Over the holiday break, our wonderful maintenance department was able to pick up 20 generously donated, lightly used elementary size round tables, which are now at MacNaughton.

Until the students arrived for lunch on Monday, they had no idea there were new tables. Boy, were they excited.

Now, a week later, they are enjoying sitting across from their classmates and socializing. Round tables are a great way for kids to talk about their food, their likes and dislikes, etc.

Another benefit to the round tables is the easy access for staff to assist the students. It’s a win/win for everyone.

Dear Parent or Guardian:

We are pleased to inform you that Tri County Area Schools will be piloting a new option available to schools as part of the National School Lunch and School Breakfast Program called the Community Eligibility Provision (CEP) beginning March 1, 2019 until the end of the school year.

The GREAT NEWS is that ALL elementary students are eligible to receive FREE breakfast and FREE lunch each day from March until the end of the school year.

At this time, middle school and high school students are not eligible for this program. We will monitor eligibility for the secondary students during the elementary pilot to determine participation for the 2019-2020 school year. We will also monitor the pilot program at the elementary buildings to establish the continuation of this program for next school year.

We will communicate prior to next school year if the district determines the program will be able to continue and which buildings are eligible.

We are excited for the implementation of this pilot program at the elementary students beginning March 1!

Preheat oven to 375. Wash and peel the sweet potato. Dice it into small cubes and toss with olive oil. Sprinkle salt and pepper. Baked in oven until soft, about 45 minutes.

- Sweet Potatoes orange color comes from beta carotene, a form of Vitamin A. We need Vitamin A for healthy skin and vision.
- Get ready for that pop quiz! Sweet Potatoes are a great brain food to help boost focus and memory.
- Culinary Tip: Use a spiralizer to create sweet potato noodles in place of pasta, in stir-fry, or salads
If you are trying to lose weight by cutting calories, adding sweet potatoes to your diet may help you get the maximum amount of nutrition. ... Sweet potatoes’ carbohydrates and high fiber content help you feel full for longer, which can help promote weight loss.


How to grow Sweet Potatoes

- Sweet potatoes are typically grown from slips, which are sprouts that are grown from stored sweet potatoes. You can buy slips from garden centers, nurseries, or local farmers.
- You can also create your own slips to plant in the spring. In November (this is when the best of the new harvest will be out), go to your supermarket and look for unblemished and uncracked medium-size sweet potatoes. One sweet potato should yield about 12 plants.
- For more information: https://www.almanac.com/plant/sweet-potatoes#

Whether you are an athlete competing regularly or an occasional gym-goer, your body requires balanced nutrition to keep you performing at your peak and aid in your recovery. This includes the creation of energy from macronutrients – carbohydrates, protein and fat, in addition to fluids, vitamins and minerals. Sweet potatoes contain a powerful mix of nutrients, as well as phytonutrients – plant compounds that are important for good health – all in a 103-calorie package.

https://ncsweetpotatoes.com/

Lisa Newton
Director of Food Services
231-937-4338 ext. 1118
lnewton@tricountyschools.com