

Montesano School District December Nutrition Newsletter



Holiday Spirit Happening Here

Welcome to your monthly newsletter! We are excited to share our story with you! December is Spice It Up! month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Spice It Up! Is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

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chartwells
serving up happy & healthy

What's Happening on the Menu?
December 4: National Cookie Day
December 11: National Bagel Day
December 15: National Syrup Day

Events to Look Forward to this Month:
Christmas December 25th
New Year Eve: December 31st

Days to look out for:
December 15th - Early Release
December 18th - January 1st -
No School Winter Break



A Reason to Celebrate!

December 4: National Cookie Day

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long.

December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in your favorite configuration and remember the long history of this bread and the people that made it famous.

December 15: National Maple Syrup Day

Get the flapjacks ready for National Maple Syrup Day. December 17th calls for orders of pancakes, french toast, or biscuits topped off with butter and delicious maple syrup.

All Month Long: Happy Holidays

