

Congratulations

to Sienna Laracca who won this year's future chef competition with her "Healthy Breakfast Burrito Bites"

A fantastic job was done by all the competitors!

Rosario Montana,
Riley Corridore,
Hannah McGinniss and
Aidan O'Conner

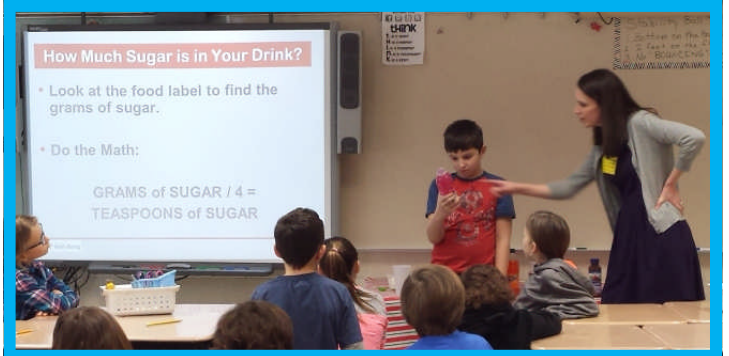


Welcome Sodexo RD Amy Krehely

"SUGAR SHOCKER"

PRESENTATION AT BRAGG

Amy Krehely – Sodexo's regional registered dietitian came to Bragg and did a presentation on sugar in drinks. The students learned to read the label and demonstrate the amount of sugar in several drinks by scooping sugar into a cup. Students were shocked to see how much sugar is in some popular drinks.



Did You Know?

Your school cafeterias are State/USDA CERTIFIED! They meet ALL the Healthy Hunger-Free Kids Act guidelines for good nutrition!

We have incorporated all the HHFKA requirements into a Kid Friendly Menu with more healthy & certified recipes!



freshpick
for better health
by **sodexo**



CHESTER SD FOOD SHOW

Vendors visited Black River Middle School with samples to try along with the nutritional information on some healthy options your children can choose for a school lunch.

"MY PLATE" – "WHAT'S A LUNCH" PRESENTATION AT DICKERSON

Amy Krehely, Sodexo RD, showed the students how to pick a well balanced meal that includes fruit and vegetables and discussed which foods belonged in which food group.



Nutrition • Achievement • Environment • Community • Activity