



# Engagement Plan

ELEVATING THE EVERYDAY

AUGUST 2024 – JULY 2025





# Our Guiding Principles

## Nourishment

We believe in nourishing the whole person, recognizing that true nourishment encompasses far more than just what's on the plate. Through wellness programming, nutrition education and more, we go above and beyond to ensure each of our guests thrive.

## Community

We believe in nourishing the whole person, recognizing that true nourishment encompasses far more than just what's on the plate. Through wellness programming, nutrition education and more, we go above and beyond to ensure each of our guests thrive.

## Responsibility

Through our dedication to sustainability efforts, stringent safety measures, continual innovation, and other key elements, we fully embrace our responsibility to always do the right thing.





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## ***a note from your campus FISD leader***

**Welcome Bixby Parents and Students to the 2024-2025 school year, I am Chef Amber Rybarczyk. I am thrilled to share some new and fresh food into the daily food program. I am ecstatic to be adding a more global cuisine to the menu, once a month starting in September.**

**I am happy to share a new program called Get swavory, that we will be running once a month. It is a combination of a specific food tried both sweet and savory. The kids will be voting on THEIR favorite.**

**Please feel free to reach out to me with any questions or concerns about food or allergies that your children have.**

**To a year of  
SUCCESS,**

**Chef Amber**



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A brief note from the FISD Team.

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Ready to celebrate? View the full year of major celebrations to keep students engaged all year long.

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### CULTURAL CELEBRATIONS

Celebrating a mosaic of cultures and communities with a feast of diverse flavors.

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### PLANT POWERED PROTEINS

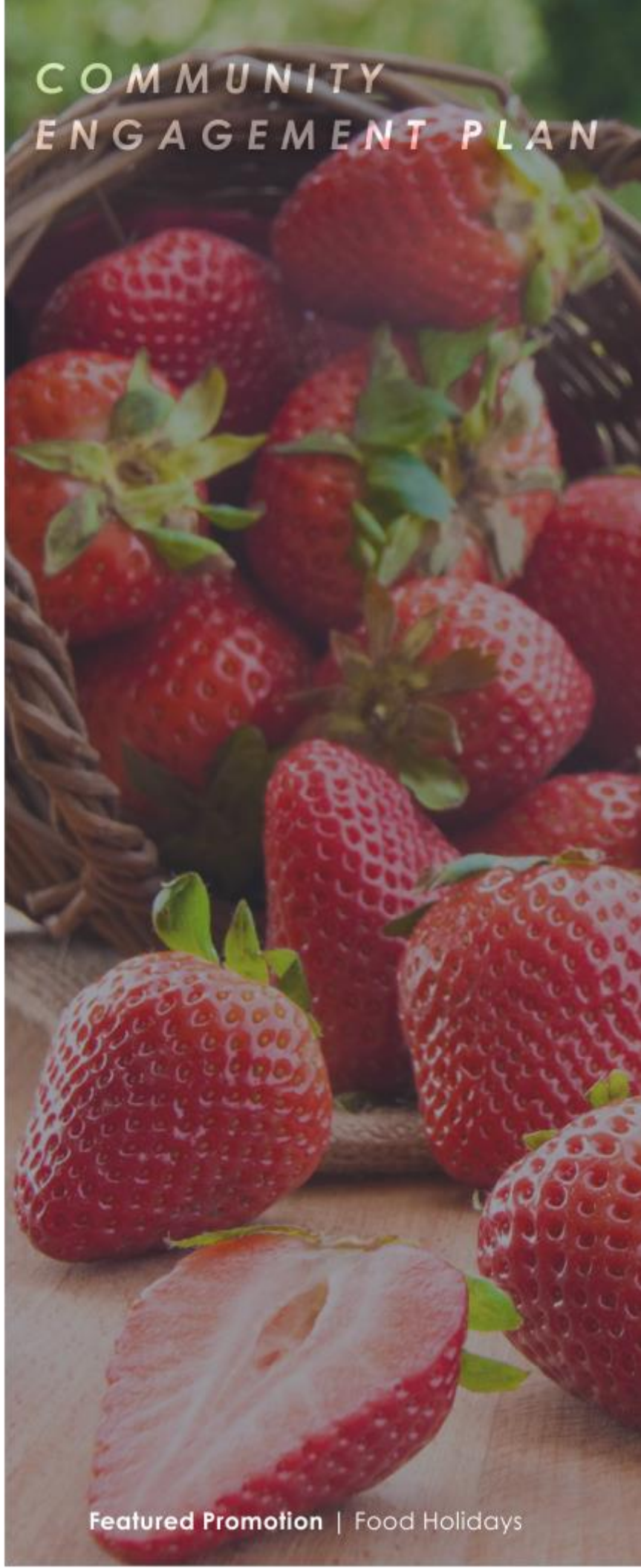
Protein can come in many forms! This year we're introducing students to protein powered by plants.

