

COMING UP...

3/22- April ORDERS DUE!

4/01- NO SCHOOL Easter Monday

4/05- COOKIE DAY! Bring \$2.00

4/11- 3rd Grade Field Trip

4/12- COOKIE DAY! Bring \$2.00

4/19- COOKIE DAY! Bring \$2.00

4/22- MAY ORDERS DUE!

4/26- NO SCHOOL

LUNCHROOM LETTER

APRIL 2024



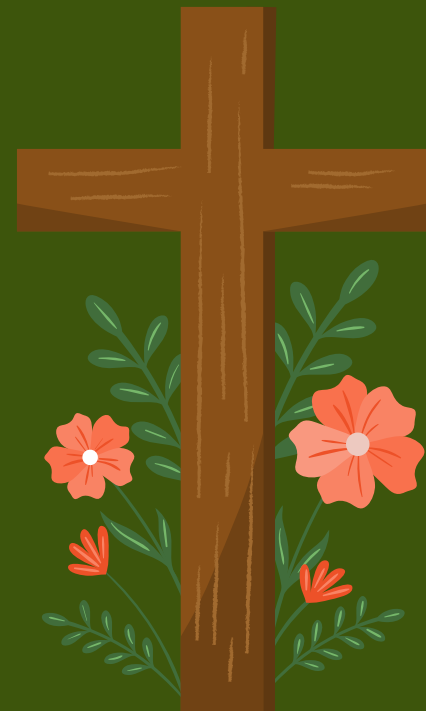
Happy Easter!

ORDER UP!

March lunch orders are
DUE FRIDAY, 3/22 .

[ORDER](#)

[VOLUNTEER](#)



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THIS MONTH

APRIL COOKIES

Oatmeal Chocolate Chip

Cookies can be pre-ordered OR purchased with cash for \$2 after lunch on Fridays for grades 3-8.

Grades K-2nd MUST PRE-ORDER.



CHEF FOR A DAY!

The 2023 Chef For A Day Experience winner is Parker Collins (8th grade)!

The chef experience includes:

- Choosing the menu for the day
- Assisting in the preparation of the meal
- Serving to classmates (*if student chooses*)

Parker will be tossing dough and saucing pies as he prepares cheese pizza on Tuesday, April 2nd!



Would your child like a chance to be Chef For A Day? Be sure to bid on the experience at the [FHLCS Auction](#) on Saturday, April 27th!

KEEP READING FOR MEAL PREP IDEAS!

MEAL PREP TIPS

Does it feel like you have no time to cook? Family tired of the same leftovers all week long? Try some of these ideas to simplify meal time!



Double & Freeze

This approach uses a similar amount of effort as a single meal but yields double the results. You end up with a meal to have right away as well as one to save for a busy day! Doubling works great for soups, stews, and large cuts of protein (pot roast, pulled pork, etc.).



Pre-cook When You're Less Busy

Use some time over the weekend (or when your schedule allows) to cook up a couple protein options like grilled chicken, beans, ground meat, hard boiled eggs, roast, etc.. While they're cooking, wash & chop veggies and cook up a grain if you like. You'll have ready-to-eat ingredients to mix and match in salads, bowls, snacks, quesadillas, burritos, and tacos all week!



Buy, Portion, Freeze

This is both cost-effective as well as a time saver! Portion meat with seasoning/ marinade into meal-size packages. Move the frozen portion to the fridge the night before you plan to use it, and it'll marinate as it thaws!

No time to chop veggies? Frozen vegetables are just as nutrient-dense as fresh and are easy to heat quickly!

**QUESTIONS, CONCERNS, OR SUGGESTIONS?
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