

Three Rivers October Nutrition Newsletter



The Happiest Place in School Welcomes You!

Fall – Winter is here! Lots of holiday fun to be had check your schools calendar for special holiday meals. Our teams always bring the fun. The Evergreen team dressed as Lego's for Halloween!



In this issue:

Upcoming Discovery Kitchen Events

The Fresh Fruit and Vegetable program is back!

The Fresh Fruit and Vegetable Program (FFVP) provides children with a variety of fresh fruits and vegetables.

So far we have served: Pink Lady Apples, Broccoli, Heirloom Cherry Tomatoes, Green Cauliflower and pictured below, Kiwi Berries!



Upcoming in Discovery Kitchen

November is Let's Get Cooking month in the cafes where we'll be engaging students with delicious recipes, interactive demos, and fun and informative nutrition education. Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends.

In November, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about basic cooking skills and homemade recipes they can enjoy during the holidays.

A Reason to Celebrate!

November 3: National Sandwich Day

November 6: National Nacho Day

November 11: Veterans Day

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

November 24: Happy Thanksgiving!

November 28: French Toast Day

chartwells

**Discovery
KITCHEN**



Brad Motes
DIRECTOR OF DINING SERVICES
541-476-4183
Brad.Motes@threeivers.k12.or.us

LET'S GET
COOKING



**TASTY DISHES
YOU CAN
MAKE!**

