



- ✓ We are looking forward to serving up happy and healthy throughout the district with nutritious meals and fun activities. We will be sharing good news from our cafeterias with you each month through our newsletter.
- ✓ August is Bring on Breakfast month in the cafes where we are engaging students with delicious recipes, fun and informative nutrition education and new menu items. Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.
- ✓ We are excited to kick off the month of September with a focus on teaching students how to fuel their bodies with nutritious foods through a Power Your Performance theme. This is the first theme of the school year in the Discovery Kitchen series of interactive food and nutrition education.
- Keep an eye out in October we will be celebrating Taste of Washington Day with some delicious Washington State Apples!

Discovery KITCHENO

Each month, we introduce a new Discovery Kitchen theme, featuring nutrition lessons, hands-on events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school community.





