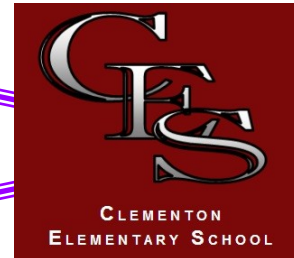




# Clementon School District

## February 2016 Monthly Update



### Let The Planning Begin! March is National Nutrition Month.

**National Nutrition Month is an excellent time to promote healthy eating and nutrition education in your district.**

The Academy of Nutrition and Dietetics celebrates National Nutrition Month as an opportunity to provide nutrition education and information featuring a new theme annually.

*"It is a time to return to the basics of healthful eating!"* Academy of Nutrition & Dietetics. [www.eatright.org](http://www.eatright.org)



**This year's theme is:**

***"Savor The Flavor Of Eating Right" is the March 2016 Theme***

Nutri-Serve implements Concepts & Goals of the **"Savor The Flavor Of Eating Right"** on a regular basis in the districts we serve.

#### **"Savor The Flavor Of Eating Right" Concepts:**

- ◆ The HOW, WHEN, WHY & WHERE you eat are all just as important as what you eat.
  - ◆ *HOW: We aim to provide the appropriate menu choices per age group. We love easy-to-eat finger foods for young students! They love our raw veggie patch daily with ranch or hummus dip.*
  - ◆ *WHERE: We try to create a fun atmosphere in the cafeteria with school-spirited colorful signage and monthly promotions.*
- ◆ Take the time to enjoy the traditions and appreciate the pleasures, great flavors and social experiences food can add to your life!

#### **"Savor The Flavor Of Eating Right" Goals:**

- ◆ Develop a mindful eating pattern with nutritious and flavorful food including: whole grains, lean proteins, fruits, vegetables, and fat-free dairy. Limit sugars, salt and saturated fats.
  - ◆ *Sounds like the Balloons for a Balanced Lunch to us! Our meals provide **Whole Grains (orange balloon)**, **Lean Protein (purple balloon)**, **Assorted Fruit (red balloon)**, **Veggie Choice (green balloon)** and a **Milk Choice (blue balloon)**. Students can choose 3, 4 or 5 balloons however one must be a **Fruit (red balloon)** or **Veggie (green balloon)**.*
- ◆ Aim to be active for at least 30 minutes per day.

**Reach out to the Food Service Director in your school district for some Nutrition Education Ideas! We have some new fruit and veggie coloring books and tasting evaluation forms!**

### February Fun Days (Highlighted on Menu)

#### **February 2: Groundhog Day!**

Students who purchased the school lunch received a groundhog dessert! It was a graham cracker groundhog who is peeking its head out of the ground of chocolate pudding topped with crushed Oreos! Perfect way to celebrate this tradition of predicting the weeks left of cold winter weather.



#### **February 9: Mardi Gras!**

Students who purchased the school lunch received Pancakes and Sausage with Warm Strawberry Topping.



#### **February 11: Valentine's Treat!**

Valentine's day fell on a Sunday this year so we served our Valentine's Day treat on February 11th. Sweetheart Jell-O is berry Jell-O topped with whipped cream and a heart treat!



*This institution is an equal opportunity provider and employer.*



# February 2016 Happenings!



The Serving Areas were decorated with Valentine and President's Day posters, decorations, cut outs, and red and white tablecloths with hearts.

A new Program was implemented mid January: After School Snack Program. The District receives cash reimbursement for the snacks served to the children that participate in our After School Camp Clementon. We serve two different components of the following four: a serving of fluid milk; a serving of meat or meat alternate; a serving of vegetables or fruits; a serving of whole grain or enriched bread or cereal. This program is a Win-Win situation for all. The students win by enjoying healthy snacks that provide for the nutrition they need to learn, play and grow. The Camp Clementon program is saving approximately \$200/month in what was previously spent on Snacks. The additional reimbursement increases revenue for the Clementon District's food service operations.

## Check out what's cooking in Your School District!



**Sweet Heart Jell-O**  
*The students had fun reading the message on the Valentine dessert!*

### Our new After School Snack Menu

Be An After School Snack All-Star! **Snack Includes:** Milk or 100% Juice

February 2016 All Star After School Snack Menu  
Clementon School District

Monday-Feb 1	Tuesday- Feb 2	Wednesday-Feb 3	Thursday-Feb 4	Friday-Feb 5
Sun Chips French Onion Sides: 100% Fruit Juice or Milk Choice	Doritos Cool Ranch Sides: 100% Fruit Juice or Milk Choice	Applesauce w/ 2 Fruit/Roots Sides: 100% Fruit Juice or Milk Choice	Elf Grahams Chocolate Sides: 100% Fruit Juice or Milk Choice	Quaker Snack Mix Kids Mix Sides: 100% Fruit Juice or Milk Choice
Monday-Feb 8	Tuesday- Feb 9	Wednesday-Feb 10	Thursday-Feb 11	Friday-Feb 12
Goldfish Crackers Cheddar Flavored Sides: 100% Fruit Juice or Milk Choice	Doritos Nacho Sides: 100% Fruit Juice or Milk Choice	Sliced Apples w/ 2 Fruit/Roots Sides: 100% Fruit Juice or Milk Choice	Pop Corn Sweet Food Sides: 6 oz 100% Fruit Juice or Milk Choice	Baby Carrots w/ 2 Fruit/Roots Sides: 100% Fruit Juice or Milk Choice
Monday-Feb 15	Tuesday- Feb 16	Wednesday-Feb 17	Thursday-Feb 18	Friday-Feb 19
NO SCHOOL Martin Luther King Jr. Day!	Quaker Snack Mix Kids Mix Sides: 100% Fruit Juice or Milk Choice	Goldfish Crackers Cheddar Flavored Sides: 100% Fruit Juice or Milk Choice	Elf Grahams Chocolate Sides: 100% Fruit Juice or Milk Choice	Doritos Cool Ranch Sides: 100% Fruit Juice or Milk Choice
Monday-Feb 22	Tuesday- Feb 23	Wednesday-Feb 24	Thursday-Feb 25	Friday-Feb 26
Pop Corn Sweet Food Sides: 6 oz 100% Fruit Juice or Milk Choice	Baby Carrots w/ 2 Fruit/Roots Sides: 100% Fruit Juice or Milk Choice	Sun Chips French Onion Sides: 100% Fruit Juice or Milk Choice	Doritos Nacho Sides: 6 oz 100% Fruit Juice or Milk Choice	Quaker Snack Mix Kids Mix Sides: 100% Fruit Juice or Milk Choice
Monday-Feb 29	Tuesday-	Wednesday-	Thursday-	Friday-
Goldfish Crackers Cheddar Flavored 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

NSFM is an equal opportunity provider.

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