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



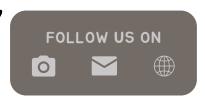
School Lunch Hero Day

Upcoming Events

Roving Chef

Chef's Corner

Nutrition Spotlight









What's Cooking?

A Roving Chef Favorite

Luigi's Pepperoni Pizza Ingredients:

Can non-stick cooking spray
T'' 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 loz 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

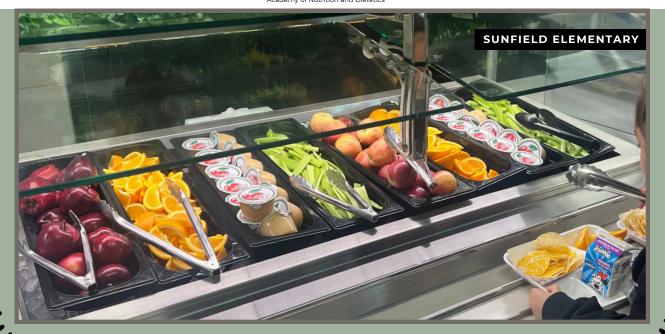
Top Food Allergens

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