

May/June 2019

NUTRITION AND WELLNESS NEWS

Chartwells K12 at Scarsdale Union Free School District



 *Quaker Ridge Elementary School*

Scarsdale Middle School

The Scarsdale Dining Services team had so much fun participating for the first time in the very successful International Lunch, hosted and organized by the Multicultural Committee SMS PTA and SMS Student Organization. The Luncheon is a great and longstanding tradition at the Middle School and celebrates delicious cuisines from across the globe. Thank you to Elyse Tenzer, Family and Consumer Sciences Teacher, for inviting Chartwells to participate this year by using fresh produce from the SMS Garden. Instead of celebrating a country, we were able to celebrate the *culture* of sustainability, garden-to-table, and "Eat Local" movements. Students, faculty, and staff were all delighted to hear that they were sampling fresh produce grown right on campus grounds, including spinach, garlic, and herbs! You can't get much more local than the Middle School courtyard! Students, faculty and staff, and parent volunteers were able to try nutritious recipes including Herbed Quinoa Tabbouleh and Fresh Tomato and Mozzarella Caprese Skewers with Spinach Basil Pesto.

Elementary Schools

A huge thank you to all of the students and families who participated in the new Elementary Lunch Program this year! We appreciate all of the patience, feedback, and support and are excited about the upcoming school year. Please expect email updates over the summer in anticipation of next school year.



Thank you for inviting us to be a part of the International Lunch at SMS!



Family and Consumer Sciences Teacher, Elyse Tenzer, picks fresh spinach from the garden to go into a Spinach Basil Pesto



Caprese Skewers with Spinach Basil Pesto and Herbed Quinoa Tabbouleh up for samples at our "Garden to Table" station.



Scarsdale High School

Congratulations to the Scarsdale High School Class of 2019 as they graduate this year. We are proud to have served such a bright and thoughtful group.

The Dining Services Team was thrilled to celebrate Senior Breakfast with the Class of '19, staff members, and faculty members on Tuesday, June 25th. An energy-packed meal helped get students ready for graduation rehearsal. Best of luck and CONGRATULATIONS to all of the Raiders graduating this year!



Nutrition Corner



Headed to camp or the beach, playing sports, or traveling this summer? Dehydration can sneak up quickly in the

hot temperatures. Keep all family members hydrated with refillable water bottles, snack on juicy melons and berries, and vegetables such as tomatoes, celery, bell peppers, and cucumbers. Not a fan of plain water? Seltzer or no-added-sugar flavored water can help to keep sipping fun! Try this recipe for a Strawberry Melon Agua Fresca with your kids for a refreshing beverage this summer.

Strawberry Melon Agua Fresca

- 1½ Cups Fresh Strawberries, Capped, Sliced
- 2 Cups Watermelon, Fresh, Peeled, Cubed
- 3 Tablespoons Fresh Mint
- 1 Quart Water

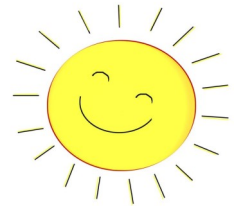
Place strawberries and watermelon in blender, blend until smooth. Add mint and blend until chopped. Add water to combine. Pour over ice.

Makes about 4 servings.





Thank you!



Have a happy, healthy summer!

Best wishes from the Scarsdale Dining
Services team

