

Clementon School District

December 2015 Monthly Update

Nutri-Serve's Nutrition Intuition Newsletter

This monthly newsletter is posted on the Cafeteria Tab on the School's website. It is written by Nutri-Serve's Corporate Dietitian, and provides topics and tips to guide families in discussion on topics such as healthy eating, exercise and more!

Healthy eating is not an intuitive behavior, but a learned practice. Family discussion and setting a positive example for the younger generation can be a great starting point.

The goal of *Nutri-Serve's Nutrition Intuition* is to make educating your child on nutrition informative and fun all at the same time.

Each issue includes:

- ◆ A main focus. Topics so far include:
 - ◆ Having an apple tasting with your child
 - ◆ The importance of family meals
 - ◆ Making the perfect parfait at home
 - ◆ Keeping your appetite in check during the holidays
- ◆ A fruit friend & veggie visitor featuring:
 - ◆ Fun facts
 - ◆ Jokes
 - ◆ History
- ◆ The story of Nutri-Serve
 - ◆ Who we are and how we came to be
 - ◆ Explanation of our nutrition education concept *Balloons for a Balanced Lunch*.

December Fun Days (Highlighted on Menu)

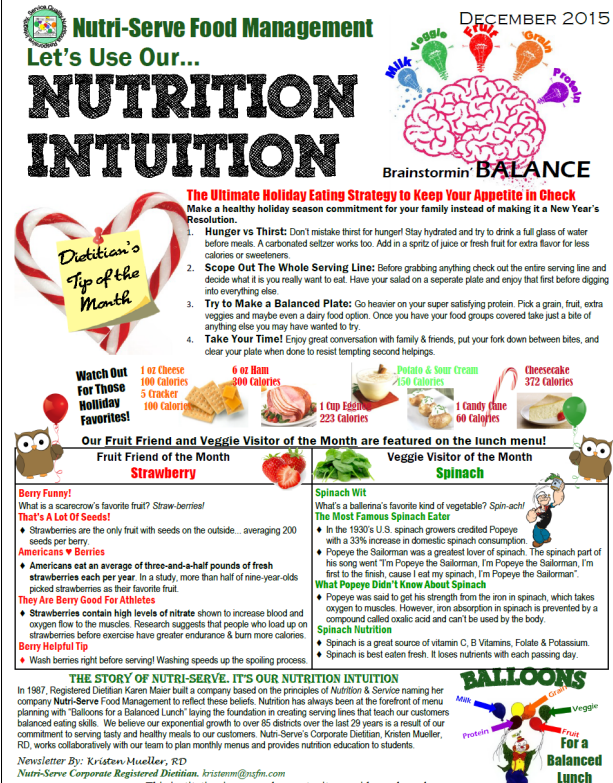
December 14: Breakfast For Lunch!

Pancakes and Sausage for Lunch is always one of our biggest sellers. We served this meal with warm strawberry topping.



December 17: Holiday Meal!

We served a home-style Turkey Feast with Stuffing and Gravy. This special meal came with the student's preference of Red or Green Jell-o. The Lime Green Jell-o was the favored choice.



Nutri-Serve Food Management
Let's Use Our...
NUTRITION INTUITION
Brainstormin' BALANCE

DECEMBER 2015

The Ultimate Holiday Eating Strategy to Keep Your Appetite in Check
Make a healthy holiday season commitment for your family instead of making it a New Year's Resolution.

- Hunger vs Thirst:** Don't mistake thirst for hunger! Stay hydrated and try to drink a full glass of water before meals. A carbonated seltzer works too. Add in a spritz of juice or fresh fruit for extra flavor for less calories or sweeteners.
- Scope Out The Whole Serving Line:** Before grabbing anything check out the entire serving line and decide what it is you really want to eat. Have your salad on a separate plate and enjoy that first before digging into everything else.
- Try to Make a Balanced Plate:** Go heavier on your super satisfying protein. Pick a grain, fruit, extra veggies and maybe even a dairy food option. Once you have your food groups covered take just a bite of anything else you may have wanted to try.
- Take Your Time!** Enjoy great conversation with family & friends, put your fork down between bites, and clear your plate when done to resist tempting second helpings.

Watch Out For Those Holiday Favorites!

