



A Season of Thanks

As the days grow shorter and the air turns crisp, November offers a meaningful opportunity to slow down and focus on what matters most—our well-being and our connections with others. This season encourages us to nurture healthy habits, enjoy warm meals, and share moments of kindness. Whether it's gathering around the table for a family dinner or celebrating Friendsgiving with classmates, food has a special way of bringing people together.

At school and at home, let's take time to reflect on what we're grateful for and find joy in the simple moments that make this season so special.



**What's
on the
menu?**



November's Limited-Time Offer!

This month, we're turning up the flavor with a limited-time offer students won't want to miss — the Gochujang Hot Honey Chicken Sandwich! It's the perfect balance of sweet, spicy, and savory, featuring a crispy chicken filet glazed with a bold gochujang hot honey sauce. We love introducing new flavors that excite students while still offering balanced, nutritious options. This sandwich is part of our effort to bring global tastes to the cafeteria in a way that's both fun and approachable.

Encourage your student to give it a try!

**Gochujang
Hot Honey
Chicken Sandwich**



DEVELOPED BY
CULINARY

Nutrition Corner

November is Good Nutrition Month, a great time to celebrate the role healthy eating plays in helping students thrive.

Here are a few simple tips to help build healthy habits as a family:

- 🥬 Make half the plate fruits and veggies!
- 🍷 Choose whole grains
- 🥛 Include calcium-rich foods to build strong bones.
- 🍏 Limit added sugars and salty snacks
- 👨👩👧👦 Get kids involved – Let them help plan meals or pick a new veggie to try each week!

At school, we're committed to providing balanced meals that fuel learning, energy, and overall well-being. From colorful fruits and vegetables to whole grains and lean proteins, every bite counts!



Join our Student Nutrition Team at Poquoson City Public Schools!

Make a difference, one tray at a time.



Scan QR code to apply



"MUST TRY"

Carrot Ginger Smoothie

Ingredients: • 1/4 cup water • 3/4 cup grated carrot (approximately 1 medium carrot) • 1/2 tsp fresh gingerroot, grated • 1 1/4 cup frozen pineapple chunks • 1 ea. fresh orange peeled and sliced into wedges • 5 whole dates pitted • 2 cups ice cubes

Instructions:

Add all ingredients to a blender.

Blend for 10 seconds.

Stir.

Blend for an additional 10 seconds until smooth.

Serve immediately.

