



# FEBRUARY 2023

Specials from The Lunch Lady

## Healthy Tip of the Month

We should be consuming at least 25 gm of fiber a day [according to the Harvard School of Public Health] but most of us are lucky to consume 15 gm. We may associate fiber with black beans, whole grains and bran, but there are lots of fruit and veggie fiber stars. Check it out!

- 1 cup of blackberries = 8 grams
- 1 cup raspberries = 8 grams
- 1 cup cooked green peas = 8 grams
- 1 cup cooked squash = 6 grams
- 1 cup of broccoli or cauliflower = 4 grams
- 1 cup corn, carrots or spinach = 4 grams
- 1 apple or orange = 4 grams
- 1 cup strawberries = 4 grams

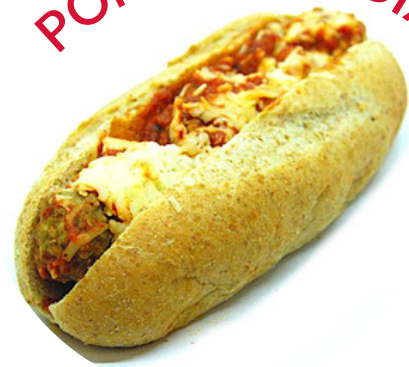
Love is in the air. Whether you are looking to do something special to mark Valentine's Day or just want to do something fun our Lunch Love specials will warm the hearts and fill the tummies of the ones you love!

## PANCAKES FOR LUNCH



Who doesn't love breakfast for lunch, especially when that breakfast food is pancakes. This is always a kid favourite. To add a little something special and sweeten the deal we've included chocolate chips.

## POP-UP SPECIAL



### Hot Hero Sandwich

Enjoy this warm and satisfying favourite, made the Lunch Lady Way with Saucy Little Beef Meatballs or Veggie Meatballs (bet you can't taste the difference), our special tomato sauce and ooey-goey mozzarella cheese.

## READY TO ORDER?

[Login](#) to see the specials available in your school.

Have questions or need help? Your [local Lunch Lady kitchen](#) will be pleased to provide support.