- 1 oz Cheese: 100 Calories
- 5 Cracker: 100 Calories
- 6 oz Ham: 300 Calories
- 1 Cup Potato: 223 Calories
- Potato & Sour Cream: 150 Calories
- Cheesecake: 372 Calories
- 1 Candy Cane: 60 Calories

Our Fruit Friend and Veggie Visitor of the Month are featured on the lunch menu!

Fruit Friend of the Month: Strawberry

Veggie Visitor of the Month: Spinach

Berry Funny!
What is a scarecrow's favorite fruit? Straw-berries!
That's A Lot Of Seeds!
• Strawberries are the only fruit with seeds on the outside...averaging 200 seeds per berry!
Americans ♥ Berries
• Americans eat an average of three-and-a-half pounds of fresh strawberries each per year. In a study, more than half of nine-year-olds picked strawberries as their favorite fruit.
They Are Berry Good For Athletes
• Strawberries contain high levels of nitrate shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercise have greater endurance & burn more calories.
Berry Helpful Tip
• Wash berries right before serving! Washing speeds up the spoiling process.

Spinach Wit!
What is a ballerina's favorite kind of vegetable? Spin-ach!
The Most Famous Spinach Eater
• In the 1930's U.S. spinach growers credited Popeye with a 33% increase in domestic spinach consumption.
• Popeye the Sailorman was a greatest lover of spinach. This spinach part of his song went "I'm Popeye the Sailorman, I'm Popeye the Sailorman, I'm first to the finish, cause I eat my spinach, I'm Popeye the Sailorman".
What Popeye Didn't Know About Spinach
• Popeye was said to get his strength from the iron in spinach, which takes oxygen to muscles. However, iron absorption in spinach is prevented by a compound called oxalic acid and can't be used by the body.
Spinach Nutrition
• Spinach is a great source of vitamin C, B Vitamins, Folate & Potassium.
• Spinach is best eaten fresh. It loses nutrients with each passing day.

THE STORY OF NUTRI-SERVE. IT'S OUR NUTRITION INTUITION
In 1987, Registered Dietitian Karen Maier built a company based on the principles of Nutrition & Service naming her company Nutri-Serve Food Management to reflect these beliefs. Nutrition has always been at the forefront of menu planning with "Balloons for a Balanced Lunch" laying the foundation in creating serving lines that teach our customers balanced eating skills. We believe our exponential growth to over 85 districts over the last 29 years is a result of our commitment to serving tasty and healthy meals to our customers. Nutri-Serve's Corporate Dietitian, Kristen Mueller, RD, works collaboratively with our team to plan monthly menus and provides nutrition education to students.
Newsletter By: Kristeen Mueller, RD
Nutri-Serve Corporate Registered Dietitian. kristenm@nsfm.com
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December 22: 1st Day of Winter!

To celebrate we served Frosty's Grilled Cheese, warm tomato soup, Cheesebrrrrrr-gers, and a Holiday cookie (a sugar cookie topped with Blue, White, Red, or Green Sprinkles).



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December 2015 Happenings!



The kitchen was decorated for the Holidays. Colorful table clothes, decorations and cutouts with snowmen decorated the serving area, cashier lines, and condiment station.

We teamed up with Kate Teschner and Community Education in planning and serving Breakfast with Santa. This was our third year participating in this community event, and the largest number of guests (110) that joined us.



Check out what's cooking in Your School District!

Sugar Cookie!

The students loved selecting their favorite color.



INTRODUCING...

Pizza Maker Kit

This new entree is a Flatbread served with a cup of pizza sauce, and mozzarella cheese. The students can make their own pizza and eat it cold - just like a lunchable kit. It comes with all of the menu sides: milk, two vegetable choices, and two fruit choices.

Please Detach and Return to Food Service Director

We Want Your Opinion:

Name: _____

Date: _____

I would like more information on: _____

I would like to suggest: _____

I am concerned about: _____

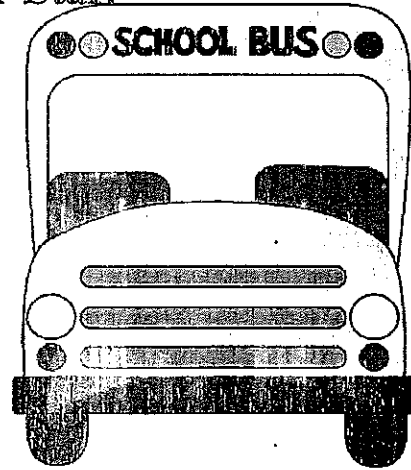
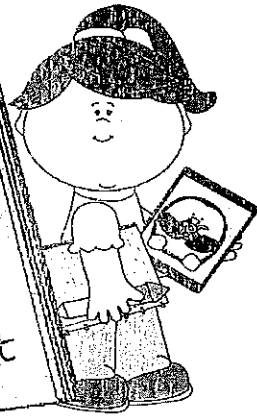
Food Contact: Cathy Macaluso, Food Service Director 856-783-2300 X1023, cle@nsfm.com



Be An After School Snack All-Star!

