

# MONTHLY UPDATE

*amazing things* ARE HAPPENING

at Voorhees Township Public Schools



Heart Shaped Pretzels

Super cute Valentine's Day treats for the students. Philly Soft heart shaped pretzels, Pudding cups with whipped topping and heart shaped candies. Hot Dog Bar with choice of cheese sauce, chili, sauerkraut, fried onions and pulled pork. Southwest Chicken Bowl with chicken, rice, black bean salsa, cilantro and cheddar cheese. Beautiful pulled pork taco topped with homemade mango salsa. Catering with home made Brioche French Toast and fresh berry salad. Home made Chicken Cacciatore with oven roasted tomatoes, peppers and onions.



Valentine's Treat



Catering



Hot Dog Bar



Pulled Pork Tacos'



South West Chicken Bowl



Chicken Cacciatore

## Surf's Up with School Breakfast

March 4—8 is **National School Breakfast Week**. Whether you are serving breakfast in your school or not, National School Breakfast Week is a good reminder of the importance of a healthy breakfast. They say that breakfast is the most important meal of the day, and it's true! Studies show that students who eat breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert



Eating a healthy breakfast that includes at least a fruit, a whole grain, and low-fat or fat-free milk is a great way to ensure you are nourished and ready to start the day.

## March is National Nutrition Month

This National Nutrition Month, the Academy of Nutrition and Dietetics is featuring the theme *Beyond the Table* which aims to teach about the full lifecycle of food and nutrition, from farm to production and finally to your plate. It also celebrates the various ways we eat, including in schools and restaurants, and highlights sustainability and food safety.

*Here are some ways for you to eat Beyond the Table at home:*

- Commit to trying a new fruit or vegetable every week.
- Explore food recovery options in your community.
- Reduce food waste by repurposing leftovers and using what you have first. Get creative and try making something new!
- Try more meatless meals—choices like beans and lentils are versatile plant-based protein sources that work in a variety of dishes.
- Let everyone at home help with mealtime. Meal planning, grocery shopping, and cooking/preparing food are skills for all ages—there are many tasks that even kids can get involved in.



National Nutrition Month is the perfect time to plan nutrition education in your classroom or cafeteria. To get Nutri-Serve involved in your district's wellness initiatives, contact your school's Food Service Director, or reach out to Nutri-Serve's Registered Dietitian, Kim, directly at [kimc@nsfm.com](mailto:kimc@nsfm.com).

**QUESTIONS OR COMMENTS? Contact us!**

**Food Service Director:** Tina Artusa | (856) 795-2025 ext. 5223 | [VHS@nsfm.com](mailto:VHS@nsfm.com) | [www.nsfm.com](http://www.nsfm.com)