



October 2018

Coming in November!



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.

My School Bucks

MY SCHOOL BUCKS

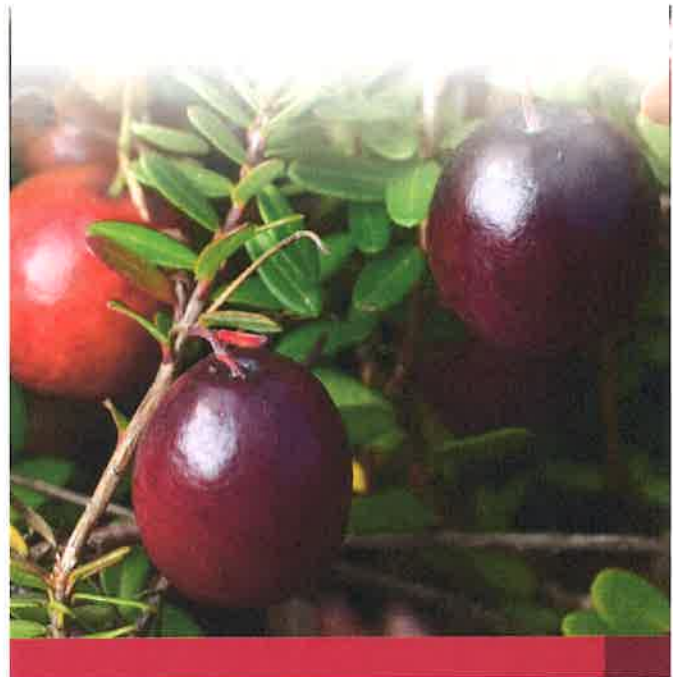
- ✓ Check balances
- ✓ View purchases
- ✓ Pay with a credit card

The Simple Way to Pay

FOR STUDENT MEALS

SUPERFOOD

Cranberries are the superfood of the month! They are America's Original Superfruit® and one of only three fruits native to North America that are cultivated and sold in the United States.



Food Service Questions or Comments?

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



eat.

October: Autumn Squash

On October 23, 2018, our staff at Oakmont Regional High School provided samples of cinnamon roasted butternut squash (recipe attached) during lunchtime hours. Did you know squash provides vitamin A which is essential for eye, skin, hair and nail health? Squash is also a great source of fiber which maintains gut health, regularity and keeps us satisfied throughout the day.



learn.

In the Classroom Nutrition

On October 16, 2018, Resident Dietitian, Michelle Palladino, provided in the classroom nutrition education to our kindergarten students at Briggs Elementary. As the food focus of October was Autumn Squash, Michelle provided education regarding the importance of these superfoods. Students then enjoyed samples of a pumpkin smoothie for sampling (recipe attached).



live.

Local Produce

The Chartwells' Dedicated Crop Program continues to be a success! Each month, our schools receive fresh, local apples from Sholan Farms in Leominster, MA. In addition, our schools have been provided with fresh broccoli. Next month, we will be receiving local carrots. Be on the lookout for recipes using these fresh, local superfoods in your cafeteria!





FEATURED RECIPE:
CINNOMON ROASTED
BUTTERNUT SQAUSH

INGREDIENTS:

- 6 ounce Squash, Butternut, Fresh
- 1 tsp Oil, Canola
- 1-5/8 tsp Juice, Orange, 100%
- 2 tsp Spice, Cinnamon, Ground
- 2 tsp Sugar, Brown, Light



DIRECTIONS:

- Wash the squash to remove dirt and contaminants.
- Cut the butternut squash in half, lengthwise. Scoop out the seeds using a spoon and discard them.
- Place the squash halves skin side down on a sheet pan that has been sprayed lightly with vegetable cooking spray.
- Mix the oil and juice together and drizzle the mixture over the squash.
- Combine the cinnamon and sugar together in a small mixing bowl. Sprinkle the mixture over the squash.
- Roast the squash at 350 degree oven for approzimately 45 minutes, or until the flesh is cooked tender.
- Remove from the oven and cool for 10 minutes. Scoop out the cooked squash with a spoon. Discard the outer "shells". Roughly chop the cooked squash, and return it to the oven to continue to cook for 10 minutes and until squash reaches 145 degrees F for 15 seconds.

NUTRITIONAL INFORMATION: PER 1/2 CUP

- Calories: 120
- Fat: 4.5 grams
- Carbohydrates: 21 grams
- Protein: 2 grams





Featured Recipe:

Pumpkin Spice Smoothie



INGREDIENTS

4 tbsp 100% Apple Juice
¼ cup Canned Pumpkin
½ tbsp Honey
¼ tsp Ground Cinnamon
¼ tsp Ground Ginger
¼ tsp Ground Nutmeg
¼ cup Low Fat Vanilla
Yogurt

DIRECTIONS

Chill canned pumpkin for
several hours or overnight
in the fridge

Stir together pumpkin, juice,
honey, and spices

Recipe makes one serving

NUTRITIONAL INFORMATION

Per 6 ounce serving:

Calories: 118

Fat: 1 gram

Carbohydrates: 29 grams

Protein: 3.5 grams

