



October 2023 | Food Service Report

Montgomery County Public Schools

Bringing Your Cafeteria to You!

888.272.8106 | TheNutritionGroup.biz |   



Farm to Fork!

Roasted Sweet Potato Salad

Locally Grown Foods in the Cafeteria!

The Nutrition Group's Farm to Fork program promotes locally grown foods and boosts economic development by supporting local farmers while creating learning opportunities for students who are still forming healthy eating habits. Our Farm to Fork program features a hand made recipe each week that utilizes in-season produce.



Christiansburg High

Price's Fork



Shawsville Middle

Christiansburg Middle

Tomato Cucumber Salad



Farm to Fork

Locally Grown Foods in the Cafeteria!

A tomato and cucumber salad can be rich in essential nutrients, such as potassium and vitamin C

KIPPS



Blacksburg Middle



Christiansburg High

Blacksburg High



Farm to Fork

Baked Apples

Locally Grown Foods in the Cafeteria!

Apples are rich in fiber and antioxidants. Eating them is linked to a lower chance of getting many chronic conditions, including diabetes, heart disease, and cancer. Apples may also promote weight loss and improve gut and brain health.



Blacksburg High

**Blacksburg
Middle**



Farm to Fork Creamy Cucumber salad



Locally Grown Foods in the Cafeteria!

From weight loss, better heart health and soothing aches, pains and swellings, there is a good reason why cucumbers are a great choice to have regularly. Hydration is key to maintaining vital body functions

Price's Fork



Margaret Beeks



Blacksburg Middle



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TNG On-Site at Wellness Wednesday

Orange and White Bean Salad

Wellness Wednesday was at Eastern Montgomery Elementary! Students were able to sample our Orange and White Bean Salad! Wellness Wednesday features a healthy recipe that students may normally not try!



TNG On-Site at Auburn High School

Action Station!

District Chef Tammy and DFN Michael
Served up Dumplings for Auburn High



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TNG On-Site at Margaret Beeks Elementary School

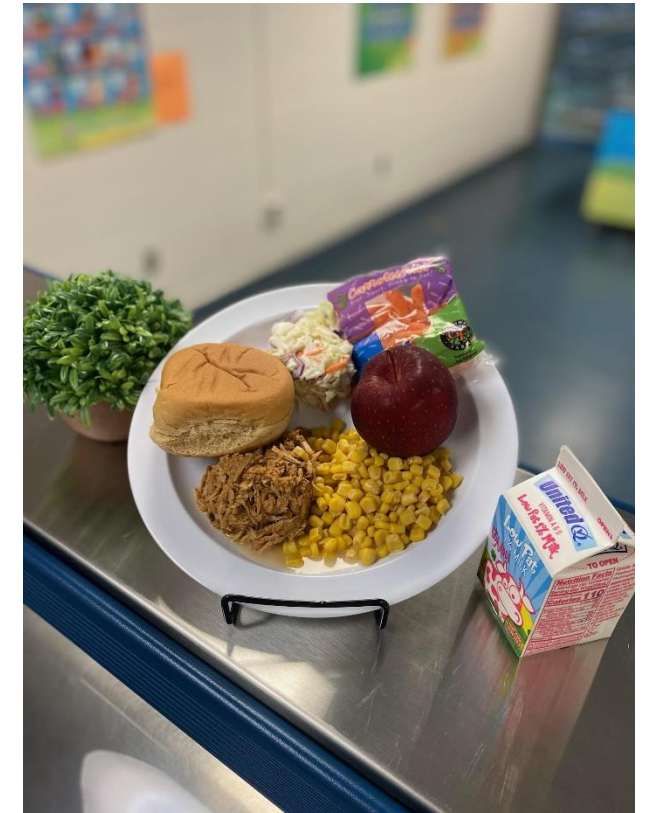
Fall has arrived



TNG On-Site at Christiansburg High School



TNG On-Site at Blacksburg Middle School



TNG On-Site at Price's Fork Elementary



Price's Fork Elementary is always thinking of the kids future. They had Feel Good Fridays to help the kids mental health. They also had a “work a day”, where kids got to pick a job in the school to work. We had two kids who wanted to be chefs so they got to see what a day in the life of our cafeteria workers was like!



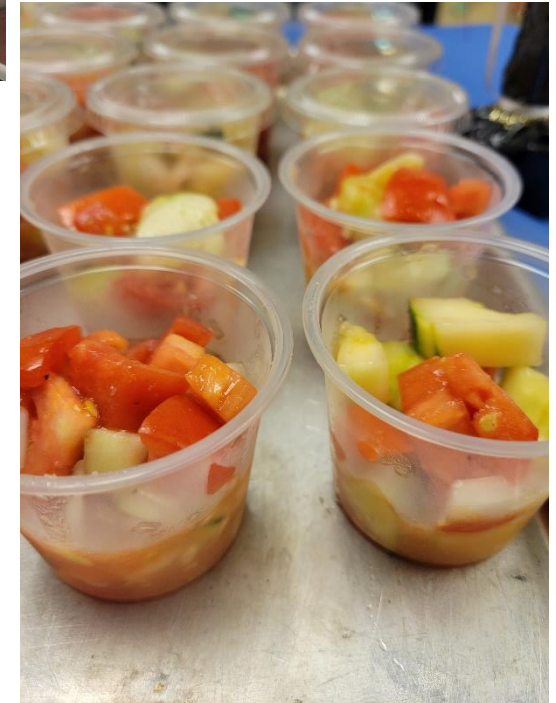
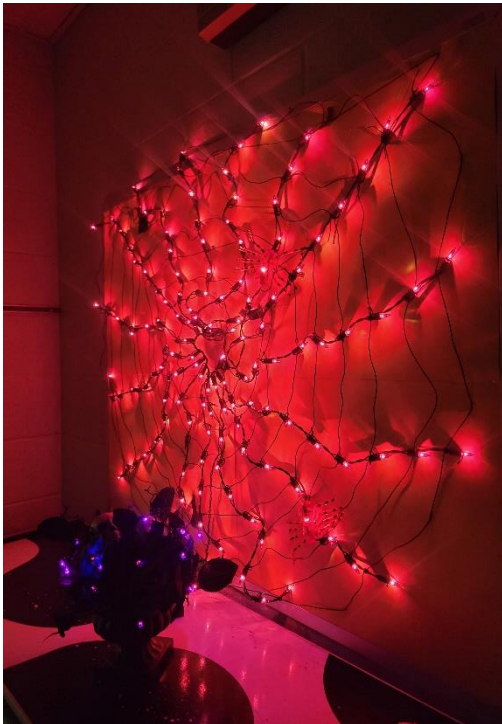
TNG On-Site at Belview Elementary



TNG On-Site at Blacksburg High School



TNG On-Site at KIPPS



Halloween

Spooky good fun in the cafeteria!



Halloween

Spooky good fun in the cafeteria!



The
Nutrition
Group

HAPPY
Yalloween

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Thank You!



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