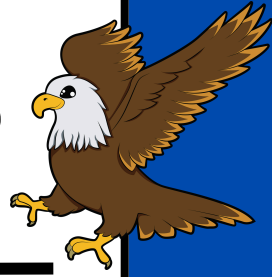


Barbers Hill Independent School District

THE EAGLE EATS

December 2024



Nutrition Tip of the Month:

Winter is the perfect time to enjoy hearty, nutrient-packed produce that thrives in cooler temperatures. Root vegetables like carrots, sweet potatoes, and beets are great options—they're full of vitamins, fiber, and antioxidants that help support your immune system during colder months. Citrus fruits like oranges, grapefruits, and lemons are also in season and packed with vitamin C, which helps keep colds at bay. Don't forget about dark leafy greens like kale and spinach, which are loaded with iron and other essential nutrients. Adding these winter foods to your meals will not only warm you up but also keep you feeling strong and healthy all season long!

Upcoming Dates:

- 12/6: Elementary Domino's Pizza
- 12/16: Elementary & Intermediate Winter Themed Lunch
- 12/19-1/7: Christmas Break

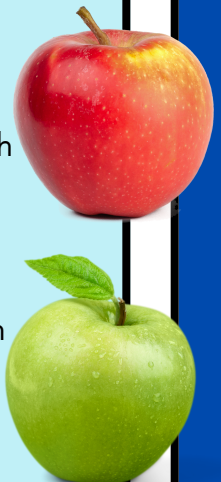
RevTrak:

Make a payment to your student's meal account. Payments made through RevTrak may take up to 24 hours to post to SchoolCafé.

<http://barbershill.revtrak.net/>

Local Produce:

This month, we're excited to highlight apples from Top of Texas Farms in Farewell, Texas, as our local produce of the month! Top of Texas Farms grows apples in the region's ideal climate—warm days and cool nights—which creates the perfect conditions for sweet, crisp apples. These apples come in a range of delicious types, from tart Granny Smiths to sweet Fujis and Gala apples. Not only are they a tasty and nutritious snack, but apples are also packed with vitamins, fiber, and antioxidants that help boost students' health and energy. Enjoying locally grown apples supports Texas farmers and provides fresh, seasonal produce that's both good for you and good for the community. Look for them in your school meals this month!



Barbers Hill Independent School District

Ensure Your Child's Meal Account Stays Funded!

Keeping your child's meal account funded is simple with these helpful tools:

- Use [RevTrak](#) for Payments – RevTrak is the district's online payment system where you can make one-time payments. You can also set up recurring payments by enabling the auto-replenish feature.
- Manage Your Child's Account in [SchoolCafé](#) – SchoolCafé allows you to view your child's meal account balance, review transaction history, and set up a-la-carte restrictions. You can also sign up for low-balance reminders to stay ahead of account needs.
- Pay with Cash or Check in the Cafeteria – You can also send cash or a check with your child to make payments directly in the cafeteria.

With RevTrak and SchoolCafé and in-person payment options, managing your child's account has never been easier!

Employee Spotlight:

This month, we're shining a spotlight on Caysie Serna, a dedicated member of the School Nutrition Department! Caysie joined Barbers Hill in March 2022 and has worked at both Elementary North and Intermediate North. Last school year, she was promoted to Manager at Intermediate North, where she continues to make a positive impact. One of Caysie's favorite parts of her job is introducing students to healthy foods they may have never tried before. She recently had a student try grapefruit for the first time, and after tasting it, the student was excited to report how much they liked it! Caysie knows that students who eat healthier lunches tend to perform better academically, and she's passionate about helping our Eagles strive for excellence. We are lucky to have her on our team!

