

WINDHAM ASHLAND
JEWETT CSD

chartwells
eat. learn. live.



FEBRUARY 2017 NEWSLETTER

**Valentine's Day
cookie sale !!!
3 cookies for \$1.00
in pretty
Valentine's Day
bags
Buy them for your
friends!!!**

SIMPLY GOOD

This month, our **Food Focus** is on Herbs & Spices. In place of salt, try using dried rosemary, garlic, dill, or basil with a dash of lemon juice for a healthy switch. You might find a new favorite!

SIMPLY GOOD *breakfast*

Did You Know... Breakfast is available daily in the school cafeteria? Students who eat breakfast have better concentration, are more alert and miss fewer days of school. Start your child's day in a healthy way!

Kids in the Kitchen CROP Kids & Second Graders Learn To Make a Healthy Pizza



Mrs. Ramundo and Mrs. McCullar's second grade classes came for a kitchen tour and learned to make a healthy pizza on a lightly toasted tortilla shell. They chose their own toppings from sauce or dressing, chicken, beans, broccoli, tomatoes, and onions. We baked them and they enjoyed them for an afternoon snack! We also invited the CROP kids in to make a pizza for their afternoon snack also! I think everyone had a great time!



nutrislice

**Easy-to-Access
School Menus**

Easy to access, real time digital menu and nutrition information for you, our valued **Windham Ashland Jewett CSD** community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone, or visit wajcs.org

DDS Diana Potter
518-734-3400 X1187

Diana.Potter@compass-usa.com or
dpotter@wajcs.com

Free Breakfast Available Every Tuesday &
Thursday



eat.

Our spotlight on herbs and spices – roasted garbanzo beans. Yummy!!



learn.

Cooking Tips with Herbs & Spices

There are many delicious, fresh foods that require little tinkering with flavor. But, when it comes to lightening up recipes, it is important to understand how to keep flavor when reducing fat, sugar or sodium. One way is through the addition of spices and herbs! Lots of dishes create depth by adding herbs and spices to layer flavors. Taste and season throughout the cooking process. It's better to under-season and add more spices, than over-season and be left with a ruined dish. Only add salt at the very end - you may find your dish doesn't even need it!



live.

Prepayment Directions

Prepayment is available for breakfast and lunch meals. Money for snacks and beverages can also be prepaid. Please send in cash in envelopes with the students name and ID number on the front or checks can be made out to the WAJ Cafeteria.

