

Nutrition Newsletter

Spring 2024



Spring Is in The Air – What’s Blooming in the Cafeteria?

Welcome to your newsletter! We are excited to share our story with you! High and Middle schools students are expanding their culinary horizons with Global Eats, a program that introduces them to different cuisines from around the world. From Chinese cuisine to Italian pasta , students are discovering new flavors and expanding their palates. Meanwhile, elementary school students are actively involved in completing surveys to provide feedback on their school cafeteria’s menu choices and suggest new items to try. Additionally, elementary students have participated in “Spice it up”, a fun food tasting activity that introduces them to different spices and seasonings, teaching them about the importance of adding flavor to their healthy meals. Overall, students of all ages are engaging in exciting and educational food experiences that are sure to broaden their culinary knowledge and appreciation.



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In this issue: New Menu Items

**100 % Fruit Juice Slushies
Back at the Elementary Level
FroYo back at SBRHS and
Coming Soon to the Middle
School!**

**Better Together: Cheers to
our Chace Elementary
Team!**

**Up Coming Events:
Middle School: Wellness Council
Meeting
SBRHS: Week 3 & 4 of Global Eats
Elementary Survey Results**



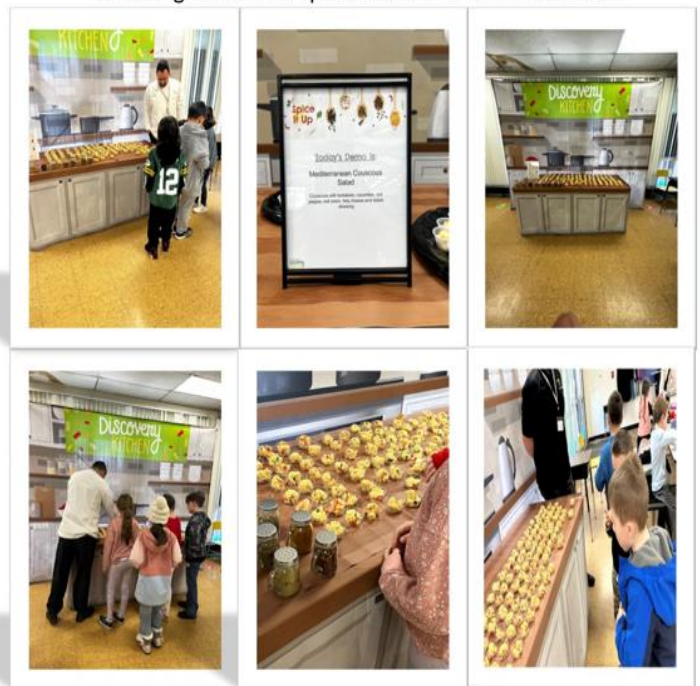
This Month in Discovery Kitchen

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based, fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.

The foodservice director, student engagement manager and kitchen managers will organize Discovery Kitchen experiences in the cafeteria with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed to table.



Today we sampled Mediterranean Couscous Salad at North Elementary. The students were able to try a new dish as well as smell eight different spices that we use in the kitchen.



chartwells
Discovery
KITCHEN



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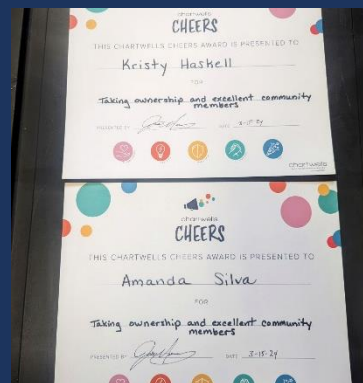
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Better Together

At the heart of the foodservice program is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet some of our team members from across the district.



Amanda Silva and Kristy Haskell



Employee Spotlight:

Our Chace Elementary team of Kristy Haskell and Amanda Silva have been All Stars since they teamed up together at Chace. They have immersed themselves in the schools's culture and have become part of the community. With quotes like "They are both fantastic workers that have done great things with and for our students" and "they know each student by name, as well as their likes and dislikes". They are Rock Stars! We are excited and proud to have them on our team!