

### Sweet Potatoes are the Virginia Harvest of the Month

We are celebrating Sweet Potatoes as the Virginia Harvest of the Month with a menu special in January! The PWCS Food and Nutrition Department will be serving scratch made Roasted Sweet Potatoes and Apples as a school lunch side at all schools. Be sure to look from this menu special at schools on:

Elementary Schools: Friday, January 19<sup>th</sup>

Middle and High Schools: Thursday, January 18<sup>th</sup>

Want to recreate this menu special at home? Here is the recipe from the PWCS Food and Nutrition Department!

**ROASTED SWEET POTATOES & APPLES**

**INGREDIENTS:**

- 1 lb Sweet Potatoes
- 1 Apple
- 1 Tbsp Olive Oil
- 1 Tbsp Butter
- 2 Tbsp Brown Sugar
- 1/4 tsp Cinnamon

**DIRECTIONS:**

1. Preheat the oven to 400°F.
2. Wash and peel sweet potatoes. Cut them into 1-inch chunks.
3. Toss sweet potatoes in olive oil, then spread them in a single layer on a greased or lined baking sheet. Place into preheated oven and roast for 20 minutes or until they are fork tender.
4. Wash and peel the apple, then thinly slice.
5. Melt butter, then add brown sugar and cinnamon.
6. Combine roasted sweet potatoes, apple slices, and butter mixture in an 8x8-inch baking dish. Mix well.
7. Reduce the oven temperature to 350°F, and bake sweet potatoes and apples for 10-15 minutes. Enjoy!

*THIS RECIPE IS COMPLIMENTS OF...*

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### Celebrate Local Milk!

Thursday, January 11<sup>th</sup> is National Milk Day! Did you know the milk we serve is local? Our milk is supplied through Dairy Maid Dairy located in Frederick, Maryland just 50 miles from our county! Elementary students who choose to have school breakfast on National Milk Day (Thursday, January 11<sup>th</sup>) will receive a milk mustache sticker! Join us in celebrating local milk!

### PWCS Nutrition Job Fair!

Are you tired of working evenings and weekends? Would you like to be off during your child's school breaks? Are you looking for a job that truly has an impact on your community? Consider working for PWCS Nutrition! The PWCS Food and Nutrition Department is hosting a **Job Fair on January 24<sup>th</sup> from 9am-6:30pm!** Interested individuals can apply and interview on site at the Job Fair!

Learn more and register to attend here: <https://forms.office.com/r/F9aWQC1vsj>

If you have questions or need additional information, please contact the PWCS Food and Nutrition Department at 703-791-7314.