



**Norwood
Public Schools**



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Winter 2017 Newsletter

Orange Leaf @ Coakley

As we continuously focus on ways to expand healthy snack offerings that support the health and wellness of students, the Food Services team is now selling Orange Leaf Frozen Yogurt at Coakley Middle School! Orange Leaf is different from regular frozen yogurt or ice cream that you might find at the grocery store or ice cream shop. This frozen yogurt meets nutrition guidelines for sugar, fat and calorie content, making it a healthy alternative to satisfy your sweet tooth! Orange Leaf will be sold at Coakley on Thursdays during lunch time where students and staff can choose from a variety of flavors like: salted caramel, cookies and cream, brownie batter, birthday cake, and other seasonal flavors!



**Polar Beverages @
Coakley**

Norwood Schools' partnership with Polar Beverage is now expanding! Polar Seltzer, Hint, and bottled water offerings is now being sold at Coakley Middle School. With the positive feedback received from students and staff at Norwood High School, the Food Services team wanted to expand their offerings of healthy beverage choices at the middle school. The team hopes to continue building awareness for students to focus on selecting healthy beverages and the calories that they contain.

Apple Sampling at Prescott Elementary

Last month, Prescott Elementary School celebrated a farm to school initiative where students had the chance to participate in an apple sampling coordinated by the food services team. Students were able to sample a variety of locally grown apples during lunch, which included: Golden Delicious, McIntosh, and Heirloom Orleans Reinette apples! After sampling, students were able to vote for their favorite apple by placing stickers on designated posters assigned for each apple. The students and staff loved this initiative because it not only was a friendly competition during lunch time, but it also allowed for the opportunity to expose our students to different varieties of fruit. The food services team is looking forward to hosting more nutrition education initiatives like this one throughout our other schools!



Coakley Middle School Kitchen Manager – Ellen Ransow



Ellen Ransow has worked for the Norwood Food Service for 16 years in a variety of positions. She joined the team at the Coakley Middle School in 2013 when she became the Kitchen Manager. Ellen has a kind caring personality and is a great worker and leader. You will often see her serving the main lunch to the students with a smile on her face. Make sure to stop by and say hello the next time you are at CMS.

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

Contact Info

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Chartwells' February **Food Focus of the Month** is herbs and spices. You can find a variety of dishes that incorporate fresh herbs and spices on our lunch menus like: chicken and vegetable stir fry w/ fresh garlic and ginger, cilantro lime rice served at the Sono Bar, and corn and black bean salad w/ fresh cilantro.

Herbs and spices are filled with a variety of special nutrients. Garlic contains beneficial properties that prevent sickness and flu. Ginger can be a great alternative cure for stomach aches. Turmeric works as a form of medicine because it contains anti-inflammatory and anti-fungal properties.

BELLY ACHES BEGONE!

Belly Ache? Try soothing upset tummies with ginger root tea or chew on fresh parsley leaves, both found in most grocery stores.



learn.

Herbs and spices can be added to almost any dish. Culinary herbs and spices come from different parts of the plant like berries, seeds, roots and flowers. Fresh herbs like basil and mint come from the leafy portion of the plant. Add a variety of herbs and spices to your dishes to enhance flavor and add color.

Herbs and spices can be found in both fresh and dried forms. Buying dried is a cost effective way to enjoy their flavor. Whole, dry spices like peppercorns can last up to 4 years. Ground spices like turmeric, cinnamon, and garlic powder lasts 2-3 years. Dried herbs such as oregano and thyme can last 1 to 3 years.

HERBS & SPICES

Cajun Rub

Serves 6

Ingredients

1/8 tsp ground oregano
1-3/4 tsp ground black pepper
3/4 tsp ground white pepper
1/8 tsp dried, crushed thyme
1-1/8 tsp granulated garlic
3/4 tsp cayenne pepper
1/2 tsp ground paprika
3/4 tsp dehydrated onion flakes
1/8 tsp ground basil

Steps

1. Thoroughly mix all ingredients together.
2. Store in a tightly covered, clean, and labeled container until used.

Serving suggestion: Add to vegetables before roasting, sautéing, or stir into steamed vegetables. Season meat or poultry 3 hours before cooking. Enjoy!

Nutrition per 1 tsp serving: 5 calories, 0 g fat, 1 g carbs, 0 g sugar, 0 mg cholesterol, 0 g protein, 0 g fiber, 0 mg sodium

**SIMPLY
GOOD**

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Let Norwood Schools' Food Service Department cater your next event! Our department can cater events ranging from meetings, luncheons, banquets, sporting events, etc. Catering provides the opportunity for our food services team to get creative and expose our school community to menus and meals that go beyond the school café experience. This year our team has already catered events ranging from outdoor BBQs and staff luncheons. In addition, we are looking forward to catering for an upcoming three day New England Drama Council event during April vacation. We will be providing breakfast, lunch and dinners that will include menu items ranging from: create-your-own burrito or taco bar, fresh Italian pasta dinner, made-to order deli and salad bar, and hot breakfast sunrise sampler. Contact our food services department to help catering your next event!