



Sourdough Snacks

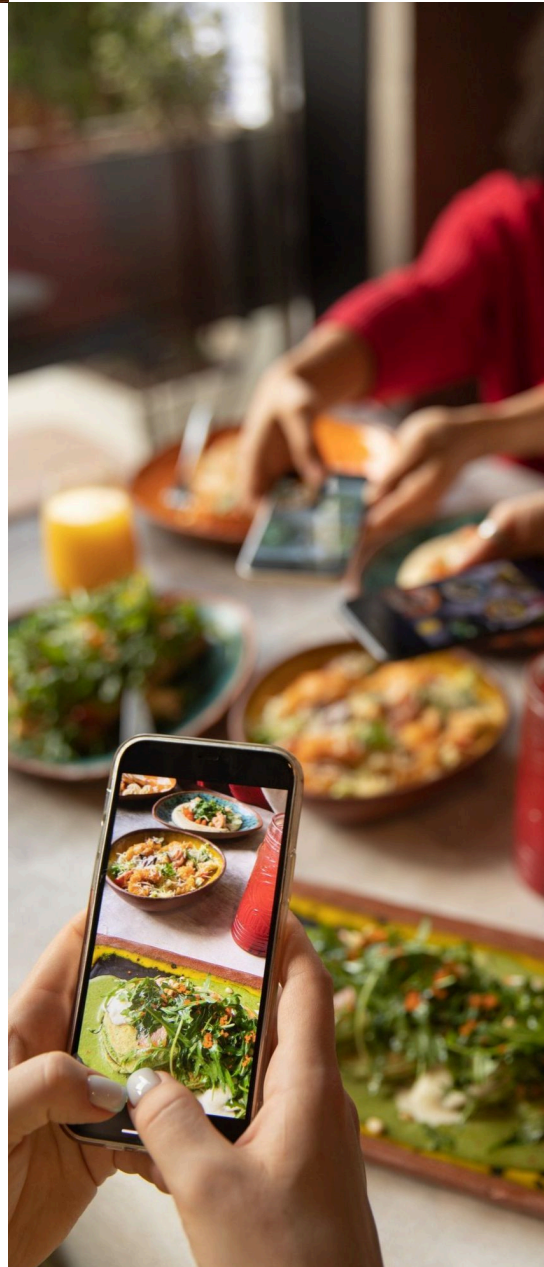
If you've been anywhere near social media lately, you've probably seen the sourdough craze bubbling over – and April 1st is the perfect day to celebrate it because it's National Sourdough Day! This naturally fermented bread isn't just trendy; the fermentation process can make nutrients easier to absorb and may support gut health thanks to beneficial bacteria. If you're keeping a starter at home (or want to make one using [this easy recipe](#)), don't toss that extra discard – there are so many kid-friendly ways to use it! Browse through [lots of sweet and savory snack ideas](#) – from pretzel bites to scones – that your family can enjoy fresh or frozen for later.

Weeknight Wins with Meal Planning Apps

Weeknight dinners can feel hectic for busy families, but meal planning apps can make things much easier. These tools help organize weekly meals, create grocery lists automatically, and even suggest recipes based on your family's preferences. Some apps also allow you to save favorite meals so you can rotate kid-approved dishes without starting from scratch each week. A few popular options parents enjoy include:

- [Mealime](#) – Meal Plans with Recipes, Dietary Restrictions, and Automated Grocery Lists
- [Paprika Recipe Manager](#) – Gather, Organize, and Save Recipes to Make Individualized Meal Plans
- [Ollie](#) – AI-Powered to Create Meal Plans that are Personalized to your Family Over Time
- [Plan to Eat](#) – Schedule Recipes from other Sites to Make a Weekly Plan and Shopping List
- [BigOven](#) – Organize your Kitchen and Reduce Food Waste by Offering Ideas for Leftovers

Unfortunately, most do require a fee or subscription, but many offer free trials so you can find a system that works for your family, making healthy meals easier and a lot more enjoyable. For even more options, you can find a [food writer's "Best of" list here](#).





Plant-Based Pop Quiz

Can you spot the myth?

1. Kids need meat to get enough protein.
2. Calcium can be found in fortified plant milks, tofu, leafy greens, beans, and almonds.
3. Vegetarian diets are good for health, but may not be the best fit for everyone.

