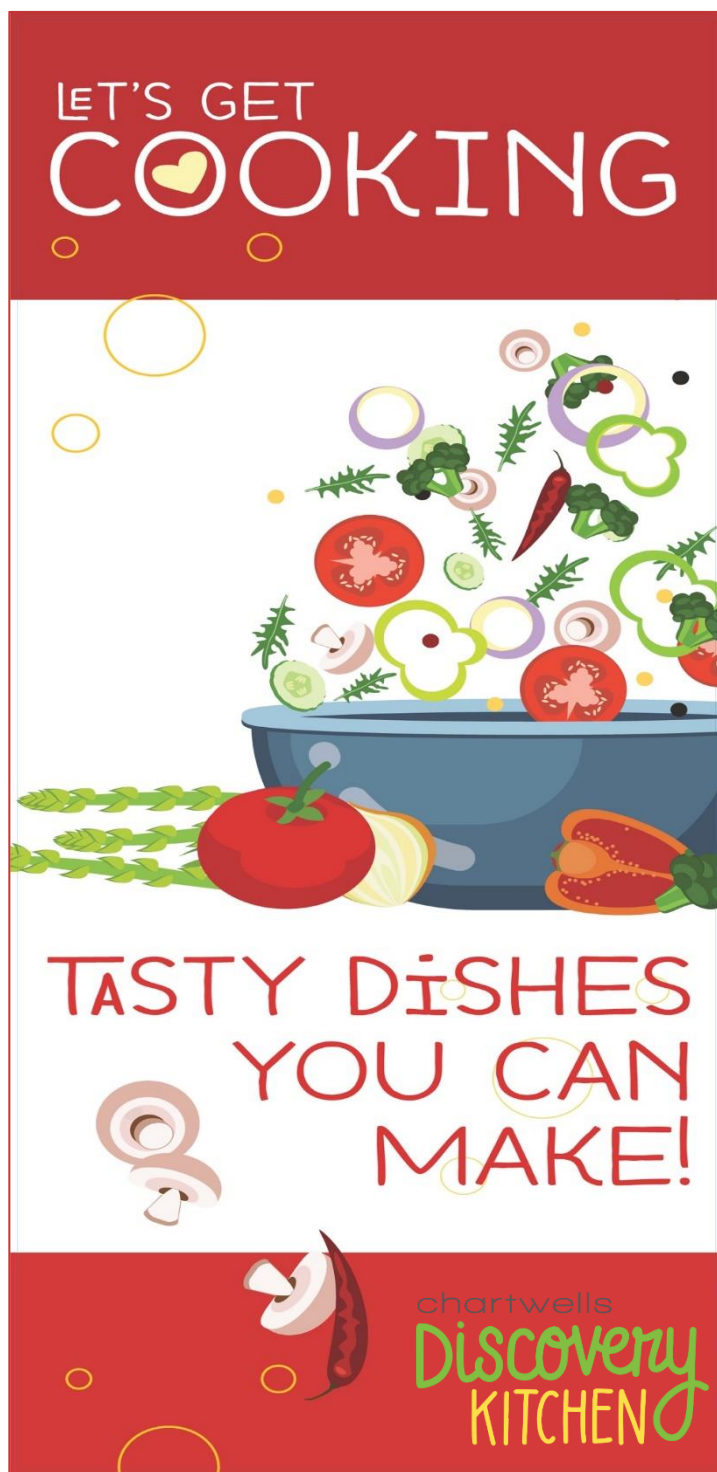
This Month in Discovery Kitchen

November is Let's Get Cooking month in the cafes where we'll be engaging students with delicious recipes, interactive demos, and fun and informative nutrition education. Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends.

This month we will be visiting New Augusta South and Lincoln Middle School to learn about and taste test Pumpkin Cranberry Overnight Oats! Stay tuned for the recipe in the December newsletter!

A Look Back at Last Month

Students at Fishback Creek Public Academy loved the Apple Raisin Salad, with many students giving the recipe two thumbs up! Try this delicious recipe at home! It is packed with vitamin C and antioxidants to keep us healthy during these winter months!



Recipe: Apple Raisin Salad

Ingredients:

- 1 can of apples
(can use canned pears too)
- 3 Tbsp of orange juice
- ¼ cup of raisins
- 1 tsp of cinnamon

Method:

1. Drain the canned fruit
2. Combine all ingredients together in a mixing bowl or pan
3. Cover and chill in the refrigerator until served
4. Enjoy!

**Global
Eats**



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November Global Eats Menu

**Pike High School, Pike Freshman Center, and Pike
Preparatory Academy**

Thursday, November 9th:

General Tso's Chicken, Brown Rice, and Garlic Soy Green Beans

Thursday, November 16th:

Cantonese Style Beef and Pepper Stir Fry with Brown Rice

Thursday, November 30th:

**Sweet and Sour Chicken Vegetable Stir Fry with Ginger Scallion
Steamed Rice**



**Check out the menus for all
of the schools in MSD of Pike
Township on [Nutrislice!](#)**

Better Together

Join us in celebrating some of our community nutrition initiatives from last month!

I N D I A N A



Great Apple Crunch

We celebrated local farmers and local food by crunching into our apples at the same time! Thank you to Purdue Extension for this partnership!



Hispanic Heritage Month

We celebrated many different Latin flavors throughout the district. We also had a taste test of Mexican chocolate popcorn at the Pike High School celebration!



Culinary Kitchen Tours

We have the future of the foodservice industry right here at Pike High School! We partnered with Shannon Taylor's culinary classes to give them the inside scoop on what an industrial size kitchen is like!

Need Meal Ideas?

Check out our quick and easy meal demonstrations and recipes using ingredients from the Pike Red Zone Food Pantry!

Scan the QR code to see our newest recipes!



Dietitian's Corner:

Have you ever heard the saying, “an apple a day keeps the doctor away?” Why are apples so great for us?

- Apples contain vitamin C, B6, K, and are rich in antioxidants
- A raw apple is 86% water, helping to keep us hydrated!
- Apples are a good source of fiber, which keeps our digestive tract healthy.
- Apples can be consumed in many different ways, such as:
 - Raw/on its own
 - A juice
 - Cooked into applesauce
 - Baked