

Fall 2019

FOOD SERVICE AND NUTRITION NEWS

Chartwells K12 at Scarsdale Union Free School District

Elementary Schools

Welcome back families! There have been many exciting changes to the elementary school lunch program this school year. We are pleased to continue to offer student-favorite lunch entrées while incorporating new options for students with diverse taste preferences or dietary limitations. Please watch for an updated seasonal winter menu starting this December on [Nutrislice](#).



Tasty lunch entrée options at the elementary schools this year.

A World of Bento Box Options

This year, we are happy to introduce new and exciting **Bento Boxes** for grades K-5. Re-inventing the school lunch landscape, new options that have premiered during this last menu cycle include a Brunch for Lunch Bento, Egg Salad Bento, Protein Power-Up Bento, and Sunbutter and Jelly “Sushi Roll” Bento Box, to name a few. Creating new shapes, selecting vibrant food colors, and displaying options in an interactive way makes lunch time even more fun. Check out our Bento Boxes in the On-the-Go section of the Elementary School Menu.

Build-Your-Own Options

This year, we are introducing a new option that allows parents and students the power to create their own lunch. Mix and match a combination of dried fruit or applesauce, a protein source, and a whole grain for a meal that your picky-eater is sure to love. All Build-Your-Own lunches come with fresh fruit and the crudité vegetable of the day to complete the meal, which will get your student happily fed and ready for the afternoon. You can find this fun option under the **Build** section of the monthly menu on Nutrislice.



Lunch Boxes with Style

Upper Left: Colorful Turkey and Cheese Pinwheel Bento Box.

Upper Right: Sunbutter and Jelly Sushi Roll Bento Box—no chopsticks required!



Filling, hearty, and delicious—an example of a Build-your-Own Lunch at the elementary schools

Scarsdale Middle School

The Middle School Cafés debuted a reworked menu this year, focusing on age-appropriate options that the students can reach for as their midday fuel. As students in Middle School continue to grow, learn, and evolve as individuals, we have provided increased options for the students to customize their meals. In addition to the ever-popular Deli station, students also have the opportunity to pick their own toppings for a Chipotle-Style Rice Bowl, to choose a dipping sauce for Boneless Wings, or top their hamburger or cheeseburger to their individual tastes. Having On-the-Go options with rotating prepared green salads, fruit parfaits, pre-made sandwiches, and fresh fruit also provide the students with a variety of possibilities every day.



L: Seen at Cooper Café: Cheese-burger on a whole grain bun with personalized toppings, oven-baked curly fries, and an orange wedge.

Right: Homemade macaroni and cheese, homemade pulled BBQ chicken, green beans and a whole grain dinner roll. A soulful favorite on our Comfort Food Friday rotation! -Spotted in Butler Café



Sixth grade students used their imaginations to build a nutritionally balanced meal using a plate of greens and vegetables as a base, featuring beautiful Swiss Chard from the SMS Garden. At the end of class, students enjoyed a salad and homemade salad dressing. Empty plates prove that experiential learning can also be tasty.



Resident Dietitian Hannah Kutzin discussed MyPlate and nutrition habits with Michelle Gould's eighth graders.

Nutrition In the Classroom

Special thanks to teachers Michelle Gould, Grade 8 Health Teacher, and Alyssa Saltzman, Grade 6 Health Teacher, for welcoming Resident Dietitian Hannah Kutzin into their classes this fall.

Eighth graders discussed MyPlate as it relates to health-promoting nutrition habits, and worked together to come up with SMART goals to improve nutrition behaviors for Ms. Gould's exciting experiential health project. Students came up with great goals such as eating breakfast before school on school days, drinking at least half of their weight in ounces of water at least three days of the week, and substituting fresh fruit for a packaged snack at least once a week.

In sixth grade, students practiced "eating to learn" by discussing the six essential nutrients and why we need them for our bodies. Students learned to identify the food groups on MyPlate and how to build their own balanced plates by sampling mesclun mix and cucumbers in class. The greens, in addition to Swiss chard and kale from the SMS garden, were topped with Elyse Tenzer's Grade 8 FACS class salad dressing, and were quite a hit. Empty plates = happy sixth graders!

Scarsdale High School

Students were in for a culinary surprise as they headed back to school this year. Lots of changes took place in an effort to better serve our students at the High School. New options included a Pasta Station, Hot Sandwich Station, Snack Shop, and a reimaged Deli station. In addition, new products debuted, such as a new, larger pizza crust upstairs in the Learning Commons, and a more inclusive snack line.

Breakfast: In addition, we worked with school administration to change the breakfast times of the High School to better meet students' needs. By opening the Learning Commons Café at 7:30am, instead of 9:00am, students have the opportunity to satisfy their appetites and fuel their brains before class, without having the added stress of being late to class.