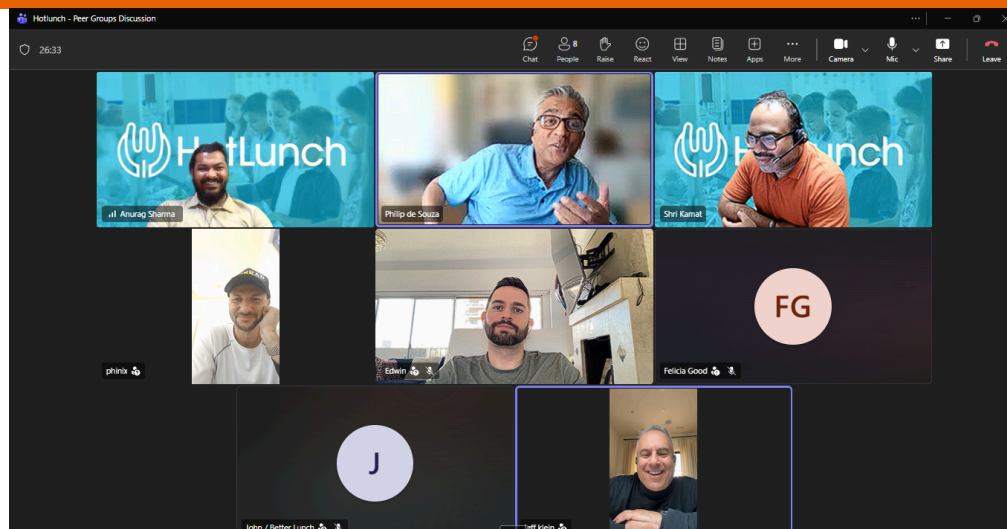
The myth is #1! Kids can meet their protein needs through a variety of foods like beans, lentils, tofu, eggs, dairy, nuts, seeds, and whole grains. Whether your family eats fully vegetarian or simply enjoys more plant-based meals, variety is the key to meeting children's nutrition needs. To learn more about how a plant-based lifestyle can fit into your family's routine, explore resources from the [Academy of Nutrition and Dietetics](#).

Swing into Summer Reading

Summer is full of swimming, camps, and family adventures – but it's also a great time to keep kids' reading skills growing. Experts recommend weaving reading into everyday summer fun, like visiting the library, packing books for road trips, or even creating your own family stories together. Explore [helpful tips and ideas for raising a summer reader here](#).



Building Stronger School Lunch Programs Through Community



At HotLunch.com, we've always believed that great school lunch programs are built on more than just technology — they're built on community, collaboration, and shared experience.

We recently brought that belief to life through our first HotLunch Peer Group session, gathering a select group of food service founders, CEOs, and operators from across our network. The result? A dynamic, insightful, and energizing conversation that highlighted the true power of connection in this industry.

A Room Full of Experience

Each participant brought a unique perspective — representing different regions, program models, and culinary approaches — but all shared a common goal: delivering better meals and better experiences for schools and families.

The conversation quickly moved beyond introductions into meaningful, solution-focused dialogue around:

- What's working well in their programs
- Operational strategies driving success
- Menu innovation and increasing participation
- Real-world challenges, from logistics to scaling

What stood out most was the openness. Leaders spoke candidly about both wins and challenges, creating a space rooted in trust, honesty, and practical learning.

Real Conversations. Real Impact.

One of the most valuable aspects of the session was the exchange of peer-driven ideas — operators learning from operators.

From small process improvements to big-picture strategy, participants walked away with actionable insights they could immediately apply. The addition of an NSLP expert brought even more value, offering guidance on navigating the National School Lunch Program and helping clarify opportunities for growth and compliance.

More Than a Meeting — A Community

What started as a single session quickly revealed something bigger: a clear need for ongoing connection.

The feedback was unanimous — this experience was not only valuable, but refreshing. In an industry that can often feel isolating, having a space to connect with peers who truly understand the day-to-day realities made a meaningful difference.

What's Next

This is just the beginning.

We're committed to growing the HotLunch Peer Group program and creating more opportunities for food service providers to:

- Share best practices
- Solve challenges collaboratively
- Learn from industry experts
- Grow stronger, together

At HotLunch.com, our mission goes beyond software. We're here to support the people behind the programs — the operators, chefs, and leaders — who make school nutrition possible every day.

**Because when they succeed, schools succeed.
And when schools succeed, students thrive.**

About HotLunch.com

HotLunch.com is the only web-based system of its kind

HotLunch.com is used by schools across North America! With HotLunch.com you can easily manage school-lunch administration, publish lunch menus online, receive payments, and reduce time spent on managing parent transactions, including fundraising, after-school care, volunteering, and much more.

See For Yourself!

Request a Software Demo

Call 1-888-376-7136, or email info@hotlunch.com



HotLunch.com Now Available in Spanish & French

Our school lunch software is now available in Spanish and French, making it easier for schools around the world to utilize our school lunch system. This update allows more families to reap the benefits of HotLunch.com.



Hotlunch.com partners to educate underprivileged girls

We are proud to partner with Ainiti.org, an organization that empowers and educates underprivileged girls through technology. Thanks to you, profits from Hotlunch.com will be used to support girls in need.

PARTICIPATE

FOLLOW US



About the author



Abbie Hebron, MS, RD, CSP, LD, CNSC

Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

CONTACT US

Mail : sales@hotlunch.com

Call Us : [1-888-376-7136](tel:1-888-376-7136)

Call Us : [1-310-530-8261](tel:1-310-530-8261)

ABOUT US

Simple, Fast, Accurate solution for Schools,
Food Service Providers & Offices

www.hotlunch.com



© 2026 Hotlunch.com All rights reserved.