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Message from the Kitchen

It wouldn't be November without the signature aromas of the season. We are carefully weaving familiar, warm spices and flavors into our everyday recipes.

Best,
The Bevaris Alliance Team

A Twist on a comfort classic

Thankful Chick

Crispy chicken patty topped with melted cheddar, thick-cut bacon, crunchy slaw, and pickles, on a butter-toasted brioche bun, finished with a sweet and tangy maple-mustard sauce

Every Tuesday

Locally Sourced Seasonal Comfort

Nothing beats coming in from the crisp November air to a hot, nourishing lunch. This month, we are focusing on pure seasonal comfort by blending wholesome, everyday nutrition with the cozy, familiar autumn flavors that make mealtime feel a little more like home.

Rooted in Nutrition

As summer greens phase out, our chefs are incorporating more autumn, nutrient-rich root vegetables into our daily offerings. These seasonal staples provide the complex carbohydrates and vital vitamins students need to power through their afternoon classes.

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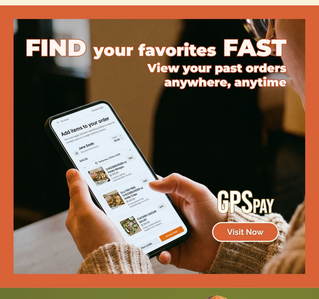
THAN JUST THE FEELING OF FULL



Sweet Potato Bites

INGREDIENTS

- *4 large/thin sweet potatoes (peeled and cut into 6 slices each)*
- *6 large marshmallows (halved)*
- *3 tbsp unsalted butter, melted*
- *2 tbsp pure maple syrup*
- *12 pecan halves*
- *1/4 tsp salt*

INSTRUCTIONS

1. *Preheat your oven to 400°F.*
2. *Brush the sweet potato slices on both sides with melted butter, sprinkle with salt, and arrange them in a baking dish.*
3. *Bake for 15–20 minutes, flip each slice, and bake for another 10–15 minutes.*
4. *Drizzle the slices with maple syrup and place a marshmallow half on top of each.*
5. *Bake for an additional 5 minutes (or broil for 2 minutes) until the marshmallows are toasted.*
6. *Remove from the oven, immediately press a pecan half into each marshmallow, and serve warm.*

Offer planned meals and snacks consistently throughout the day.

Academy of Nutrition and Dietetics

WHEN SHOULD MY KIDS SNACK?

Does it seem like it's always snack time? Many children graze throughout the day, enjoying a never-ending snack time. Snacks are good for kids because they help them stay focused at school and on homework, give them needed nutrients and help keep hunger at bay. Yet, for lots of kids and teens, a snack is a bag of chips, some cookies or some other low-nutrient food. Instead, think of snacks as mini-meals.

Unplanned, random snacking can lead to problems. Nonstop snacking interferes with kids' appetites and can disrupt their natural instincts when they experience hunger and fullness. When timed correctly, snacks can help kids get the energy and nutrients they need.

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