

November 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 December!



Emerging research suggests that the food we eat can not only improve our physical health but can also positively impact our mental well-being. To help students learn what foods may help them feel their personal best, Chartwells K12 is launching a new program...Mood Boost!



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

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.

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.

Cranberry Relish Pancakes

This month, our Discovery Kitchen "Let's Get Cooking" promotion helped students learn about simple recipes they could make on their own. On November 20, 2019, students at Oakmont Regional High School sampled **cranberry relish whole grain pancakes** - a homemade classic recipe they can make at home with their family and friends, especially during the holiday season! Recipe attached!



live.

Local Produce

Did you know locally grown food is full of flavor and has more nutrients? As an added bonus, local food supports the economy, benefits the environment and promotes a safer food supply. This year, our teams have done an incredible job serving **farm fresh apples, peppers, corn, kale, potatoes and broccoli** in our K-12 cafeterias!



learn.

Fuel up - Smoothies!

Last year, our district received a grant from Fuel up to Play 60 for extra-large Vita-mix blenders. Since implementing this equipment in our elementary schools, students have enjoyed smoothies for breakfast! Our **protein-packed fruit smoothies are loaded with essential vitamins and minerals** giving your child the energy they require to conquer their school day!