Snack Includes:
Milk or 100% Juice

**January 2016
All Star After
School Snack
Menu**
Clementon
School District



We Use
Whole Grain
Products!

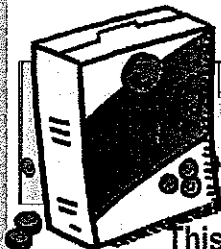
Friday-Jan 1
Baby Carrots & Graham Crackers
Sides: 100% Fruit Juice or Milk Choice

Monday-Jan 4	Tuesday-Jan 5	Wednesday-Jan 6	Thursday-Jan 7	Friday-Jan 8
Doritos Cool Ranch Sides: 100% Fruit Juice or Milk Choice	Quaker Snack Mix Kids Mix Sides: 100% Fruit Juice or Milk Choice	Sliced Apples w/ 2 Pretzel Rods Sides: 100% Fruit Juice or Milk Choice	Goldfish Crackers Cheddar Flavored Sides: 100% Fruit Juice or Milk Choice	Baby Carrots & Graham Crackers Sides: 100% Fruit Juice or Milk Choice
Monday-Jan 11	Tuesday-Jan 12	Wednesday-Jan 13	Thursday-Jan 14	Friday-Jan 15
Smartfood Popcorn White Cheddar Sides: 100% Fruit Juice or Milk Choice	Elf Grahams Chocolate Sides: 100% Fruit Juice or Milk Choice	Apples Sauce w/ 2 Pretzel Rods Sides: 100% Fruit Juice or Milk Choice	Cheese Stick Mozzarella Sides: 6 oz 100% Fruit Juice or Milk Choice	Baby Carrots & Graham Crackers Sides: 100% Fruit Juice or Milk Choice
Monday-Jan 18	Tuesday-Jan 19	Wednesday-Jan 20	Thursday-Jan 21	Friday-Jan 22
NO SCHOOL Martin Luther King Jr. Day!	Quaker Snack Mix Kids Mix Sides: 100% Fruit Juice or Milk Choice	Sliced Apples w/ 2 Pretzel Rods Sides: 100% Fruit Juice or Milk Choice	Goldfish Crackers Cheddar Flavored Sides: 100% Fruit Juice or Milk Choice	Baby Carrots & Graham Crackers Sides: 100% Fruit Juice or Milk Choice
Monday-Jan 25	Tuesday-Jan 26	Wednesday-Jan 27	Thursday-Jan 28	Friday-Jan 29
Doritos Cool Ranch Sides: 6 oz 100% Fruit Juice or Milk Choice	Elf Grahams Chocolate Sides: 100% Fruit Juice or Milk Choice	Apples Sauce w/ 2 Pretzel Rods Sides: 100% Fruit Juice or Milk Choice	Cheese Stick Mozzarella Sides: 6 oz 100% Fruit Juice or Milk Choice	Baby Carrots & Graham Crackers Sides: 100% Fruit Juice or Milk Choice

