

Nutritional News August 2025

Dear CSDB Students, Families, and Staff,

Welcome back! I hope your summer was full of rest, fun, and time with loved ones. My name is Tony, and I am proud to join the Colorado School for the Deaf and the Blind as your new Food Service Manager. With over 15 years of experience in child nutrition services, I am excited to bring my passion for serving students to a school that values both community and care.

As we begin this new school year, I am focused on creating menus that are both nutritious and enjoyable. One of my primary goals is to reduce the use of highly processed foods, products containing high fructose corn syrup, and items with artificial dyes. I believe that small changes in our meals can make a big difference in the health, focus, and energy of our students.

I am also excited to share the first menu change: chocolate milk will now be available every day at lunch. This small treat has been a popular request among students, and I am happy to include it as a regular option while continuing to offer nutritious choices. Chocolate milk provides the same essential nutrients as white milk—calcium, vitamin D, protein, and potassium—which are especially important for growing children. For many students, flavored milk encourages greater milk consumption, helping them meet their daily nutrition needs.

Starting in October, we will also begin introducing cultural food days—giving students the opportunity to explore and enjoy foods from different parts of the world and celebrate the diversity within our school community.

I look forward to working alongside students, staff, and families to make the cafeteria a welcoming space where everyone feels cared for. Please do not hesitate to stop by and say hello—I am always happy to connect and hear your thoughts. Here is to a great school year ahead!

Tony Cardona
Food Service Manager
Colorado School for the Deaf and the Blind

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Recipe for August: Blueberry Smoothie

Serves: 2

Blueberries are amazing brain food. Just half a cup a day can help keep your brain cells healthy and your memory strong. Plus, blueberries are bursting with antioxidants—those amazing substances that keep your cells and body super-healthy. Add blueberries to smoothies and fruit salads, top your cereal with them, or freeze and eat them like tiny fruitsicles. Or make this creamy, blue smoothie to share.

Adult: Yes

Active Time: 10 Minutes

Total Time: 10 Minutes

Kitchen Gear:

- Measuring cup
- Dinner knife (for slicing banana)
- Cutting board
- Blender (*adult needed*)
- Spoon

Ingredients:

- ½ cup water or coconut water
- ½ cup plain low-fat yogurt
- 1 cup fresh or frozen blueberries
- ½ overripe banana, peeled and sliced (frozen if possible)
- 2 ice cubes

Before You Begin:

WASH your hands with soap and water and dry them.

CLEAN the countertop with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

Instructions:

Put all the ingredients in the blender.

Put the blender top on tightly. Turn the blender to medium and blend until the mixture is smooth, for about 2 minutes.

Pour the smoothie into 2 glasses and scrape out the rest in the blender with a spoon.

Serve right away—or store in a thermos or cover and refrigerate for up to 4 hours.

Safety Tip: Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

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