

FMSD Child Nutrition Newsletter November 2018

FMSD Child Nutrition

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The Forest Municipal School District is dedicated to serving healthy and nutritious meals to each and every student in our district.

This agency is an equal opportunity employer and provider.

Growing healthy minds and bodies, one tray at a time

Announcements– NSLW Winners

NSLW Winners

Congrats to all winners of the NSLW! I want to thank all three of the schools for their support and participation during the 2018 NSLW project last week. I am so proud of our staff as well! Let's keep this project going in the future.

Winners of the FES were:

Harper Hunt and Tyler Robinson (Pre-K), Elvis Orozco-Garcia and Ofelia

Morales Ramirez (Kg), Jeremy Bryant and Megan Barnes (1st grade), Tristan Robinson and Tanya Rodriguez (2nd grade), Antonio Aguilar and Sheily Perez-Felix (3rd grade), and Richard Campbell and Sara Copeland (4th grade).

Winners of the HMS were:

Alex Coronado and Alene Cole (5th grade), Jesus Yobal and Nyah Davis (6th grade), Donald Anderson and Rebecca

Bravet (7th grade), and Jessie Deleon and Jakera Boyd (8th grade).

Winners of the FHS were:

Dakota Sneed and Elizabeth Chamblee (9th grade), Rudy Soria and Emily Aguilar (10th grade), Markel Smith and Margarita Castillo (11th grade), and Miguel Martinez and Madison Grayson (12th grade). Pictures will be posted in next month's newsletter.

Announcements– MSNA Annual Conference

This year makes 49 years for the Mississippi School Nutrition Association. It will be held November 8-11, 2018. This year, it will be located in Natchez, MS. This year's theme is "Celebrating the Success of Child Nutrition".

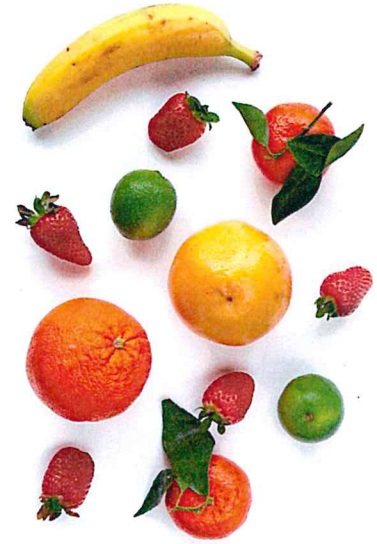
The president is Ms. Cristell Hicks, who serves as the Child Nutrition Director at Clinton Public School District. The school districts located throughout Mississippi come together as a team that represents mem-

bers in providing high-quality, low cost meals to students. They come together each year to provide insight, sessions, and all things Child Nutrition related to better serve our students.

Fun Fact

Most of the fiber in fruit is the peel!

source: whyzz.com



Question Teaser of the Month

What is a ghost's favorite dessert?

Answer: Ice Cream

source:

riddles.com



Fun Tip

Bread will stay fresher longer with a celery stalk placed inside the bread bag.

source:

food.thefuntimes.guid



Recipe of the Month

Ants on a Log

Ingredients:

- 5 stalks celery
- 1/2 cup peanut butter
- 1/4 cup raisins

source:allrecipes.com

Directions:

1. Cut celery stalks in half.
2. Spread with peanut butter.
3. Sprinkle on raisins.

Substitution: sunbutter

