



A Message from your Student Nutrition team!

We are so excited to have everyone back at school!

Fall is in the air and the school year is buzzing with fresh energy! As the leaves start to turn, it's the perfect time to settle into new routines. School meals play a big role in this rhythm, offering delicious and nourishing options that keep students fueled throughout their busy days. With good food designed to support learning and growth, settling into these new routines can be both easy and enjoyable. Here's to a fantastic start to the year!



What's on the menu?



September's Limited-Time Offer!

This September at Poquoson High School, we're serving up something special in the cafeteria: the Fajita Chicken Flatbread — a bold, flavorful twist that's sure to be a student favorite.

Our Limited-Time Offerings (LTOs) are crafted with student tastes in mind. Each month, we introduce a new meal inspired by trending flavors, seasonal ingredients, and student feedback. It's all about keeping the menu fresh, exciting, and delicious.

Don't miss out — this special is only available **9-15 to 9-19!**



Nutrition Corner

September is Whole Grain Month, and we're excited to spotlight the power of whole grains in our school meals!

As part of our commitment to USDA nutrition guidelines, we proudly serve delicious, kid-approved meals that feature whole grains. Whole grains support growing bodies with fiber, vitamins, and long-lasting energy—perfect for fueling learning and play. Let's make every bite count!



Apple Pie Overnight Oats

Ingredients:

2 Tbsp [maple syrup](#)
2 Tbsp [almond butter](#)
1 [apple, peeled and chopped](#)
3/4 cup [rolled oats](#)
3/4 cup [whole milk](#)
1 Tbsp [chia seeds](#)
2 tsp [ground cinnamon](#)
1 tsp [vanilla extract](#)

Instructions: To a saucepan add chopped apples, cinnamon, and 1/2 the maple syrup. Mix to evenly distribute. Cook on medium heat, stirring occasionally, for about 10 minutes. In a bowl, mix the milk, chia seeds, remaining maple syrup, cinnamon, almond butter, vanilla, and oats until well-combined. Layer the apple mixture followed by the oats until divided between all containers, topping with apples. Cover and refrigerate 6 hours or overnight.

Find recipes and more at www.fyp365.com