



NUTRI-SERVE

FOOD MANAGEMENT, INC. by Metz

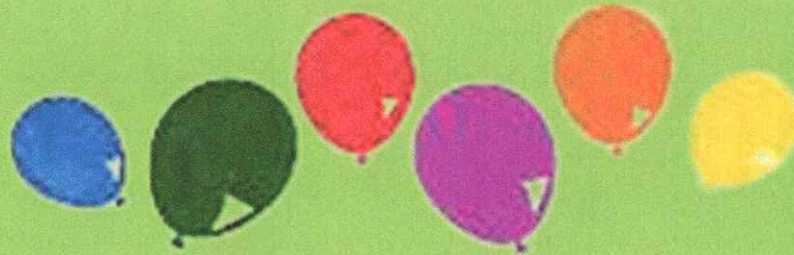


SCHOOL IS IN SESSION!



Back to School SY25/26

Happy September 2025! 🎉 Welcome back to school! The Nutri-Serve team can't wait to serve up tasty, power-packed meals to keep students energized and ready to conquer the day—every single day! 💪 🍏 🥪








The Significance of September

September is a month of transition. It brings the return to school, the end of summer, and the start of Fall. As the leaves turn and the air cools, harvest season is in full swing. Seasonal favorites like sweet potatoes, kale, Brussels sprouts, broccoli, and cauliflower take center stage, along with fruits such as apples, pears, and grapes at their peak. Packed with nutrients, these fresh foods provide a wide range of health benefits—and Nutri-Serve is proud to feature them in our menus in delicious ways.



The Power of Cruciferous Veggies

 **Health Benefits of Cruciferous Vegetables** Cruciferous vegetables—like broccoli, cabbage, cauliflower, kale, and Brussels sprouts—are packed with nutrients that are great for your body.

-  **May Help Protect Against Cancer-** These veggies have special natural compounds that may help your body fight off certain types of cancer by protecting your cells and reducing inflammation.
-  **Boost Your Immune System-** They're rich in vitamins like C and E, which help keep your immune system strong and protect your body from illness.

Super Hero Cruciferous Veggies



Good for Digestion- Cruciferous vegetables are full of fiber, which helps with digestion, keeps your gut healthy, and helps you feel full longer.



Support Heart Health- Eating these vegetables may help lower your risk of heart disease by keeping your blood vessels healthy and reducing cholesterol.



Help Your Brain Stay Sharp- Nutrients in cruciferous veggies can support brain health and may help keep your memory strong as you age.



Low in Calories, High in Nutrients- You get a lot of important vitamins and minerals without eating a lot of calories—perfect for a healthy diet!

School Meals Matter

At Nutri-Serve, our menus are guided by USDA standards under the National School Meal Program. Each meal includes a balanced combination of protein, whole grains, fruits, vegetables, and milk to support healthy growth and learning.

**Milk hydrates
& supports
bone growth!**



**Protein
promotes growth
and healing!**



**Whole Grains
balance energy
levels!**



**Fruit is packed
with vitamins
and Minerals!**



**Veggies, like
fruit, are packed
with them too!**



Snacking Matters Too

What Is a Snack?

A snack is like a mini meal—meant to give you energy between meals and activities. A snack is not a treat! It's fuel for the body.

A healthy snack should include at least two food groups, such as **fruit**, **vegetables**, **protein**, or **whole grains**.

Snacks should be nutritious and limited in added sugar and sodium. Portion sizes are typically smaller than regular meal portions.

Don't confuse a snack with a treat!

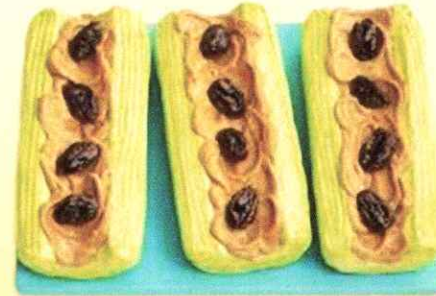
A treat is often salty, sweet, or both. It's meant for special occasions and shouldn't be eaten as often as snacks. Treats are often called "empty calories" because they provide little to no nutritional value. This is a "sometimes" food.

