

Winter 2019

Hot Chocolate Milk Launch @ NHS

Food services received a grant from New England Dairy Council for a Hot Chocolate Milk Machine. We held a kick-off event at the high school giving out samples as well as a raffle for Beats headphones. Hot Chocolate Milk is now available daily for breakfast at the high school during cool fall and winter seasons.

Student Choice Launch @ Coakley

Our Student Choice Program has officially launched at Coakley Middle School! We partnered with the school's cooking class, where students prepared Chicken Tikka Masala and a Vietnamese Pork Bahn Mi, for the entire student body to sample and vote on. This was our unique way of not only launching a new program for students to enjoy, but to also support their talents through real world experiences in the classroom.

Norwood High School is in full swing with the second year of their Student Choice Program, which has been a great success thus far. We will be holding 3-4 tastings throughout this school year, and will be looking forward to what students choose for their winning stations!



What's New In Your Schools?

Welcome to your quarterly newsletter! We are excited to share our story with you! Over the past several months we have been serving up happy and healthy throughout the district with a variety of activities and programs.

New England Dairy @NewEnglandDairy
Students at @Norwood_HS having fun & enjoying Hot Chocolate Milk! 🍫🥛👍👍👍👍#HCM #FuelUp



Thanksgiving Dinner @ NHS

We held our first annual free community Thanksgiving dinner at the high school for all Norwood residents to enjoy. Over 175 guests attended to enjoy a hot meal served by our principals and superintendent. We look forward to making this an annual tradition to give back to our community and give thanks to one another.

District-Wide Composting Program

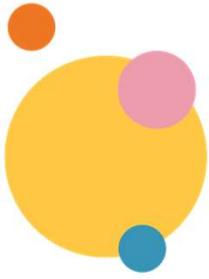
Our department has made great strides in helping our environment from our Balch kitchen and elementary school equipment transition, to the removal of Styrofoam products, to the implementation of Waste Not at our high school. As a department that revolves around all things food, we continue to do our part for the environment, where composting is our next exciting initiative that has been implemented in all of our schools!



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Discovery KITCHEN

Each month, we introduce a new Discovery Kitchen theme featuring lessons, events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school communities. Here is a recap on our Discover Kitchen events over the past couple of months:

- **October Seed to Table**
 - Basil Planting @ Cleveland and Willett - Cooking demos were held in a handful of classrooms, where students sampled a tofu basil stir fry. To follow up, students planted their own basil plants in recycled milk cartons.
 - Local Produce Sampling @ Prescott – A marinated cucumber and tomato salad food demo was held outside utilizing items that students harvested from their school garden! To tie in the full cycle of farm to school, scraps from the demo were utilized in their school's composting barrel to help fertilize their garden and future planting.
- **November Let's Get Cooking**
 - Green Monstah Smoothie Demo @ Callahan – Smoothie demos were held in the classroom, where we blended up some tasty kale smoothies! Students also learned fun facts about kale and it's nutrition benefits.



LOCALLY GROWN
FARM  FRESH



Warm Baked Apple Slices

INGREDIENTS

5 each - your favorite apple
3 tbsp. - light brown sugar
3 tbsp. - granulated sugar
1 tsp. - ground cinnamon
1 1/2 tsp. - cornstarch
1 3/4 tsp. - apple juice
1/3 tsp. - melted butter

Servings: 4 - 6

METHOD

1. Cut apples into 6 wedges.
2. Combine the apples with all remaining ingredients and toss well to evenly coat.
3. Bake at 350 degrees for 1 hour or until apples are softened, golden and a nice syrup coats the apples

Serve and Enjoy!