The High School menu options rotate weekly, click [here](#) to view a live Google Doc with the week's choices.



Decisions, decisions...

Farm to School Menu Debuts

October was National Farm to School Month and to celebrate, the Food Service team created a special menu on October 30th, to showcase locally sourced products and produce. The menu featured chicken and apple sausages and sweet Italian sausages from Esposito's in New York City, peppers, onions, and Yukon Gold potatoes from Lancaster Farms, PA, freshly baked rolls from Rockland Bakery in Nanuet, and apples from Hudson River Fruit in Milton, NY.



Farm to School celebration at the High School's Learning Commons Café.

We are happy to utilize **IDP (Imperfectly Delicious Produce)** potatoes and onions, which helps rescue misshapen or visually unappealing produce that is otherwise fresh, practical, and tasty. Using this perfectly good produce helps keep fruits and vegetables out of landfills and compost, supports farmers, and improves sustainability efforts for food service.



IDP Herb Roasted Potatoes



Nutrition In the Classroom

Thanks to James Tulley for welcoming Hannah Kutzin, Resident Dietitian, to discuss nutrition with his Health classes again this year. Students had the opportunity to learn about the roles of Registered Dietitians, the role of a Resident RD in a K12 setting, and discussed the USDA MyPlate Food Guide. Students reviewed Mr. Tulley's nutrition curriculum material by facing off in a Family "Food" game to practice nutrition topics learned so far this year.

Deli App

Have you checked out our Deli App at the High School and Middle School yet? Our app, using partner, Nutrislice, allows parents and students to pre-order their sandwich or order on the smartphone app or desktop computer, giving busy students more time to enjoy their lunch periods, and less time waiting on line. Check it out [here](#)!

SMS: Cut-off time: 7 am on day of service. Pick-up ordered sandwich in designated House cafeteria.

SHS: Cut-off time: 8 am on day of service. Pick-up ordered sandwich in the Snack Shop in the Lower Cafeteria (old Deli location.)



Snack Attack

Over the summer the food service team worked to expand our options for busy students and staff on-the-go with varying dietary needs. Here are some of our exciting new, wellness-focused snacks and beverages at the Middle and High Schools this year!



Harvest Snaps Snap Peas
Hippies Chickpea Snacks
Lucy's Gluten-Free Cookies
Oikos Greek Yogurt
PopChips
Nature's Bakery Fig Bar
Belvita breakfast bars
Whole Grain Rice Krispies
That's It fruit bars
NutriGrain Bars
Sweet Leaf Semi-Sweet Iced Tea
Chloe's Frozen Fruit Bars

District Wide

This season, we have been serving local apples from **Hudson River Fruit**. Students from all schools have had the opportunity to eat Macoun, Macintosh, and Honeycrisp apple varieties in the cafeterias. Hudson River Fruit is located in Milton, NY. Supporting local farms, enjoying delicious and seasonal produce, and practicing sustainability are all important aspects of our program.



Chef Appreciation Week

During the week of September 15th-21st, we celebrated **Chef Appreciation Week!** We love the opportunity to celebrate the people behind the food. Feeding our students, faculty, and staff every day, in over 15 different dining areas in the District, is no easy task and we thank Executive Chef Glenn Garew, and the entire Culinary team across the District for all of their hard work to keep us fueled, focused, and satisfied every day.

Right: Some members of the High School Culinary Team—Thanks for keeping our high school and elementary schools fed and happy!



Nutrition Corner

This October we celebrated our Discovery Kitchen theme: **Seed to Table**, highlighting fresh, local, and seasonal foods. Eating fresh fruits and vegetables provides our bodies with fiber and vitamins, and aids in hydration. Did you know that although cucumbers, peppers, tomatoes, and zucchini are all botanically considered fruits because of their internal seeds, they are commonly referred to as vegetables for their culinary and nutrient uses?

Across the District, we celebrated **Seed to Table** with some of the following recipes:

- Marinated Tomato and Cucumber Salad
- Sautéed Collard Greens
- Cilantro Lime Coleslaw
- Marinated Cool Cucumbers
- Sautéed Peppers and Onions
- Savory Green Beans
- Herbed Garlic Oil
- Seasoned Zucchini
- Strawberry Compote



Try a recipe for **Marinated Cool Cucumbers** at home!

Marinated Tomato and Cucumber Salad (Yields six 1/2 cup servings)

- 2 Tomatoes, chopped
- 1 Red Onion, chopped
- 1 Cucumber, chopped
- 1.5 tbsp. White Vinegar
- 1/8 tsp Black Pepper
- 1/3 cup Olive Oil
- 1/8 tsp Kosher Salt

Combine all ingredients in a large bowl. Mix in fresh herbs such as parsley or cilantro if available. Serve and enjoy!

