



**Norwood  
Public Schools**



**chartwells**  
eat. learn. live.



**Fall SY 19-20 Newsletter**

**Student Choice**

Our Student Choice Menu Concept at Norwood High School has been one of our greatest success stories implemented thus far! This program gives students that voice by offering more variety through enhanced engagement and interaction. Throughout the 18-19 school year, our winning stations included Bok Choy and Flame, where we are excited to see what our students choose for the 19-20 school year. The impact of this program has resulted in a 7% increase in meals served at the high school, showing us that students want their voice to be heard when it comes to their school menus.



**Discovery Kitchen**

Our students truly are the shining voice of our program, where our goal last year was to ensure we spent equal amounts of time throughout various grade levels to continue building those positive interactions with students. At the elementary level we focused on monthly visits into schools through our Discovery Kitchen Program. We performed a variety of events from samples, to fun classroom educations, all the way to expanding tower gardens in each school. Our experiences included sweet potato pets, sugar demos, kale chip tastings, quinoa salad tastings and more! We look forward to continuing our fun with the Discovery Kitchen Program throughout our schools for the 19-20 school year!



On behalf of the Norwood Food Services team, we would like to welcome back our students, staff and parents for the 19-20 school year! This past year, we served almost 400,000 meals throughout our Norwood school community and we look forward to continue serving our students this year, helping to fuel their bodies and minds.



We are also excited to bring you some new flavors, events, and food and wellness education in your school café and classrooms. Chartwells K12 and Norwood Public Schools have been working hard in developing nutritionally sound menus that are created using student input from surveys, taste testings, local food trends, flavors and produce. All of our menus and a la carte items meet or exceed USDA and MA state nutrition guidelines.

We are excited to continue our collaboration with students, parents and staff, and look forward to a healthy school year!

**Free & Reduced Applications Available Electronically** - The 2019-2020 Free and Reduced Application can now be filled in and submitted online. Visit our [website](#) for more information on how you can fill it in on your smart phone, tablet, or computer.

**Meal Prices**

<b>Level:</b>	<b>Lunch:</b>	<b>Breakfast:</b>
Elementary	\$2.75	\$1.50
Secondary	\$3.25	\$2.00
Reduced (all schools)	\$.40	\$.30
Adult Lunch	\$4.00 (inc. tax)	

**Milk** is available with all meals, or may be purchased individually for \$.50.

**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! Visit [Nutrislice](#) to access our school menus. The link to the menus is also available from the NPS website.

**Payment Options** – The most convenient option, and also quickest for students in the lunchroom, is to pre-pay and have money on account. You can pre-pay online at [MySchoolBucks.com](#), with cash or checks made payable to Norwood Food Service. Checks should include student’s first and last names(s) and student ID#(s). Cash payments are also accepted during lunch service. For additional information and FAQs, you can visit our [website](#).

**Contact Info**

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eat.



### Summer Meals @ Coakley Middle School

We just wrapped up our first Summer Meals program here in Norwood, and what a success! On average we served over 175 meals per day at the Coakley Middle School for our Norwood community kids and teens. The program was well received and wouldn't have been made successful if it wasn't for our partnership with Chartwells K12, our entire food service staff, the town rec department and Norwood Summer Academy. Also a huge thank you to Chief Brooks, the entire Norwood PD, and our buildings and grounds department. We have been working diligently for three years to implement this program, a program which is no cost to the Norwood community as it is both federally and state funded. During the planning phases we were also fortunate enough to receive several grants to really kick the program off to a strong start. Overall we were extremely excited to pull off this new program and we are looking forward to continue serving our kids and teens next summer.



learn.

Our Discovery Kitchen Program is Expanding! - Every month, our department will be highlighting a new theme designed to bring a fun and inspiring sense of food discovery to our students and school community. We believe food should be a discovery, an adventure, and that kids learn more when they're experiencing something versus simply taking in information. Our promotions and food/nutrition education programs are built off of this belief through demos, classroom lessons, recipes, etc. Experience **Performance Nutrition** in **September**, **Seed to Table** in **October**, and **Let's Get Cooking** in **November**. Stay tuned for experiences and learning throughout each month in a variety of our schools.



live.

Fall sports are bound to include hot days, so staying hydrated must be a priority. Did you know that in just one hour of physical activity our bodies can lose more than a quart of water? Want to prevent the risk of getting injured this season, or increase markers such as performance, strength, power, speed, agility and reaction time? Drink water regularly throughout the day, shooting for 8 glasses a day. Before practice, shoot for an addition 2-3 glasses.

Coaches, don't forget to regularly incorporate water breaks throughout practice to help benefit your athletes and keep their minds and performance sharp! The general rule of thumb is 1-2 large gulps of water every fifteen minutes during physical activity.

**HOW YOUR FAVORITE ATHLETES POWER PERFORMANCE**

**POWERUP!**

Six-time Super Bowl winning quarter back, Tom Brady, drinks 25 glasses of water each day-that's enough to fill a fish tank! It's recommended the average person needs about 8 glasses of water each day to stay hydrated.

**TOM BRADY** [25 glasses of water icon]

**YOU** [8 glasses of water icon]

Discovery KITCHEN