



February 1, 2023

HEALTHY
AND
HAPPY :)

Road Trip

The Discovery Kitchen theme for January was “Great American Road Trip” !

The Great American Roadtrip allows students to experience our country through the power of food!

We took students on a journey through the quadrants of the U.S., where they learned about the local favorites of each area!



Happy and Healthy in 2023!!

Happy and healthy is our motto, and it is our goal day in and day out—to impact each student in such a way that they are able to leave our cafeterias having experienced their lunch time in the most positive way they can!

We seek to do this by providing foods kids enjoy, and foods that will fuel their bodies for a day of learning! And we seek to engage with them through programs, information, and smiles :) !! Happy and healthy is our goal, and our plan for this year. We want to impact every student as positively as we can!

Please see inside as we share some of the ways we have brought Happy and Healthy to our students in January!

Ben

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MORE AND MORE MOOD BOOST!!

Food affects our well being, and it is a vital part of our day! We gather around meals, we celebrate with them, we use them to fuel our bodies...and the foods we eat can help us to learn!

To support our students during SHS midterms, we set up several samplings of our Mood Boost recipes, featuring items like chickpeas and blueberries that help with brain function and confidence!



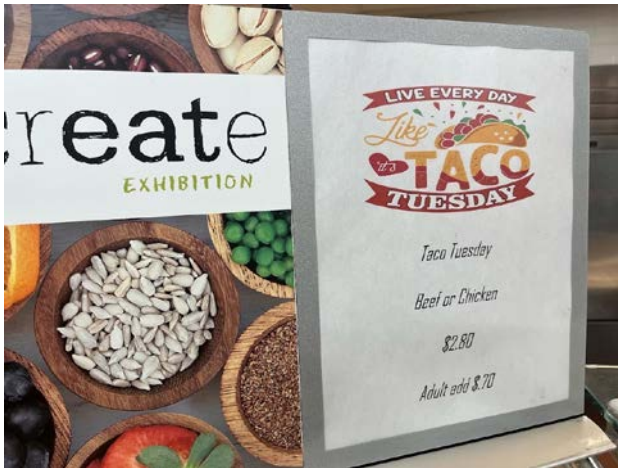
Did someone say Veggies??

We featured some fun new entrees featuring vegetarian proteins in the month of January! Impossible Burgers and Baked Potato Bars were a big hit, and of course our AMAZING salad bar!



Taco Tuesday!!

Taco Tuesday was back at ALL schools in the month of January! Students could choose from chicken or beef, and hard or soft tacos with lots of toppings!!



Board Appreciation Month

We took some time in January to celebrate the hard work of our Board of Education Members! They were able to enjoy some homemade chocolate chip cupcakes!



Lunar New Year!!

On January 23, we celebrated the Lunar New Year with
come special menu items at SHS, BMS, and CMS!
Students enjoyed Noodle Bars, Orange Chicken, and Sushi!

Meet the Team!! Mailem and Angela-SES

If you've been by the SES café, then
you have seen the fabulous kitchen
run by Mailem and Angela.
Mailem is our hard working cafeteria
lead, entering her 4th year with us, and
Angela is currently in her 22nd year
with the Saugatuck community!!
They are loved and valued by their
school for all they do...thanks Mailem
and Angela!!

