

CSDB December Newsletter

Dear CSDB Students, Families, and Staff,

As winter settles in and the days grow shorter, we're excited to bring meals that offer warmth, comfort, and a chance to explore new culinary traditions. This month's features highlight two beloved dishes that balance robust flavors with familiar favorites.

Cuban Sandwich

The Cuban sandwich is a flavorful classic with roots in the Cuban communities of Florida, especially Tampa and Miami. Built on pressed Cuban bread, it layers roasted pork, sliced ham, Swiss cheese, pickles, and mustard to create the perfect blend of savory, tangy, and melty goodness. Its history reflects the blending of cultures—Cuban flavors influenced by Spanish and Caribbean traditions, brought to the U.S. by immigrants who helped shape the culinary landscape. Today, it's a warm, satisfying sandwich enjoyed across the country.

French Bread Pizza

French Bread Pizza is a comfort-food favorite born right here in America. Popularized in the 1960s as a creative twist on traditional pizza, it uses a loaf of French bread as its base, offering a crunchy crust with a soft interior. Topped with sauce, melted cheese, and optional pepperoni, it became a beloved school-lunch staple thanks to its simplicity and nostalgic appeal. It remains a go-to option for a cozy, kid-friendly meal.

Looking Ahead

As we head into the holiday season and prepare for winter break, we remain committed to serving meals that nourish and inspire. Thank you for your ongoing support as we continue to offer dishes that celebrate culture, comfort, and community.

Warmly,

The Nutrition Team