



Monthly Munch

Nutrition Newsletter
December 2025



December is Brussels Sprouts Month



As we head into the winter months, December is the perfect time to focus on winter wellness. Choosing seasonal produce like brussels sprouts, squash, cranberries, and citrus fruits ensures peak nutrition throughout the colder months. Prioritizing seasonal immune-boosting produce and staying hydrated can keep everyone feeling their best this holiday season. We wish all of our students, staff, and families a nutritious and joyful December!

Recipe Corner

Celebrating Brussels Sprout Month

December is the perfect time to shine a spotlight on one of winter's most underrated vegetable, brussels sprouts! Packed with Vitamin C, fiber, and antioxidants, this powerhouse vegetable is perfect for supporting our immune systems during cold and flu season. Brussels spouts are incredibly versatile and can be served roasted, sautéed, or even shaved into a salad. Try our student-approved sweet chili roasted brussels spouts at home this winter!

SWEET CHILI ROASTED BRUSSELS

Number of Servings: 8 • Serving Size: ½ cup

INGREDIENTS:

- 1 POUND FRESH BRUSSEL SPROUTS
- 1 TEASPOON RAW RED PEPPER
- ¼ CUP SWEET CHILI SAUCE
- 1 TEASPOON GARLIC POWDER
- 2 TABLESPOON CANOLA/OLIVE OIL BLEND

DIRECTIONS:

PREPARE DICED RED BELL PEPPER. TOSS HALVED BRUSSELS AND BELL PEPPERS TOGETHER WITH OIL AND GRANULATED GARLIC. PLACE ON A SHEET TRAY IN A SINGLE LAYER AND ROAST IN A CONVECTION OVEN AT 375 DEGREES FOR APPROXIMATELY 10 MINUTES UNTIL BRUSSELS START BROWNING AND ARE AL DENTE. TOSS ROASTED BRUSSELS WITH SWEET CHILI SAUCE AND SERVE HOT.

