

# THE MONTHLY FEED - MAY 2023

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## NUTRITION SERVICES

Lincoln County School District  
School Meals Gardens Food Pantry



Sodexo Manager Patty Graves was invited to attend the 1st Annual Gathering of ScratchWorks. ScratchWorks is a collective of school food professionals and nonprofit organizations committed to supporting school districts in cooking meals from scratch or semi scratch, using whole, fresh ingredients, providing students with the nutrition they need for their educational success, health, and wellbeing.

The Gathering was a combination of weekly Zoom style sessions and a 3 day in person event hosted in Austin, Texas. Classes and mentoring were provided from school districts across the United States that are currently scratch cooking. This was a great opportunity for collaboration and Patty was happy to see Lincoln County SD is already moving in the right direction.

This opportunity comes at a great time for the Nutrition Services Department as we move forward on our goals to bring more local, fresh items to our cafeterias.



## MEET THE CREW



Meet Newport Middle School Kitchen Manager Leann, with her team Charles, Jan and Andy. This year they are successfully incorporating student grown produce into daily meals and using a new expanded menu with more culturally diverse options to move food service into the future. Way to go team!

## Newport Middle School Plant Sale



**WHEN?**  
May 11-12,  
3:45-5:00 pm

**WHERE?**  
Newport Middle School Cafeteria  
825 NE 7th St  
(Enter through Front Doors)

**WHAT?**  
Flower, Veggie,  
& Herb Starts,  
House Plants,  
Seeds, and  
MORE

**WHY?**  
To raise money  
for the school  
garden



# WHAT'S GROWING ON? -LCSD SCHOOL GARDENS-

## YV Students Become Part of the "Seed Story"

Last spring the Yaquina View "Kinder-gardeners" planted heirloom Painted Mountain Corn. This seed has been selected from Native American varieties that have been passed down for generations. The students were very excited to harvest it when they came back to school in the fall. The first grade students helped to select the very best seed to be saved for spring planting. The rest was ground to make beautiful corn bread. We are now planting the second generation of Painted Mountain corn from our school garden! We can't wait to see what next fall's harvest will bring.



## FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing elementary school children (K-8) to a variety of produce that they otherwise might not have the opportunity to sample. This month's menu includes: Red Razzle Grapes, Red Pears, Stingless Sugar Snap Peas, Blood Oranges, Rio Star Grapefruit, Blue Lake Beans and an assortment of Melon.

### DID YOU KNOW?

The distinctive red coloring of blood oranges is due to the presence of a pigments called anthocyanins. Raspberries, blueberries and black rice are among the most common foods having this pigment.



## May 5th is National Lunch Hero Day!

How will you celebrate your school kitchen staff?

Students eligible for  
P-EBT benefits will receive  
confirmation in the mail.

*No application required!*

Oregon Department  
of Human Services

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