



# Sault Ste Marie Area Public Schools Food Services Newsletter

April 2025



## National School Breakfast Week!

March 2nd through the 6th Sault Area Schools "clued-in" to National School Breakfast Week!

Sault Area Schools proudly serve breakfast daily to all students, free of charge.

These breakfasts include age appropriate, nutritious, low sugar and whole grain options to help students start their day!



MS. Jordan Harris, RD, SNS  
Director of Dining Services  
906-632-5656  
Jharris-sas@eupschools.org

## Easy Overnight Oats

Start mornings off right with this simple-to-prepare take on the breakfast staple!

### Ingredients

- 1/3 cup milk
- 1/4 cup Greek yogurt
- 1/4 cup rolled oats
- 2 Tsp chia seeds
- 1/4 tsp ground cinnamon or more to taste
- 2 Tsp Honey

### Directions

- Combine milk, yogurt, oats, honey, chia seeds, and cinnamon in a 1/2-pint jar with a lid; cover and shake until combined.
- Cover and refrigerate 8 hours-overnight.
- When ready to eat, add desired toppings! Blueberries, raspberries, honey, pecans, walnuts, etc.



## 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

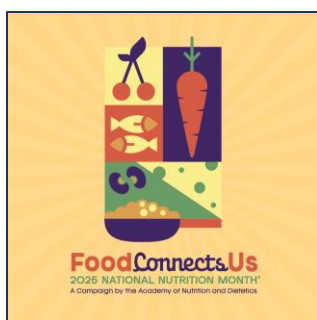


Sandy St. Onge and Tony Sauro, from the Food Service Department, were recently awarded the Sault High Hard Hat Award. Sandy and Tony were recognized for their hard work and dedication to making breakfast and lunch for our students safe, healthy, and enjoyable!

Sandy has been working at the Sault High School for 26 years and Tony for 13!

## Looking Back

During the month of March, the High School menu included two feature options to highlight National Nutrition Month!



National School Breakfast Week was celebrated March 2nd through March 6th!



See page 2 for an easy and healthy breakfast recipe!



This institution is an equal opportunity provider.