



B.O.O.S.T. Cooking for Future Success

season
EVERYTHING
WITH LOVE

21st Century Community
Learning Centers
Soaring Beyond
Expectations

season
EVERYTHING
WITH LOVE



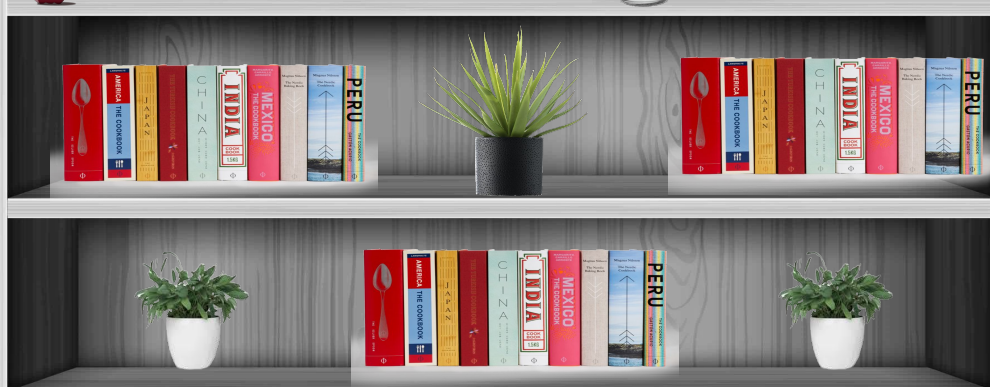


B.O.O.S.T. (Buena Out Of School Time) is a program offered at the Buena Regional School District that provides a learning center for youth in grades 3 to 8, that allows them to make responsible choices, be creative and express themselves in a positive, in an actively engaging atmosphere. With the local community and educational influences, the program provides students with the tools needed to be productive, problem solving individuals through inquiry based learning. Throughout our two program sites (one located at the Buena Regional Middle School for grades 6 to 8 and the other at J.P. Cleary Elementary School for grades 3 to 5), our program emphasis on careers will allow students to connect academics to various career choices. The B.O.O.S.T. program also offers the following services to students and families of the program: homework help, STEAM activities, The Arts (Cultural, Visual and Performing), Character Education, Physical Fitness, Technology, and Career Awareness.

Families have been sitting around the dinner table together for years. Many of us have missed out on these regular gatherings due the nonstop away of life we live in these days. This more than ever has shown just how important those in-person connections can be especially over delicious food.

The act of gathering to prepare the meal and eating it together, provides us with more than just sustenance.

Our goal in the BOOST Program is to incorporate student involvement and engagement through the art of cooking.





Healthy Recipe Contest



Today's feature recipe is a quick, balanced recipe that checks every box, fruit 🍎, vegetable 🥦, protein 🍗, grain 🍚, and dairy 🧀, and takes under 30 minutes start to finish.