Fun Food Holidays in September

Sept 5 Cheese Pizza Day



Sept 16 Guacamole Day

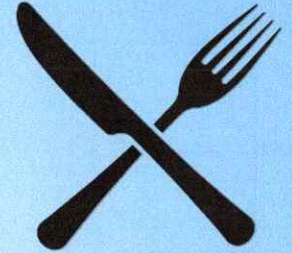


Sept 10 Ants on a Log Day

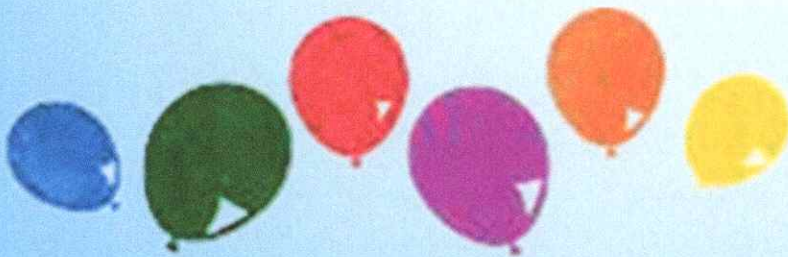


Sept 25 Quesadilla Day

Try These at Home-Recipes By Metz



- OVEN ROASTED BRUSSEL SPROUTS
- BROCCOLI & CHEESE QUESADILLA
- CAULIFLOWER CRUST CHEESE PIZZA
- VEGAN CAULIFLOWER MASHED POTATOES
- "KALE" SADILLA"



Try These at Home-Recipes By Metz

Oven Roasted Brussels Sprouts-5 servings

Ingredients:

- 1) 20oz Fresh Brussel Sprouts
- 2) 1 and ½ TBSP Extra Virgin Olive Oil
- 3) Pinch of Crushed Red Pepper
- 4) Pinch of Salt
- 5) ½ TSP Fresh Thyme



Instructions

- 1) Preheat the oven to 350F.
- 2) In a small bowl, mix oil, pepper, salt and fresh thyme.
- 3) Place on a roasting tray.
- 4) Roast for 15 minutes.



Broccoli and Cheese Quesadilla-2 whole units

Ingredients:

- 1) 2-10in Soft Flour Tortilla
- 2) ¼ Cup Shredded Mozzarella
- 3) 1 and ½ Cup shredded Monterey Jack Cheese
- 4) 8 oz steamed Chopped Broccoli
- 5) 2 TSP Chopped Cilantro



- 1) Combine cooked broccoli, cheese, and cilantro into a bowl. Mix well. Place the tortilla on a flat hot surface.
- 2) Place mixture onto half of the open tortilla. Fold in half and cook on each side until the cheese melts and the tortilla is golden brown.
- 3) Cut into desired number of slices and enjoy.

Vegan Cauliflower Mashed Potatoes- 6 servings

Ingredients:

- 1) ¼ cup Roasted Garlic
- 2) 2lb Yukon Gold Potatoes
- 3) 1 lb Fresh Cauliflower
- 4) 2 oz Vegetable Oil blend
- 5) Salt to taste
- 6) Black Pepper to taste



- 1) Bring 2 large pots of water to a boil.
- 2) Place potatoes in one pot and the cauliflower in the other. Cook potatoes for 25-35 minutes and cauliflower for 15 minutes.
- 3) In a food processor, puree cauliflower, roasted garlic, oil, salt, & pepper.
- 4) Allow potatoes to cool before handling. Remove skin and mash. Combine mashed potatoes and cauliflower. Mix until combined evenly.
- 5) Season with spices and heat to a minimal internal temperature of 165F.
- 6) Serve while hot and enjoy.

"Kale" sadilla- 2 whole units

Ingredients:

- 1) 3 TSP Canola Oil
- 2) ½ TSP Ground Cumin
- 3) 3 oz Shredded Cheddar Cheese
- 4) 2- 10 inch Soft Flour Tortilla's
- 5) 1.3 oz Chopped Bell Pepper
- 6) 1.3 oz Chopped Red Onion
- 7) 1.5 oz Thinly Sliced Kale



- 1) In a small sauteing pan, combine oil, cumin, peppers, & onions. Sautee for 3 minutes or until the veggies have softened.
- 2) Sprinkle in more cumin and kale into the sauté pan. Cook on high temp for approx. one minute. Reduce heat, cover, and let simmer for about 3 minutes or until Kale is tender.
- 3) Place flour tortillas on a hot heating surface. Heat on both sides for 1 minute each side.
- 4) Place mixture on half of the tortilla. Fold and cook on both sides until golden brown. Cut into desired pieces and enjoy.