

AVONDALE FOOD

& NUTRITION

SERVICES



December 23



## Student Choice Premier at the High School & GATE

Students at the High School & Gate recently had the opportunity to sample different recipes from our Global Eats program & vote for their favorite. This allows the students to voice their opinions & helps us improve our menus

**STUDENT CHOICE**  
FOOD YOUR WAY

## Avondale Hosts OAA Athletic Directors Breakfast





## Sports Nutrition with the Wrestling Team

We invited our wrestling team into our cafeteria during practice to help student athletes better understand nutrition & healthy eating habits. Working closely with Coaches Trella & Mitzel and Athletic Trainer Landon to craft a course that would be beneficial & engaging, Student Athletes had the opportunity to choose from a variety of fruits & vegetables & make their own smoothies. This course demonstrated that healthy eating does not have to be hard, and it can even be delicious!



## Popart "Gingerbread" Houses A Sweet Surprise At Graham

To celebrate the holiday season, we visited Graham Elementary & built gingerbread houses with Pop-tarts! 5th grade students learned how to use a piping bag & were allowed to use their imagination & creativity to bring their pastry holiday house to life. No word on if any houses made it home without teeth marks!



Careful... Careful...



# Kids Get In The Kitchen

On December 6th, we were joined in the kitchen by Mr. Stepp and his class. Students learned hands on what it takes to prepare a meal for the school in our kitchen. While using proper safety & knife skills, students prepped vegetables and helped to prepare a ramen bowl entree that was served the following day!



## UDIM Grant Update!

We've been implementing the chocolate milk grant now for over two months and our student athletes are loving it!



Serving Over **223,440** Meals & Counting

