



MARCH IS NATIONAL NUTRITION MONTH®

March 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 April!

This month
we're celebrating
yogurt



in your café!

Discovery

My School Bucks

SCHOOL MEALS

mySchoolBucks®

ENROLL * REVIEW * FUND

SERVICE FEATURES:

- ▶ PAY FOR YOUR STUDENT'S SCHOOL MEALS ONLINE
- ▶ CREATE LOW BALANCE ALERTS
- ▶ TRACK & REVIEW PURCHASE HISTORY
- ▶ AUTOMATIC AND RECURRING PAYMENTS **FREE**

Enrollment is Easy!

1. Go to MySchoolBucks.com and click "Register for an Account"
2. Create an account for you and your children.
3. Prepay with your credit, debit or electronic check.

Note: a small service fee may apply.

SCHOOL MEALS

HEALTHY CHOICES SCHOOL MEALS

GRAINS: NOODLES, RICE

Food Service Questions or
Comments?

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



eat.

Yogurt Parfait Sample Day

March's Discovery Kitchen promotion was Sports Nutrition where our staff at Overlook Middle School promoted yogurt with fruit (blueberries or strawberries) and granola as an example of a healthy pre or post workout snack. On March 12, 2019, students at Overlook enjoyed samples of this healthy snack during breakfast time while learning about sports nutrition!



live.

National Nutrition Month

Did you know March is National Nutrition month? Each March, the Academy of Nutrition and Dietetics promotes healthful diet tips and emphasizes the importance of physical activity. This year, the Academy is focusing on the health benefits of whole grains. Whole grains, like farro, quinoa, amaranth and millet, contain dietary fiber, which helps reduce cholesterol and may lower the risk of heart disease. In fact, studies show that individuals who eat at least 3 servings of whole grains reduces their risk of heart disease by 25-35%.

learn.

Sports Nutrition

The educational topic of our March nutrition event at Overlook Middle School on March 12, 2019, focused on the importance of nutrition and physical activity. Students learned about the importance of fueling their bodies pre and post workout as well as during the school day. Aside from healthy carbohydrates, protein and fats, students also learned about the essential benefits of hydration and the impact of water on performance.





Featured Recipe:

Yogurt Parfait

Ingredients:

- 3/8 cup Granola
- 1/2 cup Strawberries or Blueberries
- 1/2 cup Low Fat Vanilla Yogurt



Directions:

To assemble parfait, add the ingredients in a layered fashion as follows:

- Add yogurt to the bottom of cup
- Add the fruit next
- Top with granola

Serve cold. Recipe makes one serving.

Nutrition Information:

- Calories: 320
- Fat: 5 grams
- Protein: 8 grams