



November 2018



Check out our Menus & Nutrition Info @

<http://awrsd.nutrislice.com/>
and access the Parent section for the link to Menu Info.

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FOR STUDENT MEALS

Coming in December!

This month
we're celebrating

**herbs
& spices**



in your café!

Discovery
KITCHEN

Food Service Questions or
Comments?

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



eat.

November: Cranberries

On November 27, 2018, our staff at Oakmont Regional High School provided dried cranberries during breakfast. Resident Dietitian, Michelle Palladino, also provided handouts of a cranberry apple crisp recipe (attached). Did you know cranberries boost the immune system, improve bone and heart health as well as maintain bowel regularity? Try adding cranberries to your diet today!



learn.

In the Classroom Nutrition

On November 13, 2018, Resident Dietitian, Michelle Palladino, provided in the classroom nutrition education to our kindergarten students at Briggs Elementary. As the food focus of November was Cranberries, Michelle provided education regarding the importance of this superfood, including essential vitamins/minerals and antioxidant properties. Students then enjoyed samples of dried cranberries.



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 November, we received broccoli florets. Next month, we will be receiving local carrots. Be on the lookout for recipes using these fresh, local superfoods in your cafeteria!





Featured Recipe:
Apple Cranberry Crisp

Ingredients:

- ❖ 1/8 oz Dried Cranberries
- ❖ 3 tsp Flour
- ❖ 1-2/3 tsp Light Brown Sugar
- ❖ 1/8 tsp Ground Cinnamon
- ❖ 1/8 tsp Salt
- ❖ 1-5/8 tsp Quick Oats
- ❖ 1-7/8 tsp Margarine
- ❖ 1/2 tsp Water
- ❖ 3-7/8 tsp Canned, Sliced Apples
- ❖ 3/4 tsp Granulated Sugar
- ❖ 1/8 tsp Ground Cinnamon
- ❖ 1/4 tsp Lemon Juice



Directions:

Place dried cranberries in hot water to reconstitute them and set aside. Combine flour, brown sugar, cinnamon, oats, margarine, and salt. Mix together until crumbly. Set aside. Drain the canned apples, reserving juice. Drain the reconstituted cranberries and mix with apples. Place apples and cranberries into a pan with raised edges. Sprinkle sugar, cinnamon, and lemon juice over apples in each pan. Stir to combine. Pour water over apples in pan. Sprinkle topping mixture evenly over apples. Bake until browned and crisp at 425 F for about 35-45 minutes. Can be served hot or cold.

Nutritional Information:

Recipe makes one serving:

Calories: 197

Fat: 7 grams

Carbohydrates: 33 grams

Protein: 2 grams