



**Norwood  
Public Schools**



**chartwells**  
eat. learn. live.



**October Newsletter**

**Celebrating Norwood Day!**

**Fruit & Veggie Challenge**

Cleveland Elementary School will be participating in a school-wide Fruit & Vegetable Challenge. Grade levels will compete for one week to see who can eat the greatest number of fruits and vegetables during lunch! Stay tuned for the results of our winning grade group!



**Farm to School Month**

October is Farm to School month! To ensure our schools can always enjoy high-quality, fresh and in-season food items, our food services department focuses on purchasing produce within a 50 mile radius to support local farms and the community.

To help celebrate, October's menu will include highlighted produce from local Massachusetts! Look for the farm to school signs in your cafeteria that highlights these menu options on the day that they are served!



The Food Services Department had a great time celebrating Norwood Day on September 10<sup>th</sup>, where they joined a variety of other local groups and businesses to help support the community! The team spent the day talking with guests about Norwood Public Schools' new food service program, menus, and nutrition resources. In addition, people got to test their leafy green knowledge through a "Guess the Greens" game! This event was a great success for



the food services team, by providing the opportunity to introduce themselves to the community, and educate individuals about the benefits of school breakfast and lunch! The food services team is already busy planning and is looking forward to next year's event.

**Resident Dietitian**  
*Kelsey Massis*



Kelsey is Norwood School's Resident Dietitian who comes to us with a background of over six years in community health, wellness education, and child nutrition. Her goal is to bring in a fresh and new perspective on ways to improve food and nutrition services offered in our school system. Just some of her school year initiatives includes sports nutrition, classroom wellness education, and integrating school gardens into the cafeteria. She is looking forward to getting to know everyone throughout the school year!

**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**

Eli Norris  
(781) 762-6804 x5828, or [ENorris@Norwood.K12.ma.us](mailto:ENorris@Norwood.K12.ma.us)  
Kelsey Massis  
(339) 205-8381, or [kmassis@norwood.k12.ma.us](mailto:kmassis@norwood.k12.ma.us)



**Norwood  
Public Schools**

**chartwells**  
eat. learn. live.



eat.

Chartwells' October **Food Focus of the Month** is tree fruits. Look for the creative, fun ways we plan to integrate tree fruits on the lunch and breakfast menus, which will also include the availability of fresh grab-n-go produce options like pears, oranges and apples.

Tree fruits are a great item to use when pairing food groups together to make an easy and nutritious snack— try apples with nut butter, plum slices with goat cheese, or oatmeal with pomegranate seeds!



learn.

Since tree fruits contain such a variety, it is no surprise that they are full of various health-boosting benefits. Tree fruits are high in fiber, especially those types that you can eat with the skin on, like pears and peaches. In addition, they contain high levels of antioxidants, vitamins and minerals, which helps prevent cancer and disease.

**Shoot for eating 1 to 2 servings of fruit every day!**

### TREE FRUITS

## Chicken Salad with Apples & Cranberries

Serves 5

Ingredients	Steps
10 oz cooked, diced chicken ¼ cup red onions, diced 1 ½ medium apples, washed, cored & diced ½ cup dried cranberries ½ cup light mayonnaise 2 TBSP Dijon mustard 1 tsp dill, dried	1. Wash all produce 2. Dice onions and apples. 3. Combine all ingredients in a large bowl. 4. Mix well. 5. Serve and enjoy!

Nutrition per ¼ cup serving: 210 calories, 8 g total fat, 300 mg sodium, 50 mg cholesterol, 19 g carbohydrate, 18 g protein, 2 g fiber

**SIMPLY GOOD**

live.

Celebrate **National School Lunch Week** with us **October 10th—14th!** This year the theme is “Show Your Spirit”. This week provides the opportunity for schools across the country to show their spirit for school lunch and the variety of healthy foods that are offered to over 30 million children a day! Students, staff and parents can celebrate for themselves here in Norwood by visiting their school cafeteria. To help educate and celebrate, the food services department will be taking the time to talk with students, staff and parents by asking them “What’s the Best Part about School Lunch”?

