

# SCHOOL LUNCH HERO DAY

## Acton-Boxborough Regional Schools to Honor the School Lunch Heroes Serving Healthy Meals *Celebrating School Lunch Hero Day on May 3, 2019*

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, Acton-Boxborough nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, Acton-Boxborough Regional Schools will celebrate School Lunch Hero Day on May 3. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the “Lunch Lady” graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to 30 million of America’s students each school day.

All across the school district, school nutrition professionals will be honored with thanks, cards, and recognition from students and school staff.

We would like to thank our staff for all of their hard work and dedication to the students and staff in all of our school cafeterias.

### Reminders from Food Services...

- SchoolCafe allows parents to transfer money between students’ accounts at any time. You can access SchoolCafe at <https://www.schoolcafe.com/abrsd>
- Reminder to parents, that all funds on a student’s lunch account at the end of the school year are available for use over the summer and the following September. Anyone leaving the district may request a refund or transfer the balance to a sibling’s account.



### Slow Cooker Oats

allrecipes!



Prep  
15 m

Cook  
6 h

Ready In  
6 h 15 m

### Ingredients

- |                                |                              |
|--------------------------------|------------------------------|
| 1 cup steel cut oats           | 2 tablespoons butter         |
| 3 1/2 cups water               | 1 tablespoon ground cinnamon |
| 1 cup peeled and chopped apple | 2 tablespoons brown sugar    |
| 1/2 cup raisins                | 1 teaspoon vanilla extract   |

### Directions

- 1 Place the steel cut oats, water, apple, raisins, butter, cinnamon, brown sugar, and vanilla extract into a slow cooker, and stir to combine and dissolve the sugar. Cover the cooker, set to Low, and allow to cook 6 to 7 hours (for firm oats) or 8 hours (for softer texture).