



Holidays are sweet!

With Valentine's Day quickly approaching, we're looking at the added sugars in some of the most popular V-Day treats.

#1 Sweethearts. Sweetheart candies make up 40% of Valentine's Day candy sold. One serving of Sweethearts contains 22 grams of sugar.

#2 Heart Shaped Boxes of Chocolate. The famous Valentine's Day gift typically contains between 25 and 30 grams of sugar.

#3 Hershey Kisses. Each Hershey Kiss contains 2.6 grams of sugar.

Indulge your sweet tooth mindfully this Valentine's Day!

Easy Strawberry Shortcake

Make Valentine's Day Sweet with this at home strawberry shortcake

Makes 6 child-size servings

Ingredients

- 3 biscuits cut in half
- 4 oz reduced-fat cream cheese, room temp
- 2 Tbsp Honey
- ¼ tsp Vanilla Extract
- 2 cup frozen sliced strawberries, thawed
- 2 Tbsp Milk

Directions

- Remove strawberries from freezer and allow to thaw in a bowl.
- Prepare biscuits following package directions. Cut in half
- In a small bowl mix together cream cheese and milk. Stir in honey and vanilla.
- Spread a generous tablespoon of cream cheese mixture on each biscuit half. Top with 1/3 cup of thawed strawberries.



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Online Menus

How to find them and what do they tell you?

Follow the link and choose your desired school menu. Each menu item is listed separately, making it easy to find the serving size provided as well as nutrition facts!

Find online menus:

<https://saultschools.nutrislice.com/>

Employee Spotlight

Meet the Director



Jordan Harris is a registered dietitian, school nutrition specialist, and your food service director. After graduating from Sault High in 2010, Jordan attended Michigan State University where she received a degree in dietetics with a specialization in health promotion. Since graduating her career focus has been child nutrition with experience in both a public and clinical setting. Jordan uses her nutrition background to design healthy, age-appropriate menus and ensure safe meals for those students with special dietary needs.

Outside of the school's kitchen Jordan can be found curled up with a book or in her own kitchen practicing for a shot on Holiday Baking Championship.

Looking Back

Kitchen staff at Sault High showing their spirit during Homecoming.



The Grinch made an appearance at Sault Middle School over the holidays.



Students from local pre-schools and elementary classes enjoyed cookies made in the Sault High kitchen.