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### FOOD HOLIDAYS

We interrupt the everyday to surprise and delight our students with food holiday pop-ups that feature fun ingredients or loved food items that they won't be able to resist.

# COMMUNITY ENGAGEMENT PLAN



Featured Promotion | Food Holidays



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## SPICE EXPLORERS

Exploring the world through globally inspired spices and seasonings... and discovering the flavors that make mealtime a universal experience.

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## SWAVORY

Sweet or Savory? Try both! Swavory is back with all new recipes to encourage adventurous eating and persuade the picky palates.

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## BOOK BITES

Satisfy curiosity and hunger for knowledge with our delicious, custom approach to nutrition education!

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## CALENDAR

See how all the programs come to life in our calendar at a glance!





The background of the page features three pies. On the left is a large pumpkin pie. On the top right is a berry pie with a lattice crust. On the bottom right is an apple pie. The text is overlaid on these images.

# Major Promotions

MAJOR PROMOTION = MAJOR FUN!

Throughout the year, our monthly food festivities will captivate and thrill students, offering a continuous stream of excitement. We'll revamp our dining area, generating campus-wide anticipation as we highlight our local chefs and their culinary prowess, presenting students with fresh delights to savor and explore.

With themes spanning cuisines, holidays, and ingredients, we invite students to step out of their comfort zone, sample new dishes and embrace new cultures. Whether it's a tribute to seasonal harvests or a themed spread for a special occasion, our monthly food celebrations are sure to unite the campus community.



# Major Promotions



We're dishing out excitement month after month, captivating our students with a range of lively events crafted to spark joy. From summer vibes bashes to warming winter feasts, our monthly celebrations on your campus aim to unite and thrill all students.



## PROGRAMS:

- **August:** Back 2 School BBQ or Picnic
- **September:** Farmer's Market
- **October:** Halloween
- **November:** Dia de los Muertos or Thanksgiving
- **December:** Winter Festival
- **January:** Lunar New Year
- **February:** Super Bowl or Valentines Day
- **March:** Mardi Gras or St. Patrick's Day
- **April:** Stop Food Waste Day
- **May:** Memorial Day
- **June:** First Day of Summer
- **July:** All-American BBQ





# Cultural Celebrations

THE TASTE OF BELONGING: CULTURAL CELEBRATIONS THAT UNITE STUDENTS THROUGH FOOD

From savory to sweet, spicy to mild, these gatherings showcase a wide array of dishes that reflect the cultural heritage and culinary expertise of our students and their families, as well as our FISD Teams and the communities we serve. Beyond just a meal, these events create opportunities for students to connect, learn, and appreciate each other's backgrounds and experiences.

It's not just about the food; it's about the connections made over shared meals and the bonds forged through the exploration of different tastes and traditions.



# Cultural Celebrations

## PROGRAMS:

### September:

Hispanic Heritage Month Sept 15th - Oct 15th  
Chef Appreciation Week Sept 8th - Sept 12<sup>th</sup>

### October:

Hispanic Heritage Month Sept 15th - Oct 15<sup>th</sup>

### November:

Diwali Nov 1<sup>st</sup>  
Native American Heritage Month

### December:

Hanukah Dec 25th - Jan 2<sup>nd</sup>  
Kwanza Dec 26<sup>th</sup>

### January:

Martin Luther King Jr. Day Jan 20<sup>th</sup>  
Lunar New Year Jan 29<sup>th</sup>

### February:

Black History Month

### March:

Women's History Month  
Ramadan Feb 28th - Mar 30<sup>th</sup>  
Eid-al-Fitr Mar 29th - Mar 30th

### April:

Arab American Heritage Month  
Earth Day Apr 22<sup>nd</sup>

### May:

Asian American Pacific Islander Heritage Month  
Jewish American Heritage Month  
Cinco de Mayo May 5th

