

THE MONTHLY FEED - NOVEMBER 2024

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Where Taste Buds
Meet Best Buds

NUTRITION SERVICES

Lincoln County School District
School Meals Gardens Food Pantry



Nutrition Services is working on a new menu platform for our Elementary Schools called Bright Bites, starting January 2025. This platform will help customize our menus to showcase more local and scratch made foods, and bring a more appealing lunchtime experience to our students.

Nutrition Services is looking to put together a menu planning committee of students, parents, staff, and community members who might be interested in helping us create the best experience for our students, while adhering to our USDA and ODE regulations to maintain free meals for all.

If this sounds like something you are interested in, please contact the Nutrition Services office at (541) 336-2146 or email jamie.nicholson@lincoln.k12.or.us. Our first meeting is scheduled for the first week of December.

WINTER HUNGER, HOW CAN YOU HELP?

It's hard to believe we are already looking at planning for our Fall and Winter Breaks. However, for some of our students, these times are filled with uncertainty. Many families in Lincoln County suffer from food insecurities. Extended days off from school means the meals they depend on are not happening.

The Compass Cupboard, the LCSD food pantry, is a resource for those families to ensure that students will still receive food, even on long breaks. If your family needs support, please reach out to your school office.

The food pantry is made possible from grants and donations. If you are interested in donating to continue this valuable resource, please visit <https://or-lincolncounty-lite.intouchreceipting.com/>

Select Lincoln County School District under the school dropdown and select LCSD Food Pantry Donations under the item drop down. Your support is appreciated!

LCSD WOULD LIKE TO THANK OUR LOCAL PARTNERS FOR YOUR CONTINUED SUPPORT. TOLEDO JC MARKET AND NEWPORT GROCERY OUTLET.

WHAT'S GROWING ON? -LCSD SCHOOL GARDENS-

Garlic Planting in the School Garden

When we think of agriculture in October, images of beautiful pumpkins, winter squash, and acres of corn mazes are the first things to come to mind. In the school garden, October is our big garlic planting month. While garlic is not an iconic fall vegetable, its journey begins in October. On 10/26 brave families gathered in the rain to learn the Tricks to growing great garlic. As a Treat, they got to take home local shrimp fertilizer and seed garlic to plant at home. The families selected the largest cloves to plant. They helped prepare the bed with shrimp shell fertilizer. Bulbs were planted 6" apart. We will see you in nine months for the garlic harvest!



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 try.

Some of this month's offerings include:

Kiwi, Radishes, Parsnips, Green Cauliflower, Watermelon, Blackberries, Grape Tomatoes, and Razzle Dazzle Grapes.

DID YOU KNOW?

Parsnips were a common food in ancient times, and were used as a natural sweetener in Europe before sugar cane and sugar beet were available.



Farm Fresh Friday Spotlight

November 8th: Scratch made Tuna Noodle Casserole, using Oregon Choice Tuna.

November 22nd: Scratch made Beef Stroganoff using beef from Gibson Farms, Euchre Creek Farms, and Moonshine Cattle Co.

Want to be part of an amazing team?
Go to us.sodexo.com or call (541) 336-2156.



@lcsdschoolgardens



@Lincoln County Oregon School Gardens

New Item spotlight

Nashville Hot Chicken Sandwich:
A spicy chicken burger on a whole grain bun, homemade spicy mayo, lettuce and pickles.



NEW

nutrislice

Looking for a way to check what's on the school menu from your phone? Want to see the nutritional value of a menu favorite or check for allergens?

Check out Nutrislice from the App store.
It's free and easy to use!

As we work to finetune this app experience, please contact Nutrition Services with questions.