



Nutrition Classes at the K5 Campus



Another fun time working with the K5 PE teachers! Michael and Natasha partnered with me to present new smart snacking ideas to students using our Mood Boost platform. We made Parmesan Kale Chips and Garlic Kale Chips for the kiddos to taste and choose which one was their favorite....Parmesan was the winner!

Students learned that what they put in their bodies will have an affect on their energy, mood and overall health. Several students even asked for seconds! We served the Kale Chips on the Salad Bar as well.



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Discovery Kitchen

Discovery KITCHEN

This month's theme is Summer Fun. We are already planning for the All School BBQ at the Secondary Campus in June. We already did a cheeseburger with scratch made potato salad at the Primary School on April 28th.



MOOD BOOST



Fresh
Strawberry
Yogurt
Parfait

Farm Produce

The farm is at it again. We have had lettuce on all salad bars most days and we expect to continue that for the month of May! We are getting Leaf Lettuce, Spinach, Bok Choy, Arugula and Radishes



LETTUCE

5th Grade Culinary Class's Pass the Plate Event Inspired our Menu!

The Pass the Plate event was so well received that it inspired me to take their meals and put them on the menu this month. We served Empanadas, Flatbread, Tzatziki and Atakilt Wat Stew the week of April 15th.