Food Service Director: *Menu subject to change

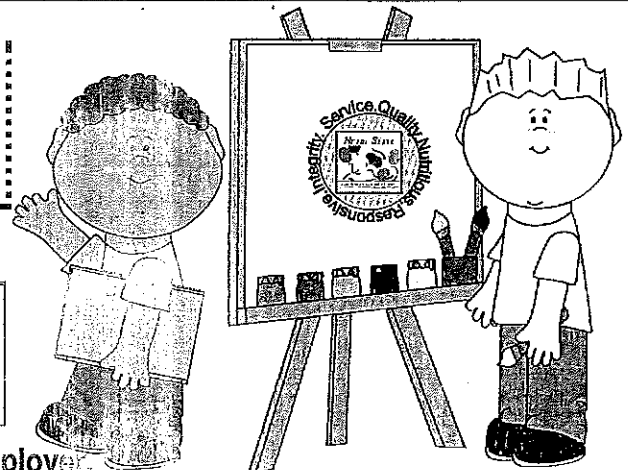
Cathy Macaluso

cle@nsfm.com Phone: 856-783-2300 ext 1023



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Certificate of Completion

THIS ACKNOWLEDGES THAT

Lynn DiPietropolo

HAS SUCCESSFULLY ATTENDED THE 2015-2016
CAMDEN COUNTY GANG AWARENESS TRAINING

James P. Barrett
CAMDEN COUNTY SUPERINTENDENT OF SCHOOLS

December 2, 2015

DATE

Certificate of Completion

THIS ACKNOWLEDGES THAT

Adrienne McManis

HAS SUCCESSFULLY ATTENDED THE 2015-2016
CAMDEN COUNTY GANG AWARENESS TRAINING

Shirley Pugh Barrett
CAMDEN COUNTY SUPERINTENDENT OF SCHOOLS

December 2, 2015

DATE

Certificate of Completion

THIS ACKNOWLEDGES THAT

Joanne Clement

HAS SUCCESSFULLY ATTENDED THE 2015-2016
CAMDEN COUNTY GANG AWARENESS TRAINING

Joanne P. Barrett
CAMDEN COUNTY SUPERINTENDENT OF SCHOOLS

December 2, 2015

DATE

Certificate of Appreciation

presented to

Irene Buchalter

whose dedication has contributed
significantly to the betterment of public
education in New Jersey

December, 2015

Date

Donald Walter, Jr.

President

Laura S. Feinrod

Executive Director



New Jersey School Boards Association



New Jersey School Boards Association

Celebrating 100 years of service

413 West State Street • Trenton, NJ 08618 • Telephone: 609.695.7600 • Toll-Free: 888.88NJSBA • Fax: 609.695.0413

December 15, 2015

William Weyland
37 Fulton Avenue
Clementon, NJ 08021

Dear William:

Congratulations on your appointment to the New Jersey School Boards Association's (NJSBA) Legislative Committee, representing legislative district #4.

The Legislative Committee is a standing committee of NJSBA and is charged with adopting the advocacy action plan recommended to the NJSBA Board of Directors for each State legislative session. As a Legislative Committee member, you will engage in advocacy efforts at the grassroots level to advance the Association's legislative agenda. The ability of committee members to communicate with legislators, as well as local school board legislative chairpersons, is critical in advancing NJSBA's goals.

Your participation is also crucial in establishing a legislative network in your district. Communication regarding pending legislation and the need for action is a key function of the committee. The NJSBA Advocacy Toolkit provides detailed information on your role and responsibilities as a Legislative Committee member. You can find the Advocacy Toolkit on the NJSBA website at <http://www.njsba.org>; type "Advocacy Toolkit-2011" in the search box on the top right.

Your willingness to accept this important assignment is greatly appreciated, and your participation is vital to the Association's efforts. Please note, NJSBA follows the same procedure for committee attendance as local boards. Any member who fails to attend three consecutive meetings of the committee without good cause may be removed.

The Legislative Committee meetings are chaired by Jason A. Jones, the Vice President for Legislation/Resolutions, and staffed by the NJSBA Director of Governmental Relations. **The next scheduled meeting of the committee is January 16, 2016. It will be held at NJPSA Conference Center, 12 Centre Drive, Monroe Township, NJ 08831. Registration is at 8:30 a.m. The meeting begins at 9 a.m.**

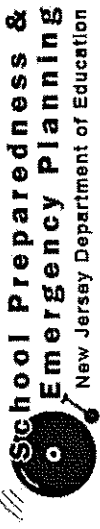
Thank you for your willingness to help NJSBA achieve its goal of advancing public education for all students in New Jersey.

Sincerely yours,

Donald Webster, Jr.
President

DW:aa.

Enclosure



Certificate of Participation

awarded to

Joanne Clement

for attending

Planning for Safer Schools for a Better Tomorrow

presented by

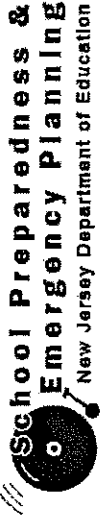
New Jersey Department of Education
Office of School Preparedness and Emergency Planning

December 10, 2015
Woodstown, New Jersey

Ben Castillo, Director
New Jersey Department of Education
Office of School Preparedness and Emergency Planning



STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION



Certificate of Participation

awarded to

Lynn DiPietropolo

for attending

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