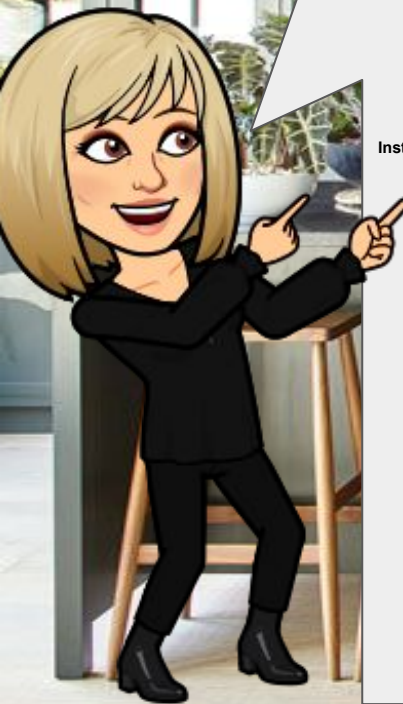


Chicken, Spinach, & Strawberry Wraps



with Feta and a Balsamic Glaze





Chicken, Spinach, & Strawberry Wraps with Feta and Balsamic Glaze

🕒 Total Time: 20 minutes

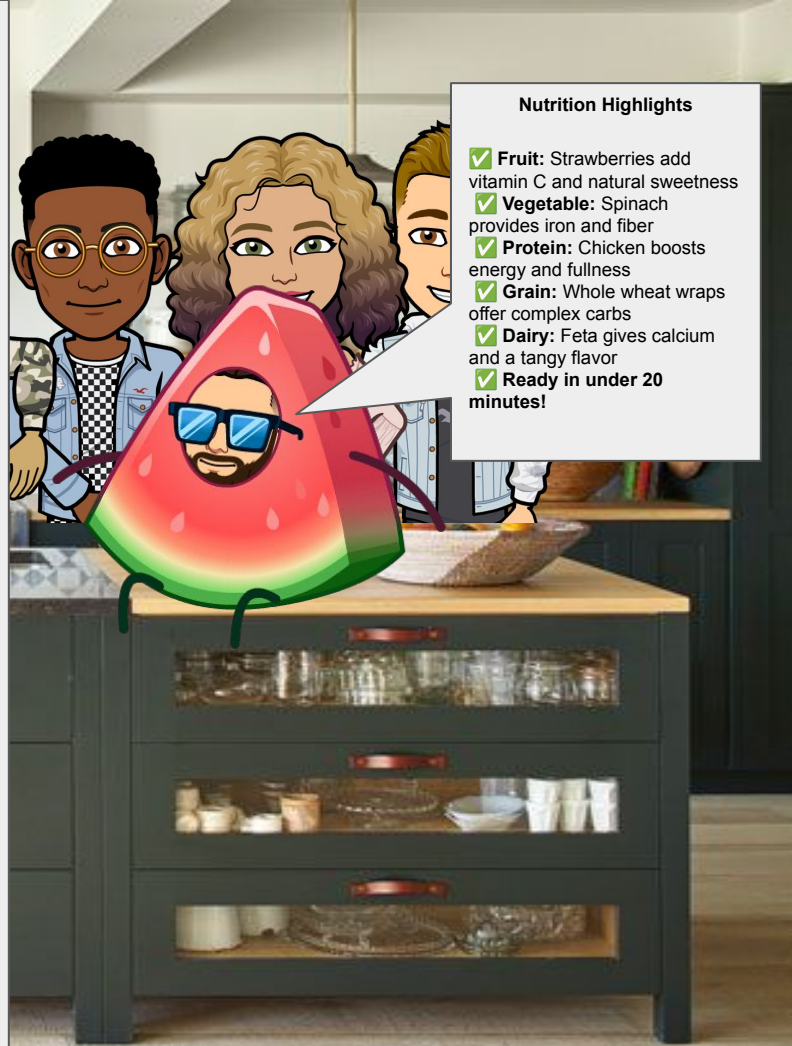
🍽 Servings: 2–3 wraps

Ingredients

- **Protein:** 1 cup cooked chicken breast, sliced or shredded
- **Grain:** 3 whole wheat or spinach wraps/tortillas
- **Vegetable:** 1 cup fresh spinach leaves
- **Fruit:** 1 cup sliced strawberries
- **Dairy:** ½ cup crumbled feta cheese
- **Extra Flavor:** 2 tablespoons balsamic glaze (store-bought or homemade)
- Optional: 1 tablespoon olive oil or light vinaigrette for extra flavor

Instructions

1. **Prep Ingredients:**
Wash and slice the strawberries. Warm the wraps slightly in a pan or microwave (10–15 seconds) to make them easier to fold.
2. **Assemble the Wraps:**
Lay a wrap flat and layer:
 - A handful of spinach leaves
 - A few slices of chicken
 - Several strawberry slices
 - A sprinkle of feta cheese
3. **Add the Glaze:**
Drizzle lightly with balsamic glaze (and olive oil or vinaigrette if desired).
4. **Wrap It Up:**
Fold in the sides and roll the wrap tightly. Slice in half if preferred.
5. **Serve & Enjoy:**
Serve immediately for a fresh wrap, or wrap in foil/plastic wrap for an on-the-go lunch.



Nutrition Highlights

- ✅ **Fruit:** Strawberries add vitamin C and natural sweetness
- ✅ **Vegetable:** Spinach provides iron and fiber
- ✅ **Protein:** Chicken boosts energy and fullness
- ✅ **Grain:** Whole wheat wraps offer complex carbs
- ✅ **Dairy:** Feta gives calcium and a tangy flavor
- ✅ **Ready in under 20 minutes!**

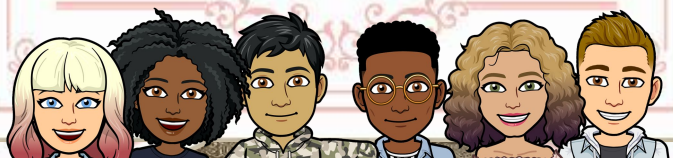
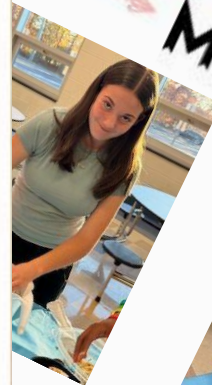
MENU



MENU



MENU



The Finished Product!



 **Chicken, Spinach, &
Strawberry Wraps with
Feta and Balsamic Glaze**



**BON
APPETIT**



Thank you for your time!
We hope you enjoyed.



Administer: Rory Nordberg

Teacher: Troy Holdcraft

Students:

6th Grade

Keira Blassingale
Gardner Castellini
Annabelle Cooper
Joseph Earl
Luna Espinosa
Isaiah Gaitan
Gavin Golden
Michael Lane
Lilliana Lyons
Connor Mack
Mia Martinez- Garcia
Ellie Mae McLaughlin
Jace Michael
Lily Pio
Ava Reese
Journey Sansbury
Hazelle Simmons
Jasmine Simmons
Ashlynn Sterling
Kadence Ramirez
Sofia Valadez Calvillo
Peyton Williams

7th Grade

Gwen Flowers
Wyatt Fenske
Diana Ramos
Declan Roscoe
Natalya Roig-Hess
Ayden Strong
Guillermo Wright-Morillo

8th Grade

Annabelle Clark
Kenia Badillo
Jeremiah Blount-Rosa
Sophia Bylone
Olivia Earl
Uriel Gaitan
Kylie Gavrell
John Gentile
Kylie Grove
Logan Jones
Zion Mitchell
Brianna Newell
Kamoya Newell
Harry Patel
Jessiah Santiago
Veronica Woods

