

New This Month

"The Feed" presented by Aramark is a way for the Mequon Thiensville Aramark food service team to showcase upcoming events, what's new, culinary creations, and much more.

Coming This Month

4.17- LTO "Fiery Cheddar Jalapeño Burger"

4.22- Earth Day, Try the rainbow flatbread

National Banana Day April 19



Bananas are a quick healthy food option. They are carbohydrate based, which provide our body with energy. Bananas are rich in potassium, vitamin K, and fiber.

One medium sized banana offers about 92 calories
22g of carbohydrates
1g of protein
0g of fat

Bananas are also a versatile baking ingredient used for binding and adding sweetness

March Meals



Elementary Breakfast Meals – 9,010

Elementary Lunch Meals – 11,084

MS Breakfast Meals – 2,903

MS Lunch Meals – 7,545

HS Breakfast Meals – 1,929

HS Lunch Meals – 8,084

Try our brand-new rainbow flatbread on Earth day, March 22nd

This is a brand-new recipe we are excited to offer this month. On a toasted flatbread we add many colorful veggies such as red and green pepper, corn, and onions topped with mozzarella cheese.



What We've Been Up To



National Honor Society

A yearly tradition has been preparing deserts and other sweets for the NHS. This year, led by Chef Ann, the team prepared chocolate covered strawberries (pictured), truffles, raspberry-lemon sandwich cookies, mini pretzel parfaits, and desert bars. This event is always a favorite where we can exercise our creativity.



Athletics Nutritional Demo

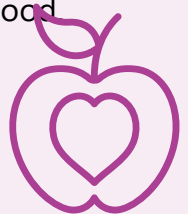
AFSD Tate Flom and Chef Manager Ann Metzger had the girls' soccer team in for a nutritional demo. Tate used his degree in nutrition and explained how the macronutrients impact performance as an athlete. Chef Ann used her culinary expertise and helped prepare energy bites, smoothies (carrot cake and greens), and overnight oats.

TAKE 15

- Find something you enjoy! Take a walk, spend time with friends, read a book. Stand up and stretch, garden when you get home, take a little nap.
- Another simple start is being mindful with our intentions and be present in life. TAKE15 while at work or home to reflect on how you feel. Breathe and process any feelings in your body. An example is if your toe is hurting - is it because your shoes are too tight? Is your sweater itchy? How are you feeling? Focus on being present with your family, friends, and yourself.
- Regular exercise has been shown to improve many areas of life. Areas include it can increase energy, relieve stress, better quality of sleep, and improving your mood.

Your TAKE15 is up to you. How will you TAKE yours?

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



New Stations and More



ACT Junior Breakfast

Another yearly event is the ACT breakfast for the juniors. This year we prepared an all-American style breakfast including hashbrowns, eggs, sausages, and French toast sticks. Students were also offered fresh fruit and juice.

Frozen Yogurt Float's at HHS and Frozen Yogurt at Steffen Homestead

Homestead is happy to expand the frozen yogurt into floats. A student favorite is the classic root beer float.

Steffen has just opened their frozen yogurt machine. This will be a perfect treat with the improvement of the weather.



Made to Order Station Open at Lakeshore

For the first time ever, Lakeshore has opened a Made-To-Order station. Students can expect a rotation of pasta (pictured), taco/burrito, baked potato, and mac n cheese. Students can pick their grain source, protein source, sauce, and vegetables. This is a fun way for us to be interactive with the students at the middle school level.

