

# South Whidbey Food Service Monthly Summary

## December Spotlight 2022

This month we continued our focus on new menu items and increasing our options to the menus each day.

We now have 3 offerings for breakfast at the Elementary and 5 offerings for breakfast at the Middle School and High School.

We offer 2-3 options for Elementary School lunch and 9 options for the Middle School and High School lunch.

### Highlights:

- We have served 23,972 meals to students since we opened the doors!
- Purchased 415 lbs of produce from the Garden so far this year.

Each month we promote a new theme with our Discovery Kitchen program. We featured a Cauliflower Mac and Cheese in October as part of a “Seed to Table” promotion. In November it was “Scratch Cooking” which we did at the Harvest Feast (honestly most of our menu is comprised of scratch cooking). This month was “Spice it Up” where we served a Pepperoni Pizza Bake.



In January it is “The Great American Road Trip” and we are featuring Jambalaya as our newest menu addition. We look forward to the feedback.

We also utilize a program called Mood Boost at the K6 campus to educate students about how some foods have properties that can increase your energy, give you strength and make you more alert. We have featured Blueberries, Spinach, Carrots, Cranberries, Beef, Peppers and More.



I also had the opportunity to meet with and collaborate with the students at the High School regarding the Student Store reopening in January.

We are excited about how the rest of the year is shaping up. I hope everyone had a great winter break!

**Sincerely,**  
**Rachael Mathews**