October 2026-27
Nutri-Serving It Up At

Saint Rose of Lima

October was full of fresh and fun meals for students and faculty with the introduction of our weekly staff menu containing a new soup, salad, or wrap! We served up delicious colorful salads, a wonderful variety of cold fresh fruits and vegetables and sought all the ways we could promote our nutritious friend, Polar Pear. From perfectly plain in its own fruit juice to pear parfaits with granola, mini pies for teachers and stuffed sugar cookies we showcased our nutritious friend in many forms.

While we had fun playing with sugar and spice the best part of the month has been the overwhelming positive feedback from both staff and students alike about our fresh food choices and positive attitudes. No matter your tastes and preferences we stride everyday to bring options that are nutritious and appetizing to all. With fun salads and wraps, classic sandwiches we all know and love and a chance to branch out with options like flatbreads and pretzel melts we aim to please everyday.













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A LOOK AHEAD TO

Novembe

November is Good Nutrition Month and Native American Indian Heritage Month!



November is Good Nutrition Month, a great time to focus on the importance of balanced, nourishing meals! It is also the month where we take time to honor and celebrate the rich cultures, traditions, histories, and contributions of Native American peoples.



November's Nutritious Friend is "Quirky Quinoa!"



QUESTIONS OR COMMENTS? Contact us!

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