

# Whitsons Nutrition Longmeadow April 2017 Newsletter

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April flew by fast with the Spring Break vacation! Many students have expressed the desire for more vegetarian options. In one of the elementary schools, one of the children was overheard stating that there should be more vegetarian foods and we listened. We increased our vegetarian options to include veggie burgers at the elementary level, when requested. We also have a vegetarian version for many of our main dishes. This month we awarded Katie Disabito with the Silver Apple Award! She has been an immense help to us, filling in when needed in other schools. A full description of why she was awarded can be seen on the welcome section of our school lunch website.

We wanted to jazz up the menu for



spring this month with some



[Korean Tofu served as a choice next to Korean BBQ Pork](#)

BBQ dishes and Sizzlin Spring specials. We featured flavorful Korean BBQ Pork or Korean Tofu served with Stir Fried Peppers and Onions with rice. We served Blazin

Buffalo Sliders, Chicken Fajitas, Chipotle Fish Tacos, and a BBQ Chicken Wrap. We introduced raviolis which were a big hit.

Pasta Day, Deli Bar, and Chicken Caesar Wrap have remained top sellers at the high school. Loaded nachos are the still one of the most popular items at the Middle Schools. The elementary school students love having specific items associated with certain days so they know what to expect.

We continuously strive to offer the most appealing and nutritious options available.



[Katherine Disabito](#)