



September 2016



BREAKFAST

Free Breakfast every
Tuesday & Thursday

LUNCH

Taco Tuesday!
Choice of Tortilla or
Nachos w/fixings

VEGGIE & FRUIT CHALLENGE

Choose a fruit or vegetable
& get a sticker to place on
a poster!

Sept. 19 –Sept.23

K-8 win pizza party for your
class!

HS raffle for a pair of movie
tickets!

BACK TO SCHOOL BBQ – September 16

Stop by Chartwells table display to pick up information
about school meals and a locally grown apple!



FOOD FOCUS – Each month we focus on a different
food category and showcase the foods in recipes,
handouts, and posters, giving the students the
opportunity to learn about and try new foods.

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.

HAMPTON CREEK – Chartwells has partnered with
Hampton Creek. Our belief is that good food should be
accessible and delicious; serving their cookies, mayo, and
salad dressings.

SCHOOL WIDE BLUE & WHITE DAY – Each month
we try to do something to support our student athletes.
We might celebrate with a special treat for lunch, a
raffle, or a giveaway prize. **For September we will have a
free cookie day with a lunch purchase.**



Hampton Creek Cookies
For sale in the cafeteria!



eat.

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 great taste!



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

SIMPLY GOOD

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

