



FEBRUARY 2017 NEWSLETTER

New Item Moc a Mole



SIMPLY GOOD

This month, our **Food Focus** is on Herbs & Spices. In place of salt, try using dried rosemary, garlic, dill, or basil with a dash of lemon juice for a healthy switch. You might find a new favorite!

SIMPLY GOOD *breakfast*

Did You Know... Breakfast is available daily in the school cafeteria? Students who eat breakfast have better concentration, are more alert and miss fewer days of school. Start your child's day in a healthy way!

Safety Tips

Safe walking in Snow, Ice and Rain Conditions



Walking to and from parking lots during the winter requires special attention to avoid slipping and falling! In cold weather, approach with caution and assume that all wet, dark areas on pavement are slippery and icy. Point your feet slightly out like a penguin. Spreading your feet out slightly while walking on ice increase your center of gravity



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Easy-to-Access
School Menus

Easy to access, real time digital menu and nutrition information for you, our valued Ledyard community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone, or visit <http://Ledyardschool.nutrislice.com/menu/Ledyard/>

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eat.

New Item! Pretzel Rolls

Pretzel rolls will be featured as an option at the Grill Station at LHS & LMS every day during lunch.



learn.

Cooking Tips with Herbs & Spices

There are many delicious, fresh foods that require little tinkering with flavor. But, when it comes to lightening up recipes, it is important to understand how to keep flavor when reducing fat, sugar or sodium. One way is through the addition of spices and herbs! Lots of dishes create depth by adding herbs and spices to layer flavors. Taste and season throughout the cooking process. It's better to under-season and add more spices, than over-season and be left with a ruined dish. Only add salt at the very end - you may find your dish doesn't even need it!



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