



Monthly Munch

Nutrition Newsletter
December 2025



December is Brussels Sprouts Month



As we head into the winter months, December is the perfect time to focus on winter wellness. Choosing seasonal produce like brussels sprouts, squash, cranberries, and citrus fruits ensures peak nutrition throughout the colder months. Prioritizing seasonal immune-boosting produce and staying hydrated can keep everyone feeling their best this holiday season. We wish all of our students, staff, and families a nutritious and joyful December!

Recipe Corner

Celebrating Brussels Sprout Month

December is the perfect time to shine a spotlight on one of winter's most underrated vegetable, brussels sprouts! Packed with Vitamin C, fiber, and antioxidants, this powerhouse vegetable is perfect for supporting our immune systems during cold and flu season. Brussels sprouts are incredibly versatile and can be served roasted, sautéed, or even shaved into a salad. Try our student-approved sweet chili roasted brussels sprouts at home this winter!

