

# Okanogan School District Food Service Newsletter

# December



## What's New in the Cafeteria?

Welcome to your monthly newsletter from Chartwells! We are excited to share our story with you. Over the past few months, we have been serving up happy and healthy throughout the district with a variety of new recipes and programs.

Each month we introduce a new Discovery Kitchen theme which are designed to bring a fun and inspiring sense of food discovery to our students and school communities.

The month of December is "Spice It Up". Spices and herbs have the ability to transform ingredients to create a flavorful meal or a traditional cultural or regional experience without sacrificing the nutritious qualities of food.

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# A Reason to Celebrate!

## December 11: Have a Bagel Day

Enjoy a bagel and cream cheese on bagel day for breakfast in the cafeteria!

## December 13: Hot Cocoa Day

It might be cold outside, but we can warm things up with Hot Cocoa Day! Tiz the season to be cozy and warm after a busy day!

## December 31: New Years Eve

From all of us to all of you, we wish you and your family a happy and healthy New Year!



# DISCOVERY KITCHEN FUN

## Spice It Up!

**Spice It Up** is a celebration of international recipes that are proven to raise the bar of the spice rack. It empowers students to cook with seasonings that are sure to spice up any meal with their family and friends. Throughout December, we'll engage students with fresh recipes, delicious demos, and fun and informative nutrition education.

Get ready to add a little spice to your day!

chartwells  
**Discovery**  
**KITCHEN**

# AT HOME



Baked fruits are a delicious dessert sweetened naturally with spices. Try adding cinnamon or nutmeg for extra flavor and sweetness!



## Corn & Pineapple Salsa

### INGREDIENTS

- 1 Cup – kernel corn
- 1 cup – diced fresh pineapple
- 3 tbsp. – diced red onion
- 2 tbsp. – lemon juice
- 2 tbsp. – chopped fresh cilantro
- 2 tsp. – granulated garlic
- ½ tsp. – ground cumin
- 1 tbsp – minced jalapeno
- ½ tsp. – salt

Servings: 4-6

### METHOD

- 1) Combine all ingredients and refrigerate for 1 – 2 hours before serving.

#### Serve & Enjoy

#### Notes:

- You may adjust quantity of jalapeno based upon your heat preference.
- You can use canned pineapple in place of fresh if it is not available.

This salsa is a great topping for just about anything off the grill!