



The Club House Courier

Food Services Weekly Newsletter

To All Parents: Thank You for a Great First Year. This will be our last newsletter. You can find the remaining weeks menus on NutriSlice on our website.

I hope you all have a great summer and we will see you next school year.

Dorothy Kohler, Food Service Director

Technology Tips

Media should work for you and within your family values and parenting style. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and



Ingredients

- 4 flour tortillas
- 2 tablespoons crunchy peanut butter
- ½ cup marshmallow cream
- ¼ cup semi-sweet chocolate chips
- Cooking spray

Directions

⇒ Spread equal amounts of ingredients on flour tortillas and heat in skillet until lightly browned.



Fun Food Facts

Here are some fun facts about the food we love. The more you know about healthy food, the more you may tend to like it.

1. Ripe cranberries will bounce like rubber balls.
2. Most wasabi consumed is not real wasabi, just colored horseradish.
3. Oklahoma's state vegetable is the watermelon.
4. The winner of the 2013 Nathan's Hot Dog Eating Contest consumed 69 hotdogs in 10 minutes.
5. Apples are a member of the rose family, as are plums and pears.
6. Chocolate was once used as currency.
7. A Cinnabon Classic has less sugar than a 20-oz. bottle of Pepsi.
8. Humans are born craving sugar.
9. No matter what color Fruit Loop you eat, they all taste the same.
10. Honey is made from nectar and bee vomit.
11. Yams and sweet potatoes are not the same thing.
12. The popsicle was invented by an 11-year-old in 1905.



Free Summer Meals

Meals will be offered at Cumberland County High School from June 31st through July 16th, Monday through Thursday.

Breakfast – 8am to 8:30am

Lunch 12pm to 1pm

- ❖ Free meals to children 18 and younger
- ❖ No application or proof of income needed
- ❖ Healthy meals based on USDA guidelines
- ❖ Fun, safe place for children to be active and visit with friends
- ❖ Served at sites such as schools and churches that may offer learning and recreational activities

