

CULINARY CORNER



2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS

Don't Miss Donut Day!!

Donut Day

Every Tuesday for the remainder of the school year we will be serving Donuts for breakfast. Don't forget to stop by the Bayside or Stormonth cafeteria for a Breakfast! All donuts served with Apple Slices and additional sides.

GROWING MEALS



Bayside Middle School YTD:

Breakfast served – 834 meals
Lunch served – 14,254 meals

Stormonth Elementary School YTD:

Breakfast served – 2084 meals
Lunch served – 21,716 meals



Did You Know....April is National Grilled Cheese Month

Here are some little-known facts about the Grilled Cheese Sandwich.

1. When the grilled cheese was invented, it was served open face with one piece of bread during World War 1
2. A restaurant in LA was the first to use the term "Grilled Cheese" on a menu.
3. It was quickly adapted by schools as an easy nutritional option for kids.
4. Google searching "the perfect grilled cheese" will give you over a million results
5. In 2012, a Texas man ate 13 grilled cheeses in one minute, setting a World

"Beyond the Table," addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme includes sustainability, for instance, decreasing food waste from school and work to home and beyond.