

## LUNCH FOR LIFE

*Introducing young students to school lunch*

**LUNCH FOR LIFE** is a FREE 3-day program for first-year students provided by The Nutrition Group. The **LUNCH FOR LIFE** program shows students how to create nutritious, balanced meals as part of a healthy lifestyle. The cafeteria staff and Food Service Director devote additional time to assist students in learning to proceed through the lunch line.

**LUNCH FOR LIFE at EP Elementary.** We welcomed our new kindergarten students with new food tastings, fun give-a-ways, and a visit from Molly the cow. Molly the dairy cow brought delicious strawberry smoothies to taste along with the easy to follow recipe to take home. Other tastings offered throughout the week were mini cinnamon rolls and apple barley salad. Coloring pages, stickers, pencils, and notebooks were also given to our students, but Molly excited them the most.



## SPECIAL THANKS!

SPECIAL THANKS to our CHAMPION SPONSORS and purchasing department for support of the LUNCH FOR LIFE program.



EP Elementary celebrated Johnny Appleseed's birthday with a delicious and simple to make apple pie smoothie. #school lunch #johnnyappleseed #smoothies

## DISTRICT RESULTS

Elementary a la cart sales

**\$5.00 VS. \$60.00**

EP elementary saw an increase in a la cart sales by opening up the Little Bulldog Snack Shop and compaign the average daily a la cart sales from the 2018-2019 school to the current year.



## NOTEWORTHY EVENTS



### Strawberry Donut Shortcake

There are many ways to turn what sounds like a not so healthy treat into something healthier and enjoyable without losing the amazing flavor. The EP middle school offered a special treat, The Strawberry Donut Shortcake, with a few tweaks to meet school nutrition requirements. This yummy treat used 1/2 of a whole grain donut, topped with 3oz of vanilla frozen yogurt, and fresh strawberries...but we just couldn't leave out the sprinkles and whipped topping.

# COMING SOON *to your cafeteria!*



## WELLNESS WEDNESDAY

October 16, 2019

Our roasted chick peas are a satisfying, nutty, crunchy, addictive snack. Come try them on October 16th in the Elementary Cafeteria.



## TASTY BITES

October 9, 2019

Enjoy a homemade warm apple dumpling in the Middle School and High School Cafeterias on October 9th.



## RECIPE OF THE MONTH

October 18, 2019

Calling all buffalo chicken fans! Come on down to the middle and high school cafeterias on October 18th to try a new and delicious entrée full of tantalizing flavors.



## WAFFLE MONTE CRISTO

October 25, 2019

The Monte Cristo sandwich takes ham, cheese, egg, and takes it to the next level by sandwiching it between two waffles. Give it a try in the middle and high school cafeterias.



## CORPORATE SUPPORT

### TNG's Purchasing Department

TNG's Purchasing Department builds close relationships with trusted food vendors, collaborating with dietitians and chefs to provide fresh, nutritious and delicious meals and programs for students, such as the **LUNCH FOR LIFE** program.

*A special thanks to our vendors for partnering with us to provide this important program. Through their donations, we are able to provide LUNCH FOR LIFE at no cost to your district.*

## Fresh Experiences!

"Even though you don't have much serving time at breakfast, you ladies do an amazing job."

- John Snyder  
Middle School Teacher

"WOW your cafeteria looks great with the new layout and signage. You have done an amazing job."

- Darlene McElroy  
Substitute Teacher

## YOUR FOOD SERVICE TEAM

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