



chartwells
eat. learn. live.



November 2016



FOOD FOCUS Bulletin Board in the Cafeteria



BREAKFAST

Free Breakfast every Tuesday & Thursday

LUNCH

Taco Tuesday!
Choice of Tortilla or Nachos w/fixings

Fruit & Veggie Challenge

THIRD GRADE WINS PIZZA PARTY!



NUTRISLICE – school menus are posted on the school’s website. There is also an app available. Checks may be made out to WAJ Cafeteria to pay for meals.

INTERNSHIP – We have been so lucky to have Felicia Sutton here doing an internship since September! She will be missed when she leaves at the end of this month. She has done everything from cooking, to serving, to staff training lessons, and menu planning. She planned a Halloween lunch for the students along with a special treat for them and helped to decorate the serving line.

ROOT VEGETABLES

Jicama Kale Slaw

Serves 1

Ingredients

- 1-1/4 tsp sesame seeds
- 1/4 cup kale leaves, sliced thin
- 1/4 cup jicama, julienne-sliced
- 1-1/4 tsp fresh lemon juice
- 1/8 tsp black pepper
- 2 tsp mandarin oranges, sections, canned, drained
- 1-1/4 tsp canola oil
- 1/8 tsp salt

Steps

1. Place sesame seeds in a skillet and toast seeds over medium heat until seeds are dark brown, stirring often. Set aside and let cool.
2. Wash kale leaves and slice thin. Place in bowl and set aside.
3. Peel and slice jicama. Add to bowl and mix in all other remaining ingredients. Sprinkle with sesame seeds as garnish.
4. Serve and enjoy!

Nutrition per 1/2 cup serving: 58 calories, 4 g fat, 5 g carbs, 2 g sugar, 0 mg cholesterol, 1 g protein, 2 g fiber, 71 mg sodium



Hampton Creek Cookies
For sale in the cafeteria!

Contact Us Diana Potter Director of Dining Services 734-3400 X1187



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Chartwells September **Food Focus of the Month** is red and orange vegetables. Look for the creative, fun ways we plan to prepare red and orange vegetables on the lunch menus- some of which include roasted carrot “fries”, fresh sliced bell peppers, roasted butternut squash, & sweet potatoes. The health benefits of these colorful vegetables are endless!

Full of vitamins A, C & K, phytonutrients, and antioxidants- they’re a great addition to many meals to give you great nutrition along with



learn.

We’re back to school and excited to share new menu directions with you and your students! Our partnership with Harvard and the Culinary Institute of America has produced Menus of Change, featuring more fresh produce and whole grains in flavorful recipes.

For September, we’ll feature Global Street Food flavors and encourage students to take part in the Fruit and Veggie Challenge, welcoming everyone back with the best of the late summer harvest prepared by our talented chefs.

RED & ORANGE VEGETABLES

Salsa Fresca

Serves 6

Ingredients	Steps
2-2/3 cup fresh tomatoes, diced 2/3 cup fresh yellow onions, diced 1 tbsp fresh garlic, chopped 1-1/2 tsp parsley flakes 2 tsp fresh jalapeno pepper, seeded and diced 1-1/2 tsp lime juice 1/3 tsp hot sauce	1. Wash all produce. Chop or add to a food processor and pulse just until chopped. 2. Combine all ingredients and mix well. 3. Serve and enjoy! Serving suggestion: Serve with baked corn chips. Try adding fresh or canned fruit, avocado, beans, or corn for variety!

Nutrition per 1/2 cup serving: 25 calories, 0 g fat, 5 g carbs, 3 g sugar, 0 mg cholesterol, 1 g protein, 1 g fiber, 15 mg sodium

live.

Family meal time: unplug for dinner

At dinner time, make it a goal to eat at the kitchen table “unplugged”—all electronic devices turned off—no iPhone, iPad, iPod, laptop, tablet, or television. Take the time to share your day’s stories with your family members. Research has shown that sharing a family meal is extremely beneficial. According to research, children and teens who regularly participate in family dinners at the kitchen table have lower rates of substance abuse, depression, obesity and eating disorders and have higher grade point averages and self-esteem.

Make it a point to have dinner at the table “unplugged” most nights out of

