



QuickBites



May 2024

TESD Food and Nutrition Services Newsletter

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TEM lunch heroes serving up nutritious meals

Presenting the TEM issue of QuickBites. As we come close to the end of the school year please take the opportunity to recognize the hard work and dedication of the TEM cafeteria staff. This cafeteria serves 7500+ meals in one month on an average. That is 1875 meals per cafeteria staff per month.



Lida is world traveller. She has been to every country in Asia, Europe and North America and looks forward to visiting South America and Australia soon.

She loves exploring new cultures and meeting people. Lida loves spending time with her husband, two children and the family cats Elsa and Pepper.

Why should fruits and vegetables be part of a balanced diet?

Fruits and vegetables contain vitamins, minerals and dietary fibre. There are several ways to prepare them and enjoy them at every meal.

Including fruits and vegetables in your daily diet will add color, flavor, texture and a variety of nutrients.

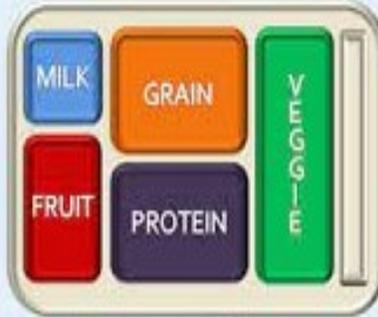
Did you know? TEM participates in the National School Lunch and Breakfast programs. (NSLP/NSBP) All meals meet specific nutrition standards including calories, sodium, total fat and sugar.





What Makes a Lunch?

Select 3-5 Components



One must be a



Jan comes from a big family of 5 brothers and 5 sisters, and they all meet during the holidays. She is grandmom to 6, great grandmom to 1. Jan and her husband recently celebrated their 50th wedding anniversary. Her co-workers describe Jan as organized and keeps everything calm and peaceful in the kitchen.

Judy and her family are longtime Tredyffrin residents. We were lucky to have her join us when she followed her grandchildren from another school district to TE. When not at work Judy is always with her family which includes her husband, children, grandchildren and dog Rusty

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:

- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**



Xioping loves participating in running marathons. She came to Tredyffrin after retiring from a career of construction engineering and accounting. A cherished memory of engineering school is meeting her husband, also a student there. In her free time Xioping loves spending time with her family.

One app

- *APPLY FOR FREE & REDUCED MEALS
- *MANAGE BALANCES
- *RECEIVE LOW BALANCE ALERTS!



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Available daily at TEM

Daily Feature Menu, Grill Entrees, Freshly made Deli sandwiches, Salad Platters and 2 Pizza choices!