### June:

LGBT Pride Month  
Juneteenth Jun 16th







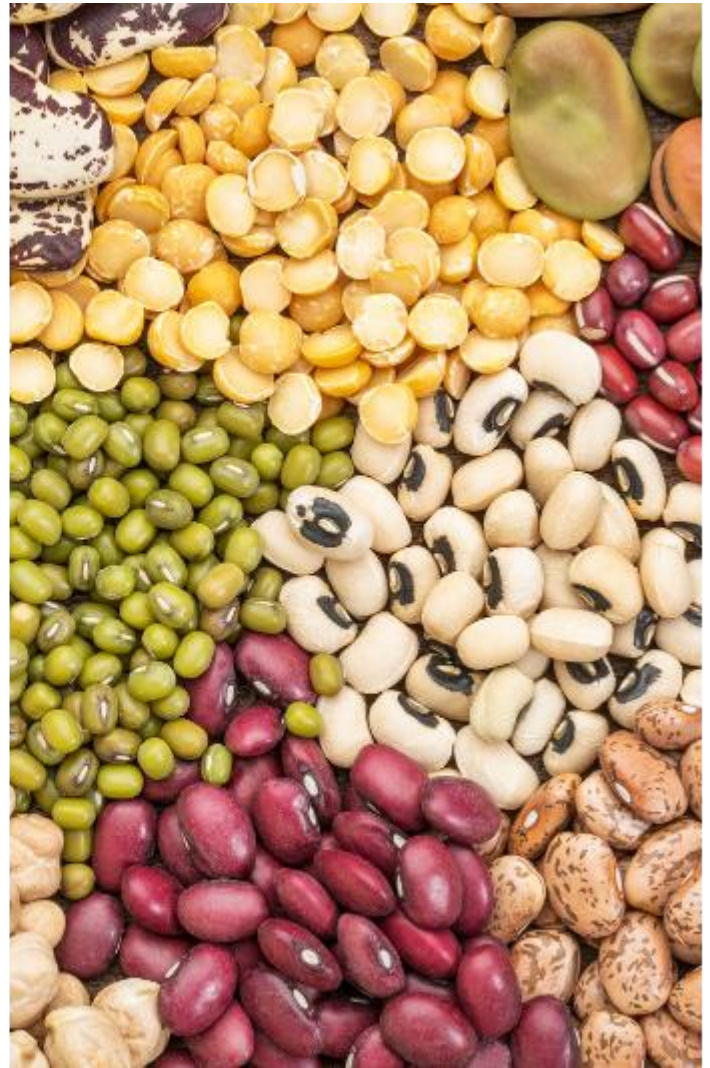
# ***PLANT POWERED PROTEINS***

PLANT PACKED RECIPES THAT ARE  
ANYTHING BUT BORING.

Explore the diverse world of protein! In the upcoming year, we're thrilled to unveil a new approach to nutrition, introducing our students to the wide variety of protein options sourced from plants! Featured monthly, this program will get your students thinking about protein in a whole new way.

Join us as we showcase a plethora of ingredients such as Tofu, Lentils, Quinoa and beyond, each brimming with protein-packed goodness. Prepare to be amazed by the versatility and richness of plant-based proteins .





# ***PLANT*** ***POWERED PROTEINS***



## **PROGRAMS:**

**August:** Chickpea

**September:** Tofu

**October:** Black Bean

**November:** Sun Butter

**December:** Kamut

**January:** Edamame

**February:** Quinoa

**March:** Northern White Bean

**April:** Green Peas

**May:** Lentils

**June:** Pinto Beans

**July:** Student Favorite from the Year





# Food Holidays

GET READY TO BE WOWED! IT'S A POP-UP CELEBRATION THAT'S SIMPLY IRRESISTIBLE.

Prepare for a series of lively pop-up food holidays that are bound to thrill our students and leave them grinning from ear to ear. Whether it's National Nacho Day or Banana Day, these events will debut tantalizing new menu offerings, showcase exclusive limited-time recipe deals, and unveil exciting festive menu options that will have students eagerly returning for more.



# Food Holidays

FISD

AUGUST

19

**HOT &  
SPICY  
FOOD** Day!



FISD

DECEMBER

06

**CHOCOLATE  
COVERED  
ANYTHING**

Day!



## PROGRAMS:

### August:

Aug. 19th Hot &  
Spicy Food Day  
Aug. 28th Bow Tie  
Day

### September:

Sept. 16th  
Guacamole Day

### October:

Oct. 1st World  
Vegetarian Day

### November:

Nov. 6th Nacho  
Day

### December:

Dec 6th  
Chocolate  
Covered Anything  
Day

### February:

Feb. 27th Chili  
Day

### March:

Mar. 14th Pie  
Day

### April:

Apr. 8th  
Empanada  
Day

### May:

May 20th  
Strawberry Day

### June:

Jun. 4th  
Cheese Day

### July:

Pickle Month

### January:

Jan 31st Hot  
Chocolate Day





# SPICE EXPLORERS

GET YOUR PASSPORT READY!  
DISCOVERING FLAVORFUL SPICES,  
LOCAL FLAIR, AND CULTURAL DELIGHTS!

