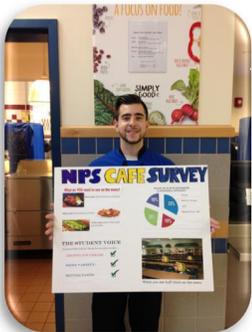




**December Newsletter**

**Student Survey Results**

You spoke and we listened! Last month over 275 students participated in our NHS lunch survey. Results showed that students' current menu favorites includes: pizza, buffalo chicken, the deli bar and mashed potato bowl. In addition, some items that students would like to see more of on future menus were: more buffalo chicken, mozzarella sticks, and a build your own salad bar option. Look for some of your requests on our December menu, and check out the final survey results posted in the high school café.



**Rooted**

December's menu promotion "Rooted" helps support the demand and food preferences of our students and staff, with a focus on clean, less processed and more plant-based menu options. Grounded in taste, wholesomeness and international flavors, our menus this month will feature a variety of plant-based options like beans, legumes, sweet potatoes, and red potatoes.



**Our Fruit & Veggie Challenge Winners!**



Cleveland Elementary School took the time to celebrate the end of Farm to School Month by holding a Fruit and Veggie Challenge, where students got to show their love for some fresh and local produce options. During lunch time, students got into the competitive spirit, competing against one another to see who could eat the most fruits and veggies! The winners of the challenge went to the 4<sup>th</sup> graders, with a total of 103 points! 2<sup>nd</sup> grade took 2<sup>nd</sup> place with a total of 102 - talk about a close call! The Food Services team hopes that challenges like this one will help expose students to more fruit and veggie options, while expanding their taste and preferences for choosing fruits and veggies as a healthy snack or meal addition.

**NHS Kitchen Manager – Sharon Hickey**



Sharon started with Norwood Schools' Food Service back in 1997 as a substitute café worker at the Prescott School. After several years of working at Balch production kitchen, Sharon took over as the manager at the High School in 2008. Sharon and her team have been busy bringing in new products and talking with the students about their favorite dishes. You can often find Sharon's smiling face serving the main lunch or in the kitchen.

**Menus by Nutrislice™!** - Norwood students and parents can access electronic menus and review nutrient, allergen, and ingredient information; available on the district website or through a Smartphone app!

The link to the menus will be available from the NPS website:  
[www.norwood.k12.ma.us](http://www.norwood.k12.ma.us)

**Contact Info**

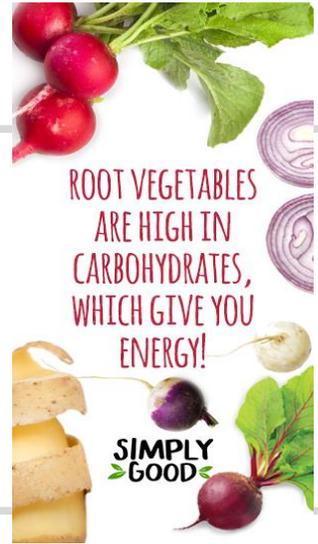
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eat.

Chartwells' December **Food Focus of the Month** is root vegetables. You can find a variety of root vegetables on our breakfast and lunch menus like – carrots, red potatoes, onions and sweet potatoes. Shoot for eating 1 to 2 cups of vegetables per day, keeping in mind that variety is key! Incorporate root vegetables into your diet as a complex carbohydrate source, which helps give our bodies the energy we need for activity and recovery.

Root vegetables get their name because they are grown underground, where each plant produces a single edible root. These veggies include beets, jicama, turnips, rutabaga, and radishes – just to name a few!



learn.

When eating root vegetables the green leaves and stalks can be used in soups, salads and stews! Get creative with different cooking methods for these veggies – try steamed, roasted, baked, raw or even mashed.

Root vegetables are packed full of antioxidants, like vitamin C, as well as potassium, and fiber. Did you know that just one cup of turnips contains almost 1/3 of your daily vitamin C requirements? This vitamin is an antioxidant which helps our bodies absorb iron, and assists the body in making collagen for bones and cartilage.

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 tbsp 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



live.



Consumers are becoming more conscious about the types of foods they put into their bodies, including students and staff within our school walls who choose to eat in the café. The Norwood High School community voiced their opinion and strong interest in seeing a wider variety of vegetarian options available on the menu to help accommodate health and religious preferences, so they met with Eli Norris, NPS Food Service Director. Students utilized this meeting to discuss and agree upon a new vegetarian menu option to trail, reaching a consensus for a spicy black bean burger. After getting the seal of approval from the students with a taste testing, the high school started offering spicy black bean burgers on various stations like the *Grill*, *So Deli* and *Wild Greens* to expand the versatility of this menu option throughout the café. The Food Services team is committed to the wellbeing of our school community, as well as the planet, so we will continue to expand the availability of plant-based menu options on our menus.