NEWSLETTER

WHAT'S COOKING THIS MONTH?

- View our full breakfast and lunch lineups for the month here: https://www.sowegak12.org/childnutrition
- Annual Thanksgiving lunch will be held November 18, 2026. The cost is $5.50 for participants. All current Randolph County students are CEP and receive their meals at no cost.

HARVEST OF THE MONTH: SWEET POTATOES

Sweet potatoes are Georgia Grown and packed with vitamin A, beta carotene, fiber, potassium, and minerals. Sweet potatoes can b prepared in many ways - baked, roasted, or mashed.

SHARE GRATITUDE: TREAT A NEIGHBOR

Bake cookies, package up popcorn, or prep a small Thanksgiving treat with your child, then deliver it to a neighbor or friend along with a handmade thank-you card.

EASY SWEET POTATO FRIES

- 2 sweet potatoes, thoroughly washed & peeled
- 2 tbsp extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp cumin
- 1/4 tsp pepper
- 1/4 tsp garlic powder

OPTIONAL: course sea salt to garnish after cooking

DIRECTIONS

- Preheat oven to 400F
- After washing and peeling sweet potatoes, cut into 1/4 inch fry-like shapes, wedges, or cubes.
- Toss fries in bowl with olive oil and seasonings, ensuring all fries are well coated
- Lay on baking sheet with parchment paper and bake for 35-40 minutes, tossing halfway through to get an even roast (if air frying, air fry on 380F for about 12 minutes)
- Sprinkle sea salt over the fries when they come out of the oven, to taste (you can omit this step but the fries will likely need a little more salt after roasting)

FUELING UP: THE ULTIMATE LUNCH TRAY CHECKLIST

What are you picking for your tray each day? Use the 3-part energy formula

- **Part 1: The Base (Sustained Energy):** Whole grains like whole-grain buns and sliced bread, brown rice, or whole-grain crackers.
- **Part 2: The Builder (Muscle & Focus):** Lean proteins like grilled chicken breast, hard-boiled eggs, hummus, cheese sticks, or peanut butter.
- **Part 3: The Booster (Vitamins & Fiber):** At least one colorful fruit or vegetable, such as crisp carrot sticks, apple slices, or juicy berries.

CAFETERIA SPOTLIGHT

Students celebrated **World School Milk Day** on September 30, 2026. World School Milk Day is celebrated annually on the last Wednesday of September to promote the health and nutritional benefits of school milk programs for children.