

# THE MONTHLY FEED - DECEMBER 2025

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## NUTRITION SERVICES

Lincoln County School District

School Meals • Gardens • Food Pantry

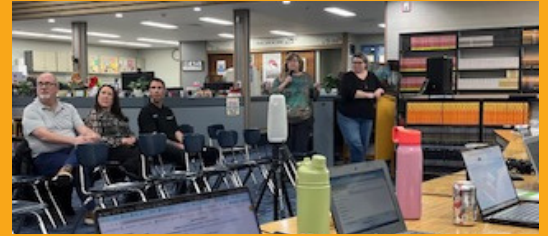


## LCSD continues to support building better school meals for students in Oregon.



The **Local Link** food show connected schools to local food producers with added value product items made in Oregon. A variety of cultural & dietary sensitive foods were on display. The OR Dept of Agriculture invited us to help educate vendors in USDA requirements that would help move these products into school meals faster.

A quick trip to Southern Oregon to talk about our school meals proved beneficial for both sides. We shared our passion for local foods and bringing back more scratch cooking with the Business Director and Superintendent at Phoenix-Talent Schools, highlighting our FSMC partnership that makes it all work. We also presented to the Phoenix-Talent School Board, showing some of our successes and answering questions. We toured a beautiful high school kitchen recently updated with bond funds, and Rogue Valley Farm to School joined us to discuss funding strategies to provide sustainable support for schools. In return, we were introduced to a new menu platform to use with our existing nutrition service software. Once implemented, this platform will make it easier for families to see what's available, and it has expanded filters to support Meal Accommodations due to allergies or cultural preference. The Phoenix-Talent School Foods Director will be coming to LCSD to give a hands-on training to Sodexo staff.



## WHAT'S GROWING ON IN THE LCSD SCHOOL GARDENS?

This month, we're focusing on three garden concepts inspired by the more than 100 pounds of seed we recently received from a local supplier. These seeds will support the development of cover crops, insectaries, and buffer strips.

- **Cover Crops** help protect soil from erosion and compaction during fallow periods. They also add organic matter to the soil, making nutrients more available for future plantings.
- **Insectaries** are designated areas within a farm or garden where beneficial insects can thrive. These insects then move into surrounding spaces, supporting pollination and helping to manage populations of harmful pests.
- **Buffer Strips** are permanent vegetated zones that capture nutrients, reduce runoff and erosion, and can even serve as additional habitat for beneficial insects.

By integrating cover crops, insectaries, and buffer strips, we'll strengthen soil health, support pollinators, and enhance our overall pest management strategy!





## Community Support!

A big thank you to the Bay City Cruisers of Newport and all its members! The LCSD food pantry, The Compass Cupboard, received a \$4,000 donation to support students with food insecurities outside of the school day.



Thank you



## FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)

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 try.

**Some of this month's offerings include:**  
*Persimmon, Zucchini, Purple Broccoli, Pears, and Papaya.*

*Did You Know?*



Pears are members of the rose family, which also includes apples, and they are sometimes called the "butter fruit" because of their soft, melting texture.

There are over 3,000 varieties of pears grown worldwide, although only a few are commonly eaten.

## Farm Fresh Friday Spotlight



**December 5th:** Asia Tuna Burger (MS/HS) or Tuna Noodle Casserole (ELEM) made with Oregon Choice Tuna.

**December 19th:** Pot Roast Dinner made with local Gibson & Euchre Creek Farms beef. Thank you Central Coast Food Web for supporting local foods in Lincoln County!



**Central Coast FOOD WEB**



Free language assistance, auxiliary aids, and/or accommodations are available upon request. Meal accommodations can also be made to support medical needs as well as some preferential dietary needs.

Please contact your school, Nutrition Services, or email [jamie.nicholson@lincoln.k12.or.us](mailto:jamie.nicholson@lincoln.k12.or.us)



@lcsdschoolgardens



@Lincoln County Oregon School Gardens

**nutrislice**

Download Nutrislice from the App store for your school's menu

## Kitchen Kudos Corner



Yaquina View kitchen won the November Farm Fresh Friday meatloaf presentation contest. Thank you for taking the extra steps to make lunch look great!

**CONGRATULATIONS**