Join us on an exhilarating culinary expedition as we dive deep into the vibrant tapestry of global flavors, unlocking the secrets of spices and seasonings from around the world. Students will not only savor the tastes of distant lands, but also uncover the unique local twists that add an extra dimension of excitement to each dish.

From the hearty flavors of Germany to the rich spices of Nigeria, the tropical delights of Puerto Rico, and the aromatic dishes of Turkey, every destination promises a mouth-watering adventure that will leave taste buds tingling with anticipation.





**DISCOVER THE WORLD THROUGH FLAVOR**



## PROGRAMS:

|                           |   |
|---------------------------|---|
| <b>August:</b> Caribbean  | <b>February:</b> Puerto Rico                |
| <b>September:</b> Germany | <b>March:</b> Turkey                        |
| <b>October:</b> Malaysia  | <b>April:</b> Philippines                   |
| <b>November:</b> Nigeria  | <b>May:</b> Hawaii                          |
| <b>December:</b> Peru     | <b>June:</b> Vietnam                        |
| <b>January:</b> Poland    | <b>July:</b> Student Favorite from the Year |





# GET SWAVAORY

WHERE SWEET BATTLES SAVORY IN A  
MOUTHWATERING SHOWDOWN!

Prepare your taste buds to enter the culinary arena with our Swavaory Tried it! Program, where students will engage in a battle of flavors like never before! Explore the dynamic world of sweet and savory variations as students sample, critique, and vote for their preferred creations.

Swavaory encourages students to embrace the excitement of trying new flavors and textures. Whether it's experimenting with unique ingredients or reinventing traditional dishes, each new recipe offers an opportunity for students to expand their palate and indulge in a world of culinary possibilities!





**GET  
SWAVORY**



**GET  
SWAVORY**



## PROGRAMS:

**August:** Watermelon

**September:** Quinoa

**October:** Butternut Squash

**November:** Eggplant

**December:** Cottage Cheese

**January:** Grapefruit

**February:** Beets

**March:** Plantains

**April:** Red Bean

**May:** Mango

**June:** Brown Rice

**July:** Peach





# Book Bites

NUTRITION EDUCATION SIMPLIFIED:  
FISD DIETITIANS SERVE UP TURN-KEY  
FOOD & NUTRITION LESSONS

Offering a delightful blend of literature and culinary exploration for students. Developed by FISD dietitians, this innovative program integrates food and nutrition education seamlessly into lower school classrooms. Each lesson is carefully crafted to engage young minds while addressing picky eating challenges.

Through custom activities and tasty treats, students not only enjoy interactive learning but also develop a balanced approach to eating. With Book Bites, students embark on a flavorful journey where stories come to life on their plates.

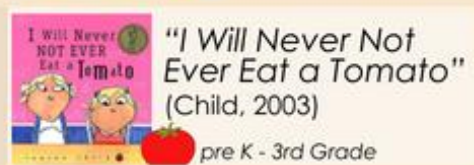
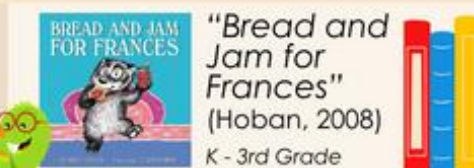
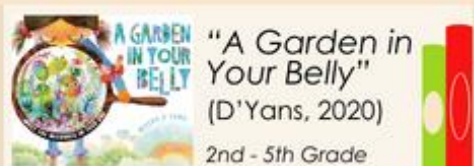




# Book Bites



## VOLUME ONE



...and counting!

## WE PROVIDE EVERYTHING YOU NEED!

- ✓ FISD Instructor
- ✓ Copy of Selected Book
- ✓ Instructor Guides for Every Book
- ✓ All Activity Materials
- ✓ Opportunities to Try New Foods
- ✓ Lesson Plans & Learning Objectives for Students
- ✓ Bookmark for Participant





# Calendar

Ready to see how it all comes to life? Check out our bi-monthly calendar to get a glance at what's happening in our servery!



