

# FALCON SCHOOL DISTRICTS NUTRITION SERVICES DEPARTMENT

It is hard to believe that first quarter is over and second quarter will be done before we know it. Time has a way of flying when you are busy working on the new ideas to make things in the day to day life more exciting/better for the students of the district. Some of the things that the Nutrition department has been working on are very oblivious to the students while others are behind the scenes.

We introduced a new menu program in September to the students. This menu program is known as "Harvest of the Month". The idea behind the program is to introduce students to a fruit or vegetable that is not part of the normal menu. These fruit/vegetables are Colorado grown when ever possible. On each colorful menu there is an informational article about the highlighted fruit/vegetable along with two recipes; one that is kid friendly and another that is for the adults. There is also an article on physical fitness for the students. We hope that your families are enjoying the new menu format and that the students are enjoying trying the fruit/vegetable of the month.

Over the next few months we will be modifying our lunch choices to get away from some of the pre-package high convenience items to encourage the students to pick the more nutritional options that are available. With this we will be displaying posters in the cafeteria that will encourage physical activity and help guide in making sound food choices.

The Colorado School Nutrition Association held their annual conference and food show in Colorado Springs early October. Twenty one staff members from the Nutrition department attended several different classes that were designed to enhance their job knowledge while they either work on obtaining/maintaining certification with the national School Nutrition Association. The food show gave them the opportunity to sample the new products that will be available next school year. The manufactures are turning their focus away from the pre-packaged convenience food items to more traditional food items along with items that have more of an international flair to them. The manufacturers are aware of the tight guidelines put in place that govern the National School Lunch Program (NSLP) and are making the new items with lower fats, sodium, high fructose corn syrup, etc .

Thank you for allowing us the opportunity to share in your child's life by serving them a nutritious meal.

Best Regards,  
Monica Deines-Henderson, SNS  
Nutrition Services Director

*"feeding our future one child at a time"*