



The Feed

Bethlehem Area School District

March 2024

2023-2024 Food Services News

March on in, for school meals!



Challenge of the Month

Crystal Rainbow

You will need:

- 9 TBL Borax (laundry detergent aisle)
- Water
- Jars or Vases
- Popsicle Sticks
- Twine/String
- Rainbow Colored Pipe Cleaners



1. Create a rainbow with the pipe cleaners.
2. Use a popsicle stick to tie string around pipe cleaners.
3. Ask an adult to boil water & mix borax powder into it.
4. Ask an adult to carefully pull hot liquid into jar.
5. Add your rainbow to the jar to start the crystallization.
6. Allow it to soak for 24 hours to complete the process.
7. Gently lift your rainbow out and allow to dry for 1 hour.
8. Hang in a window like a suncatcher when finished.

Did You Know?!

We have been out with our food truck sampling hummus in the elementary schools and the kiddos are loving the **CHOCOLATE** hummus.

Yes, it is a real thing, and it really is healthy & delicious!

We are also offering a traditional hummus for them to try with veggies. Look for the traditional hummus as part of our new **Wellness Wednesdays** available for lunch coming in March.

Please check out the [recipe](#) if you would like to try it at home. Don't have the time or food processor at home to make it? No worries, local grocery stores sell a variety of hummus, including dessert inspired flavors!



Wellness Corner

One of our dietitians breaks down, [Protein Basics: What's a Parent to Do?](#) in this [feedyourpotential365](#) podcast.

Most kids don't have a problem getting their daily recommended amount of protein, but how much do they really need, and why is protein so important?

Dietician Lauryn Smith is here to explain to us why protein is important, how much they need, what are good sources of protein, and some tips to help make sure your kiddos are getting enough protein.

"Protein is a macronutrient in every tissue in the body—from our skin and our muscles to our brains, hair, and nails," says Lauryn. "It's critical to supporting overall growth and development."

Check out the article to learn more and helpful tips on how to ensure our kiddos grow big and strong!



We are HIRING!