# August - September

2024

## AUGUST

| MO | TU | WE | TH | FR | SA | SU |
|----|----|----|----|----|----|----|
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## SEPTEMBER

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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

## MONTHLY EVENTS

Back to School  
BBQ- Thursday  
August 22nd

Caribbean Spice  
Explorers-  
Wednesday  
August 28th

**SPICE**  
EXPLORERS

## MONTHLY EVENTS

Get Swavory- Quinoa-  
Tuesday September 3<sup>rd</sup>

Food Holiday-  
Guacamole day Monday  
September 16th

Spice explorers- Germany  
Thursday September 19<sup>th</sup>

Plant Power Proteins- Tofu  
Wednesday September  
25th

**GET  
SWAVORY**





# October - November

2024

## OCTOBER

| MO | TU | WE | TH | FR | SA | SU |
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| 28 | 29 | 30 | 31 |    |    |    |

## MONTHLY EVENTS

Food holiday- World Vegetarian  
Day Tuesday October 1<sup>st</sup>

Plant powered Proteins- Black  
beans Wednesday October 9<sup>th</sup>

Get Swavory- Butternut Squash  
Thursday October 17<sup>th</sup>

Spice Explorers- Malaysian  
Monday October 22<sup>nd</sup>

Major Promotions- Halloween  
Wednesday October 31<sup>st</sup>

## NOVEMBER

| MO | TU | WE | TH | FR | SA | SU |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

## MONTHLY EVENTS

Food Holidays-Nacho  
Day Wednesday  
November 6<sup>th</sup>

Get Swavory- Eggplant  
Thursday November  
14<sup>th</sup>

Major Promotions-  
Thanksgiving Thursday  
November 22<sup>nd</sup>



MAJOR  
PROMOTIONS





# December - January

2024 - 2025

## DECEMBER

| MO | TU | WE | TH | FR | SA | SU |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

## MONTHLY EVENTS

Food Holidays-  
Chocolate Covered  
Anything Friday  
December 6th

Spice Explorers-  
Peruvian Tuesday  
December 11<sup>th</sup>

Major Promotions-  
Winter Holidays-  
Wednesday  
December 18<sup>th</sup>

**FOOD**  
*Holidays!*

## JANUARY

| MO | TU | WE | TH | FR | SA | SU |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

## MONTHLY EVENTS

Plant powered Proteins-  
Edamame-Tuesday  
January 7th

Get Savory- Grapefruit-  
Thursday January 16<sup>th</sup>

Major Promotions- Lunar  
New Year Wednesday  
January 29th

Food Holidays- Hot  
Chocolate Day- Friday  
January 31<sup>st</sup>

**PLANT**  
POWERED PROTEINS





# February - March

2025

## FEBRUARY

| MO | TU | WE | TH | FR | SA | SU |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 |    |    |

## MONTHLY EVENTS

Get Savory- Beets-  
Wednesday February 5th

Plant Powered Proteins-  
Quinoa- Tuesday  
February 11th

Spice Explorers- Puerto  
Rico- Monday February  
17th

Food Holiday- Chili Day-  
Thursday February 27th

**GET  
SAVORY**

## MARCH

| MO | TU | WE | TH | FR | SA | SU |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

## MONTHLY EVENTS

Major Promotions-  
Mardi Gras Tuesday  
March 4th

Food Holiday- Pie day-  
Friday March 14th

Spice Explorers- Turkish-  
Tuesday March 18th

Get Savory- Plantains-  
Wednesday March 26th





# April - May

2025

## APRIL

| MO | TU | WE | TH | FR | SA | SU |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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## MONTHLY EVENTS

Spice Explorers- Philippines-  
Wednesday April 2nd

Food Holidays- Empanada  
Day- Tuesday April 8th

Plant Powered Proteins-  
Green Peas- Thursday April  
17th

Get Swavory- Red Bean-  
Monday April 21<sup>st</sup>

**SPICE**  
EXPLORERS

## MAY

| MO | TU | WE | TH | FR | SA | SU |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## MONTHLY EVENTS

Plant Powered Proteins-  
Lentils- Thursday May 1<sup>st</sup>

Get Swavory- Mango-  
Tuesday May 6th

Spice Explorers-  
Hawaiian Lei Day  
Wednesday May 14th

Food Holidays-  
Strawberry Day-  
Tuesday May 20<sup>th</sup>

**PLANT**  
POWERED PROTEINS





# June - July

2025

## JUNE

| MO | TU | WE | TH | FR | SA | SU |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

## MONTHLY EVENTS

Summer Camp Starts-  
Monday June 2<sup>nd</sup>

Get Swavory- Brown  
Rice- Wednesday  
June 11th

## JULY

| MO | TU | WE | TH | FR | SA | SU |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## MONTHLY EVENTS

Get Swavory-  
Peach- Tuesday July  
8<sup>th</sup>

Major Promotions-  
Pickle Month-  
Thursday July 17th



**GET  
SWAVORY**







Food by