

Have a great summer!

Thank you for letting Aramark be your food service provider. Let's recap the last quarter of the year and show you what we've been up to.

We look forward to seeing you all next fall!

Strawberry Banana Smoothie



Recipe used at
homestead high
school
Servings: 4

1 cup water
2 cup yogurt
12oz frozen banana
12oz strawberries

Blend all ingredients

Enjoy this healthy
fresh smoothie with
friends and family
this summer. Perfect
for a quick breakfast
or relaxing outside.

Serving Size: 8oz

Calories: 133
Protein: 4g
Carbohydrates: 29g
Fat: 0.25g

Add Greek yogurt
for extra protein

Total MEALS



Elementary Breakfast Meals – 99,236

Elementary Lunch Meals – 124,235

MS Breakfast Meals – 30,012

MS Lunch Meals – 52,519

HS Breakfast Meals – 21,694

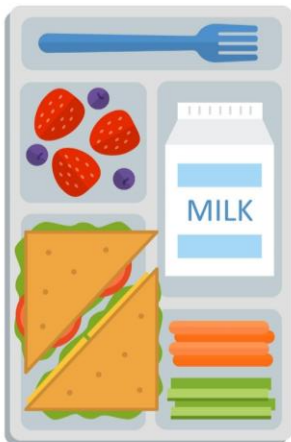
HS Lunch Meals – 71,116

Did you know?

-We participate in the National School Lunch Program, meaning we serve **low sugar** and **whole grain rich** products

-We use **locally sourced produce** from AJ Wholesale located in Sheboygan

-All the chicken products used are **premium, whole muscle cuts** sourced from Tyson



What's Happening Around the District



MTSD Staff Recognition Celebration

This year at the MTSD staff recognition event we were able to showcase new skills via a charcuterie board. Along with returning favorites such as the ham/turkey and cheese sliders, hoisin glazed meatballs, and the shrimp tower we were able to add beer cheese dip with pretzels and caprese pinwheel rollups. This event is a can't miss.



Deb Anderson's Retirement Party

We were lucky enough to provide appetizers for Dr. Anderson's retirement party. We thought, why not provide a fresh concept to display the appetizers. We came up with a grazing board loaded with sliders, skewers, fruit, vegetables, cheese, and Debs favorite cucumber sandwiches. Congratulations and enjoy retirement Deb!



Tips to stay on track of goals

- **Clearly define what you want to accomplish.** Be specific when stating your goals. "I am going to drink more water gives no measurable distinction to aspire to.
- **Track your progress.** Tracking small amounts of progress toward a larger goal is very rewarding.
- **Be patient.** Understand that a sustainable change will take time. Celebrate successes along the way and don't get discouraged by minor setbacks.
- **Make goals and resolutions known to family and friends.** Social support and perhaps a little bit of accountability are great motivators.
- **Put it on your schedule.** Prioritize time to achieve your goal. By seeing it on your schedule, you are less likely to blow it off as an activity that can be dismissed.
- **Pick one thing to change...not five.** Start small and add goals as the initial ones become a habit. Don't adopt an all or nothing attitude! If you suffer a minor mess up, all is not lost!
- **When you slip up...and we all do...get back up and keep moving forward.** Vince Lombardi once said, "It isn't whether you get knocked down, its whether you get back up."

Till next time...be well. — Sara and Tate 😊



What's Happening Around the District



Middle School Pop-Ups

One way we like to give students some say in what we serve is through pop-ups. We had two pop-ups in May at Steffen showcasing new breakfast items. They were caramel cinni minis and fuego cinnamon toast crunch bars. We had a voting system to determine if we make these items part of the monthly rotation.

New Limited Time Offers

Pictured: Tropical Chicken Bowl

This a great way for students to expand their flavor pallet. By using flavors from around the world we can showcase our ability to provide high quality and new dishes.



We're Hiring for the 24-25 School Year!

Benefits Include:

- No nights or weekends
- Tuition reimbursement for full time employees
- Free meal each day
- Medical and dental insurance
- Free shoes and uniforms
- 4 Paid Holidays

