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Message from the Kitchen

Welcome back to school! We know some of the best memories are made around the table, so we've spent the summer crafting menus to bring back your favorite classics along with new menu item debuts. Our kitchen is ready to fuel your school, so get ready for a delicious year ahead!

Best,
The Bevaris Alliance Team

Rewards, Recipes & Flavorful Highlights

Welcome to our monthly newsletter! Each month, we will provide a comprehensive overview of your school's meal services to keep you in the know of all things food on campus.

Nourishing Knowledge

Bevaris Alliance's goal is to fuel student success through fresh, nutritious food. This monthly update is your insight into our culinary operations. Inside, you will discover upcoming cafeteria promotions, family-friendly recipes to try at home, and expert nutrition insights to support a healthy lifestyle.

Teriyaki Meatball Skewers

INGREDIENTS

Meatballs

- *1 lb ground chicken or turkey*
- *1/4 cup panko breadcrumbs*
- *1 egg*
- *1/2 tsp garlic powder*
- *1/2 tsp ground ginger*

Glaze & Side

- *3/4 cup store-bought low-sodium teriyaki sauce (thick style)*
- *1 bag (12 oz) microwaveable steam-in-bag sugar snap peas*
- *8-10 wooden skewers (soaked in water)*

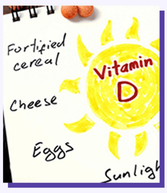
INSTRUCTIONS

1. *Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.*
2. *In a bowl, mix the ground meat, panko, egg, garlic powder, and ground ginger. Roll into 1-inch balls and place on the baking sheet.*
3. *Bake for 15–18 minutes until cooked through.*
4. *While the meatballs finish baking, warm the teriyaki sauce in a large bowl in the microwave for 30 seconds. Toss the hot, baked meatballs directly in the warmed sauce.*
5. *Pop the bag of snap peas into the microwave and cook according to the package directions (usually 2–3 minutes).*
6. *Thread 3–4 glazed meatballs onto each skewer and serve immediately with the hot snap peas. (Skip the skewers and use toothpicks if you are really short on time!)*

What is vitamin D?

Mayo Clinic

VITAMIN D: WHY IT MATTERS AND HOW TO GET ENOUGH



Vitamin D is sometimes called the "sunshine vitamin" because your body makes it when sunlight hits your skin. It helps your body absorb calcium, keeps your bones strong and supports your immune system. Low vitamin D levels are common — affecting over 1 billion people worldwide — and can lead to weak bones, fatigue and a higher risk of infections.

Who is at risk for low vitamin D?

You may be more likely to have low vitamin D if you:

- Spend most of your time indoors.
- Live in a northern climate with limited winter sunlight.

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