



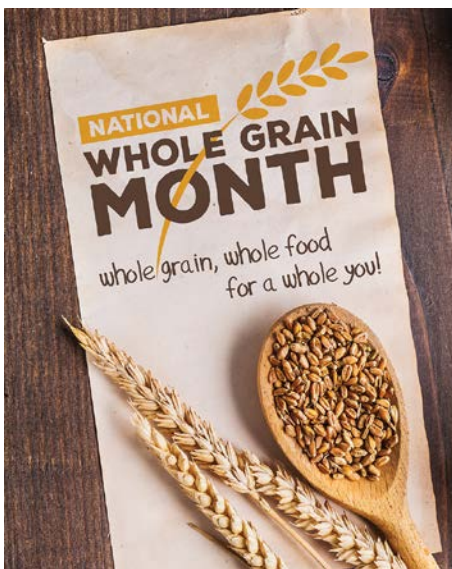
February 2019



Check out our Menus & Nutrition Info @ <http://awrsd.nutrislice.com/> and access the Parent section for the link to Menu Info.

Visit Chartwells Online @ <http://eatlearnlive.com/> Click on our website and learn more about Chartwells K-12.

**Coming in
March!**



Free and Reduced Price Meal Applications

CHECK LUNCH OFF YOUR LIST

✓ Fast & Secure ✓ Cost Saving ✓ Great Food!

Food Service Questions or Comments?

Contact Dennis Mueller @ 978-827-5907 ext. 2167 or dmueller@awrsd.org



eat.

Local Produce

The Chartwells' Dedicated Crop Program is in full swing! We continue to provide fresh, local produce to students long after the harvesting season is past. This month, we are promoting flash frozen potatoes from Sholan Farm in Leominster, MA. Within the district, students enjoyed home fried potatoes during breakfast. Be on the lookout for farm-grown recipes within your school!



learn.

Employee Training

Our associates within Chartwells continuously receive video trainings and managerial lessons regarding work zone and food safety. In addition, throughout the coming months, our staff – district wide – will be obtaining Food Allergy Research & Education (FARE) training to enhance their awareness and knowledge regarding food allergens. This training meets criteria for allergy-aware food handling as well as how to recognize symptoms.

SAFETY FIRST



FARE
Food Allergy Research & Education

live.

Healthy Changes

Did you know that by choosing to eat school, a family of four qualifying for reduced-price meals could save around \$93 a month on lunches alone? School meals are the best deal in town and you may be eligible to get them at a reduced price or at no cost at all! Haven't filled out a school meal application yet? No worries! It's fast and easy to do! Your information will be kept safe and confidential and will only be used to determine your child's meal eligibility – go to awrd.org under the District Tab and click on Forms and Documents or stop by any school office for further information.



Featured Recipe:

Sweet Potato & Raisin Salad



INGREDIENTS

3-5/8 ounce Sweet Potatoes, Fresh, Peeled, Cubed, 1/2"
1-1/8 tsp Oil, Canola
<1/8 tsp Spice, Nutmeg, Ground
1/8 tsp Spice, Cinnamon, Ground
<1/8 tsp Spice, Pepper, Black, Ground
5/8 tsp Juice, Lemon
1/8 tsp Sugar, Granulated
1/3 ounce Raisins

DIRECTIONS

1. Toss sweet potatoes together with oil. Place on a lined sheet pan and roast in 400 degree oven for approximately 25 min or until fork tender.
2. Whisk together lemon juice and sugar, until sugar has dissolved. Add in the nutmeg, cinnamon, and pepper. Pour over cooked cooled potatoes. Toss gently to coat. Gently stir in the raisins. Enjoy!