



November Newsletter

Dining Service Survey

The Food Service Department will be holding an online survey for students at Norwood High School during lunch hours to gather information on how often students consume the daily meals provided, what their favorite meals are, meal options they would like to see, and any further information they would like to provide the staff.

The focus will be to use the data collected to further improve the cafeteria and the cafeteria dining experience. The food service staff aims to cater to the likes and needs of the student body. More information will be provided before the event.

Taco Tuesday

Join the Norwood schools in celebrating Taco Tuesday! Students will have the opportunity to try freshly made tacos with their choice of toppings. Look out for tacos on a given Tuesday this November!



Beautiful Day for a Barbeque!



The Food Services Department and Norwood High School students flashed back to summer for a delicious building-wide barbeque! While PSAT's were underway, the administrative faculty and high school kitchen staff were busy making the event possible. The team spent the day setting up tables and stations outside the cafeteria, grilling hotdogs and hamburgers for the entire school, and putting smiles on the faces of the excited students. Students were given a choice of carnival fare of grilled hotdogs and hamburgers, tossed salad, and fresh fruit. This was the first ever barbeque offered by the Food Services Department, and they hope to plan more for the future based on its initial success.

Diane Rodger



Diane is the voice of the Food Service Department at Norwood Public Schools. She has been with the school system for 20 years, starting back in 1996. She has served as a sub, hostess, cafeteria worker, elementary manager, and currently as the Administrative Assistant to the Director of Dining Services. She focuses on answering phone calls, doing payroll, hiring new staff, and organizing free and reduced applications. She is the right-hand woman to the director of dining services, a mother-figure to the community, and an overall problem solver to the staff. She is always happy to help and looks to make Norwood Dining Services a success.

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

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eat.

Chartwells' November **Food Focus of the Month** is legumes. Look for the creative, fun ways we plan to integrate legumes on the lunch and breakfast menus. Make legumes a regular part of your meals by eating a serving of legumes (one half cup) a few times per week.

Legumes make for a great substitution for any meal, so try and incorporate them in to salads, recipes, or as a side. Some different options could include pinto beans, soybeans (edamame), black beans, kidney beans, garbanzo beans (chickpeas), split peas, black-eyed peas, and lentils.



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Legumes are a variety of beans and peas and are rich in high-quality protein compared to other plant foods. Protein helps form bones, muscles, hair and skin in our bodies.

Legumes are also rich in vitamins and minerals such as zinc, folate, and iron, and are a great source of fiber. Dietary fiber helps keep us full, promotes a healthy digestive tract, and may reduce the risk of heart disease. They're loaded with both soluble and insoluble fiber and contain no saturated fat, making them a great addition to a heart-healthy diet!

LEGUMES

Black Bean Citrus Salad

Serves 6

Ingredients

- 2 cups black beans, canned, drained, rinsed
- ¼ cup fresh green onion, chopped
- ¼ cup fresh celery, diced
- ¼ cup fresh green pepper, diced
- ¼ cup fresh tomato, diced
- 2 TBSP fresh cilantro, chopped
- 1 tsp granulated garlic
- 1 tsp dried, crumbled oregano
- ¼ cup 100% orange juice
- 2 TBSP lemon juice
- ¼ tsp ground pepper
- 2 TBSP canola oil
- 1/8 tsp salt

Nutrition per 1/2 cup serving: 130 calories, 5 g fat, 190 mg sodium, 0 mg cholesterol, 16 g carbohydrate, 5 g protein, 5 g fiber

Steps

1. Wash all produce
2. Combine beans and prepped produce in a mixing bowl. Gently stir with a spoon
3. Add remaining ingredients and mix well to combine. Chill in the refrigerator for at least one hour
4. Serve and enjoy!

live.



The beverage market is saturated in sugary drinks that lead to diabetes weight gain. Norwood Schools partner with Polar Beverages, who are aiming to develop non-sugary drinks that will serve as healthy alternatives. Norwood High School conducted a taste test in October of a variety of healthy beverages with students and faculty. The three options included Polar Seltzer, Body Armor, and Hint Water. The students and faculty were pleased with the choices and gave positive feedback on the event. The goal was to raise awareness about staying healthy and watching calories that come from drinks.