



September 2018



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 October!



Autumn Squash!

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

BALANCED NUTRITION

Food Service Questions or Comments?

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



eat .

September: Tomatoes

On September 25, students at Overlook Middle School enjoyed samples of a tomato, basil and mozzarella cheese salad in our tomato promotion (recipe attached). Did you know tomatoes are full of essential vitamins such as vitamin A and vitamin C? Tomatoes are also an excellent source of fiber which helps maintain healthy digestion.



learn .

Nutrition Education

Each month, Resident Dietitian, Michelle Palladino will be visiting different schools to educate students about the importance of nutrition. Every month a new food will be promoted and Michelle will provide education about how it is grown, how to eat it and why it's healthy for us. Michelle will also provide a recipe for sampling which will include the highlighted food!



live .

Flash Frozen Vegetables

The Chartwells' Flash Frozen Program is in full swing and enables us to provide local produce to our students long after the growing season in our area is past. One item every month will ship to your schools! In October, we will receive bell pepper cuts. We are proud of our commitment to local farmers and great tasting food.

