



**Norwood
Public Schools**



chartwells
eat. learn. live.



September Newsletter



Elementary Program:

For the elementary students, we will be following an adventure of fun and nutrition education with the help of the Eat, Learn, Live Characters - Theodore, Sydney, & Ava! Watch for Theodore, Sydney & Ava on menus and signs in cafeterias- they are our nutrition ambassadors! You will also notice whole grain and fresh fruits and vegetables being offered more frequently.



Middle & High School Program:

We know that middle and high school students love lunch for the sociability first, and the food second. Our level of service prioritizes speed of service, offering foods that are seen as sophisticated, yet easy to eat. Building on their interests, we've created core stations in an open and inviting setting that conveys energy and excitement.



Chartwells Dining Services in Norwood Public Schools!!

Chartwells brings fresh ideas and innovative concepts to school dining services. We realize that mealtime needs to be fun and delicious, built around the kind of high-quality foods and fresh ingredients designed to energize and satisfy students who are on-the-go. You will see gradual changes with the menu, choices, and food presentation at all schools. We will be working with administrators, students, and parents to gain insight to how we can enhance our services.

Food Service Director

Elijah Norris



Eli comes to the district with a life-long career and passion for food. His experience includes almost ten years in school nutrition services, as well as a corporate dining and restaurant background. He brings enthusiasm and a can-do mindset to the program. Elijah is anxious to meet his customers, and be an integral part of the community!

Although change is good, it is not without challenges and we will do our best to address any questions and concerns as they arise. Here is some helpful information:

Meal Prices:

LUNCH:		BREAKFAST:
Elementary	\$2.50	\$1.25
Secondary	\$3.00	\$1.75
Reduced (all schools)	\$.40	\$.30
Adult Lunch	\$ 4.00 (inc. tax)	

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

Menus by Nutrislice™! - Please see attached flyer about an exciting new menu format that provides Norwood students and parents 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

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 on-line at MySchoolBucks.com, with cash or checks made payable to Norwood Food Service. Checks should include student first and last name(s) and student ID#(s). Cash payments are also accepted during lunch service. For additional information and FAQs, go to:

www.norwood.k12.ma.us/food-services/nutrikids.cfm

Contact info: (781) 762-6804 x5828, or ENorris@Norwood.K12.ma.us



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Chartwells September **Food Focus of the Month** is red and orange vegetables. Look for the creative, fun ways we plan to prepare red and orange vegetables on the lunch menus- some of which include roasted carrots, cherry tomatoes, roasted veggie pizza with carrots and red bell peppers, & mashed sweet potatoes. The health benefits of these colorful vegetables are endless! Full of vitamins A, C & K, phytonutrients, and antioxidants- they're a great addition to many meals to give you great nutrition along with great taste!



learn.

We're back to school and excited to share new menu directions with you and your students! Our partnership with Harvard and the Culinary Institute of America has produced Menus of Change, featuring more fresh produce and whole grains in flavorful recipes.

For September, we'll feature Global Street Food flavors and encourage students to take part in the Fruit and Veggie Challenge, welcoming everyone back with the best of the late summer harvest prepared by our talented staff.

RED & ORANGE VEGETABLES

Salsa Fresca

Serves 6

Ingredients

2-2/3 cup fresh tomatoes, diced
2/3 cup fresh yellow onions, diced
1 tbsp fresh garlic, chopped
1-1/2 tsp parsley flakes
2 tsp fresh jalapeno pepper, seeded and diced
1-1/2 tsp lime juice
1/3 tsp hot sauce

Steps

1. Wash all produce. Chop or add to a food processor and pulse just until chopped.
2. Combine all ingredients and mix well.
3. Serve and enjoy!

Serving suggestion: Serve with baked corn chips. Try adding fresh or canned fruit, avocado, beans, or corn for variety!

Nutrition per 1/2 cup serving: 25 calories, 0 g fat, 5 g carbs, 3 g sugar, 0 mg cholesterol, 1 g protein, 1 g fiber, 15 mg sodium



live.

Family meal time: unplug for dinner

At dinner time, make it a goal to eat at the kitchen table “unplugged”—all electronic devices turned off—no iPhone, iPad, iPod, laptop, tablet, or television. Take the time to share your day’s stories with your family members. Research has shown that sharing a family meal is extremely beneficial. According to research, children and teens who regularly participate in family dinners at the kitchen table have lower rates of substance abuse, depression, obesity and eating disorders and have higher grade point averages and self-esteem.

Make it a point to have dinner at the table “unplugged” most nights out of the week!

