

# Monthly Newsletter

HAYS CISD CHILD NUTRITION

May 2024



## National School Lunch Hero Day

On May 3rd 2024 we celebrated national School Lunch Hero Day. School Lunch Hero Day provides the perfect opportunity to recognize the hardworking professionals in our school cafeterias.

## Upcoming Events



### Roving Chef

May 7th : Hemphill Elementary  
May 16th: Kyle Elementary



### Career Day

May 10th : Blanco Vista Elementary  
May 17th : Camino Real Elementary

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## What's Cooking?

A Roving Chef Favorite

### Luigi's Pepperoni Pizza

#### Ingredients:

- |         |                             |
|---------|-----------------------------|
| 1       | Can non-stick cooking spray |
| 1       | 7" whole wheat pizza crust  |
| 1/2 cup | Pizza sauce                 |
| 6oz     | Shredded Mozzarella Cheese  |
| 1oz     | Turkey Pepperoni Slices     |

#### Instructions:

1. Spray pizza pan with cooking spray to prevent sticking
2. Lay pizza crust on pan
3. Spread 1/2 cup of pizza sauce evenly on pizza
4. Measure 6oz of cheese and spread evenly
5. Measure 1oz of pepperoni (about 16 slices) and scatter on top of cheese
6. Bake at 375 degrees Fahrenheit for about 6 minutes
7. When cheese is melted, it is ready for you to enjoy

## Roving Chef - Camino Real Elementary School

Through the Roving Chef program, students get to experience hands on culinary training with nutrition education. Students get the opportunity to tour the kitchen, walk in freezers, and pantry. By exploring the different ingredients of a recipe, our chefs learn about nutrients that helps the body grow strong and healthy.







Angelica Solis, RD  
Hays CISD Dietitian



## Food Allergy Awareness Month

### Top Food Allergens

- Milk
- Egg
- Peanuts
- Tree nuts
- Fish
- Crustacean shellfish
- Soy
- Wheat
- Sesame

Food allergies occur when your body's immune system reacts to a substance in a food, usually a protein, that your body sees as harmful. This sets off a chain reaction within your body. Symptoms can occur within minutes and can range from mild (such as a runny nose or itchy eyes) to severe, and can even be life-threatening.

It is important for people with food allergies to be vigilant about avoiding triggering foods. It is vital to have clear communication with food preparers to ensure safety. Additionally, make sure to inform teachers, caregivers, and coworkers about food allergies to lower risks and ensure appropriate responses in case of allergic reactions.

Source: <https://www.eatright.org/health/health-conditions/allergies-and-intolerances/food-allergies-and-intolerances>  
Academy of Nutrition and Dietetics



### Nutrition Spotlight

We are excited to announce some upcoming changes to our lunch lines. We are expanding the selection of fresh fruits and vegetables across all of our campuses. Students will have the opportunity to choose from four fresh vegetables, two fruit options and a hot vegetable option. While some schools have already begun implementing these changes in their cafeteria lines, students can expect to see the full menu starting August of the 24-25 school year.