



What's New in Your Schools?

We are so excited to welcome back more of our students at school this month! We look forward to serving up 'happy in healthy' in person with you!

National Nutrition Month – Recipe Demo Recap

Thank you again to Edmond Mackenzie and Jayson Glenn for being a part of our first virtual recipe demo! We hope that all our families that participated enjoyed making their Strawberry Wheatberry Salads! If you missed our video, click [here](#) to watch for fun in the kitchen!

April Fun Days

Baseball Opening Day: 4/1

National PB&J Day: 4/2

National Grilled Cheese Day: 4/12

Earth Day: 4/22

Stop Food Waste Day: 4/28



Monthly Spotlight – The Donovan School

We want to provide a special shoutout to the Donovan School this month, sharing the hard work they have accomplished throughout the entire COVID19 pandemic. With 3 fulltime staff and 2 permanent part time workers, this school has managed to serve 28% of all the food prepared and distributed throughout our entire district during these times. That is a total of 67,021 meals from September 2020 to March 2021! Amazing work Joanne, Ileana, Theresa, Siline and Tina!

“Throughout the course of the last 12 months there have been so many people that have made it their mission to ensure that children's needs are being addressed as we adults attempt to solve the problems of living through a pandemic. At the Donovan, I have had the genuine pleasure to work with a team of Cafe workers that have NEVER SAID QUIT! They have stepped up week after week to ensure that all children are getting healthy food for Breakfast and Lunch every day. They are preparing and packaging food, distributing bags to remote students and sending home meals with Hybrid students. It never seemed to matter the temperature or the conditions (hello rain and snow) - the Donovan lunch team stepped up and made it possible to ensure all kids have easy and consistent access to healthy food. When basic needs are met with consistency it removes fear in young children and facilitates easier access to learning - in a time when everyone, adults and children alike, have been afraid for so many reasons; these women of the Donovan Lunch team have removed one of the biggest issues to scare children. And, I am proud and thankful for their efforts.”

–Principal Beth Gannon

Be a Waste Warrior

Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40% of our food supply is wasted, where each of us throws away nearly 300 pounds of food each year? April is Earth month, which gives us all a chance to be a waste warrior! Here are just some tips on ways we can decrease food waste at home:

- **Buy frozen produce** – it still has all the great nutrients found in its fresh counterparts
- **Practice root to stem cooking** - utilizing the entire vegetable leaves, roots and skin
- **Overcooked your veggies?** - Puree them to then be used in soups and stews
- **Droopy celery or greens?** - Give them a 5-minute soak in an ice bath to straighten up or crisp up!





What We're Up To - All the Fun Stuff!



'Cooking with Randolph' Waste Warrior

Recipe Demo – The Pepper Project

We are back with a second round of 'Cooking with Randolph'! This time we will be sharing out ways we can all minimize food waste at home, titling this demo as the pepper project! When cutting this veggie, it is a common mistake to cut it in a way that produces a lot of waste. Well, we are going to show you the proper way to cut a bell pepper, with almost zero waste, followed with a recipe demo using bell peppers on a flatbread pizza, and ending with how you can grow bell peppers from their seed at home. We look forward to having our Randolph community participate in this one at home!

April Harvest of the Month

For the month of April we are talking about potatoes! Potatoes get a bad rep, as they can be seen as inferior in the nutrient department, compared to other veggies. However, the nutrients in potatoes are unique in their own way, which is why it is always encouraged to eat a variety of fruits and veggies! Potatoes are a root vegetable, so with all the time spent underground growing, they soak in a TON of nutrients from the soil. They are classified as a starchy vegetable because they are an excellent source of carbohydrates. In addition, they contain many other important nutrients like vitamin B and C, potassium and Niacin. Don't forget to leave the skin on your potatoes, as the skin contains higher levels of these important nutrients, including fiber.

Tip: Make Greek yogurt mashed potatoes for a creamy and protein rich side dish. Greek yogurt provides the same great flavor as sour cream but will give you an extra boost of nutrients!



BE A
WASTE
WARRIOR



Pepper & Onion Flatbread

INGREDIENTS

- 1/3 cup fresh bell peppers, 1/4" strips
- 1/3 cup fresh onions, sliced
- 1/8 tsp canola oil
- 1/8 tsp garlic herb seasoning oil
- 1 whole grain flatbread
- 1/4 cup pizza sauce
- 2 oz shredded mozzarella cheese

METHOD

Note: Prior to recipe prep, wash hands, clean and sanitize work area, and wash all produce.

1. Heat a non-stick skillet over medium-high heat. Add oil, along with sliced peppers and onions, cooking until tender and slightly caramelized. Set aside.
2. Preheat oven to 375 degrees F.
3. Place flatbread on a baking sheet lined with parchment paper.
4. Brush flatbread with garlic herb seasoning oil mixture.
5. Spread 1/4 cup pizza sauce over the flatbread.
6. Add 2oz shredded mozzarella cheese over pizza sauce.
7. Top with sauteed peppers and onions.
8. Place topped flatbread in preheated oven for approximately 4-5 minutes, or until cheese has melted.

Hey Kids!

Be sure to seek adult supervision prior to creating your flatbread. This recipe requires using a stove and an oven!

****Allergen Notice:** This recipe contains: wheat, milk, and soy