

Chartwells Poplar Bluff School District February 2023 Newsletter



As you know, each month we bring our Discovery Kitchen program to the cafeteria to provide students with an experiential learning activity. This month, our Discovery Kitchen theme is Smart Snacking and once again will be hosting live demos, along with sharing recipes and fun nutrition education throughout the month.

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.



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A Reason to Celebrate!

February 2: National Tater Tot Day

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite. Mashed, smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal — or as a meal! — making these starchy veggies a delicious and easy way to get iron, potassium and vitamin c.

February 9: National Pizza Day

National Pizza Day is a day to celebrate pizza, which is a baked flatbread topped with tomato sauce and cheese and baked in an oven. Grab a slice or two!

February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.

February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.