November Cafeteria News

Meet the Cafeteria Staff: This month we meet the staff of the Middle School Kitchen. Left to Right: Sharayah Burns (kitchen Lead), Stephanie Seymour, Gretchen Penick and Vickie Morin.

This month we visit Korea. We will enjoy Korean Beef Bulgogi, Asian Brown Rice and Korean Kimchi on November 4th at the High School.

Introducing a new Limited Time Offer campaign during the months of November, December and January. We will feature a new wrap and roll recipe once a month at the High School. November will feature a Chicken Fajita Wrap on Friday, November 20th . Get ready to roll up the flavor, wrap up the fun and turn up the taste!

NUTRITION: GAME ON!

A fun, immersive nutrition program that turns healthy eating into a monthly adventure through storytelling, recipes, and hands-on experiences. This new program will launch at LV Intermediate on November 18th.

Congratulations to Taylor Seymour in the Elementary Kitchen- she was recognized by the district for being a part of the team to make Grandparents Day a success at the Elementary

October's Cheer Award winner is Mary Stewart from the High School Kitchen. This year we introduced a new SONO station twice a week and Mary has taken that task on (along with pizza preparation the other 3 days a week) and done a great job. It's a very popular option and she does fantastic with its operation!

November Events

November 4
Global Eats- Korea

November 12
Community Veterans Day Breakfast

November 13, November 16
No School

November 18
NUTRITION :GAME ON INTRODUCTION
This will be a new monthly program at LV Intermediate

November 20
Intro of Wrap and Roll
Try a fajita chicken wrap at the HS

November 24th
Thanksgiving Meal Served
Turkey, mashed potatoes and gravy, green beans, dinner roll and peach crisp

November 25-30
No School –Thanksgiving Break

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This institution is an equal opportunity provider.

NOVEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 **Election Day**	Global Eats 4 Global Eats Event at High School	5	6
9	10	11	12 Veterans Day Community Breakfast	13 **World Kindness Day**
16 	17	NUTRITION: GAME ON! 18 Game On Intro at Elementary	19	20 Fajita Chicken Wrap-HS
23	24 **Thanksgiving Meal for lunch-all buildings**	25 	26 **Thanksgiving**	27
30 				

WACKY WEDNESDAY @ HIGH SCHOOL

2mato

Wacky Wednesday Pizza Special will be continuing at the High School pizza station:
November 4th- Chicken Bacon Alfredo Pizza
November 11th- Beef Bulogi Pizza
November 18th- Pepperoni and Mushroom Pizza

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Happy Halloween

The HS went all out this Halloween. Thank you Mr. Smathers for playing along!

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All buildings enjoyed National School Lunch Week the week of October 12th with a menu centered around Circus Fair Foods with special “lucky tray” prizes each day.

DOUGHLICIOUS. DELIVERED.
PIZZA DAZE

High School enjoyed a WACKY WEDNEDAY Special pizza each week of October.
Week 1- Hawaiian Pizza
Week 2- Hot Honey Chicken Pizza
Week 3- Pickle Pizza
Week 4- Margherita Pizza

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Cranberry Apple Relish

INGREDIENTS

1 ½ lbs. – fresh cranberries

1 lb. – diced apple

1 cup – granulated sugar

½ cup – raisins

1 cup – apple juice

Servings: 4-6

METHOD

1) Combine all ingredients in a pot and simmer until the cranberries begin to break apart.
2) Cool and serve.

Serve & Enjoy

Notes:

- If the cranberries are still too tart, you may add some apple juice concentrate or apricot jam.
- You may use frozen cranberries if fresh are not available.

TASTY DISHES YOU CAN MAKE!

Fun Facts

Anthocyanins in cranberries are responsible for their dark red color. Getting your fill of anthocyanin-rich fruits, such as cranberries or blueberries may help boost your overall health as well as your ability to concentrate.

You've heard that an apple a day keeps the doctor away, it also contains phytonutrients, which help protect your brain.

Cranberries grow low to the ground on a vine in a bog. To harvest them, the bog is flooded with water and the farmers use a tool to loosen them from the vine. Cranberries have a small air pocket so once they're removed from the vine, they float to the top.

Cranberries are one of only a few fruits that are native to North America. Only about 5% of cranberries are sold fresh, the remaining 95% are used as juice, dried, or turned in sauce and jellies.

Raisins are dried grapes and are a delicious, convenient and affordable addition to recipes, snacks and meals—they add a bit of sweetness while boosting nutrition.