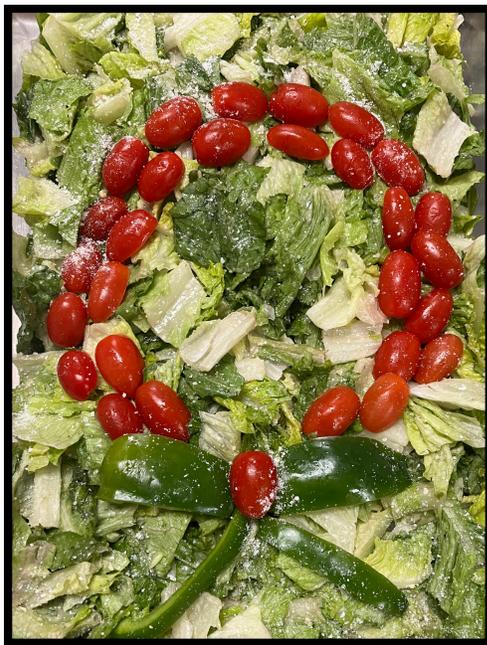


December 2025



# Fueling Our Falcons

## Food Service Family Update



Our Nutrition Group staff had a great time participating in spirit weeks across the schools! They embraced the holiday fun and even brought the festive spirit into the meals we served for students to enjoy.

Fruity Fridays highlight fresh fruit and nutrition infographics to help students and staff learn about the vitamins and minerals found in their foods.



During winter, **vitamin C** is essential for boosting immunity and keeping colds at bay. Incorporate more vitamin C-rich fruits into your diet to stay healthy and energized this season.

**NUTRITIONAL BENEFITS OF VITAMIN C**



Vitamin C boosts immunity, reduces fatigue, and promotes skin health, making it crucial during cold winter months.



Strawberries and bell peppers provide high levels of vitamin C, supporting overall health and a strong immune system.



Fruits like oranges and kiwis are excellent sources of vitamin C, helping to ward off winter illnesses.



Students loved Molly the Cow visiting their schools! From high-fives and hugs to plenty of string cheese, Molly brought lots of smiles and excitement to the day.

### Coming Up in January 2026!

- 1/7 - Nutrition Expedition - Thailand - Samples of Curry Chicken offered at all elementary schools
- 1/16 - Fruity Friday - Mandarin, Honey, Mint Fruit Salad @ MS
- 1/22 - Winter Beach Party - all elementary schools
- 1/30 - Farm to Fork - Broccoli @MS
- End of January/February 100% Fruit Juice Slushies at PGHS