



**Norwood  
Public Schools**



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**Spring 2017 Newsletter**

**Introducing  
New Menu Stations!**

**SONO Bar @ High School**

We are mixing things up at the high school as we continue to meet the demand and interest of our students and staff by introducing some new station concepts! The high school recently launched its SONO bar, which is a customizable Latin station for students to build-your-own tacos, salads and burritos. Students can choose from a variety of protein, grains, veggies and toppings like fajita chicken, cilantro lime brown rice, jalapenos, salsa, black beans, tortilla chips, etc. To add an extra flare, we bake our whole grain tortillas in a tortilla shell mold for a create-your-own crispy taco salad bowl!

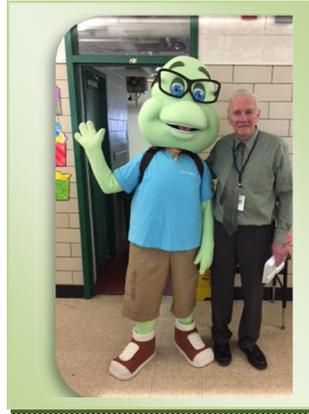


**Made-To-Order Deli Bar @ Middle School**

The middle school also recently launched their new made-to-order deli bar station! Students can now create their own sandwiches and wraps with all the fix n's included! Once you pick your bread, choose from deli turkey, deli ham, salami, sliced cheese, diced chicken, and whole grain breaded spicy chicken for your protein. From there, dress up your sandwich or wrap by choosing from a variety of veggies and condiment toppings to make your sandwich YOUR way!

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**Celebrating National Nutrition Month!**



The food services team was hard at work last month celebrating National Nutrition Month in a variety of ways that promoted good nutrition and health for our school community! Our elementary school mascot, Sydney the Turtle, paid a visit to all of our elementary schools during lunch time, encouraging students to make healthy choices. Eli and Kelsey participated in Oldham's Read Across America Day, to celebrate Dr. Seuss's birthday with a good old fashioned story time. Of course, they read stories that encouraged healthy eating! The team finished the month off at Balch Elementary School by holding a Cruciferous Vegetable Taste Testing during lunch time. Students got to try rainbow cauliflower, broccoli salad, and crispy kale chips! The kids were extremely excited about trying these new foods, with almost every kid liking at least one of these tasty offerings. The bright colors and presentation is when it comes to introducing new foods

**Balch Central Production Manager – Tim Slason**

Tim is a recent addition to the Norwood Food Service Team. He is a Culinary Arts graduate of Johnson & Wales University. His pleasant personality can be found in the Balch elementary kitchen. His daily routine includes orchestrating the meals for the elementary school lunch program. His strong work ethic, determination, and "Can Do" attitude makes him a welcomed addition to the Norwood Food Service Team



**Pedal Into Spring Elementary Promotion**

Parents: Every day your child eats school lunch April 3<sup>rd</sup> through April 28<sup>th</sup>, they'll receive an entry into our raffle to win a new bike and helmet! The winner will be announced May 1<sup>st</sup>. Take a break, and leave lunch to us!! Check with food service office for official contest rules.



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This month, our **Food Focus** is on Garden Vegetables. These vegetables are rich in vitamins, minerals, phytochemicals and fiber. They taste great and can be incorporated into any meal like soups, salsas, salads, casseroles, or even grilled! You can find a variety of garden vegetables on our menus like orange glazed carrots, savory green beans, Mexicali corn, and buffalo roasted broccoli.

You should shoot to eat garden vegetables most days out of the week, which is easy to accomplish given the variety of veggies you can choose from. Choose from spinach, tomatoes, squash, radishes, green beans, sweet green peas, carrots bell peppers, etc., etc.!



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Eating garden fresh vegetables is not only delicious, it's nutritious! Get the whole family together and try starting a small garden. You can grow tomatoes, cucumbers, carrots, squash, green beans, and anything else you may like. Having fresh garden vegetables on hand is a huge plus! With the harvest you can complement meals with your fresh produce or you can eat the vegetables as a meal themselves. Having a garden is a great way to get outside, it is also a great way to grow your own delicious and nutritious garden vegetables!

**GARDEN VEGETABLES**

**Cilantro Lime Roasted Vegetables**

Serves 8

**Ingredients**

- 2 cup Zucchini Squash, Julienne
- 1 cup Carrots, Julienne Sliced
- 1 cup Green Bell Peppers, Sliced
- 1/2 cup Red Bell Peppers, Sliced
- 3/4 cup Red Onion, Sliced
- 1 tsp Vegetable Oil
- 1 tsp Chopped Cilantro
- 3/4 tsp Lime Juice
- 1/8 tsp Ground Cumin
- 1/8 tsp Chili Powder
- 1 1/3 TBSP Plain Yogurt

**Steps**

1. Wash all produce. Cut vegetables julienne style.
2. Place vegetables on a greased sheet pan.
3. Combine cilantro, lime, juice, spices, and yogurt in a bowl and mix thoroughly.
4. Pour dressing over vegetables.
5. Let vegetables marinate for 30 minutes.
6. Place in oven at 400°F for 15-20 minutes or until vegetables are tender.

Try adding fresh or dried herbs and spices for added flavor and variety!

Nutrition per 1/2 cup serving: 21 calories, 0 g fat, 14 mg sodium, 0 mg cholesterol, 5 g carbohydrate, 1 g protein, 1 g fiber



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April is also **Earth Month**, which allows us to highlight menu items that use plant-based ingredients that help support sustainability and earth-friendly practices. We offer a variety of plant-based meals on our monthly menus. This month make it a goal to choose one of the highlighted garden vegetables above, or make yourself a vegetarian burrito bowl at our Sono Bar!

In addition, be on the lookout for a special tasting of tropical fruits in the month of April at Balch Elementary School! This tasting is not only an opportunity to educate students about healthy snack choices, but it also promotes delicious foods that are better for our planet too!