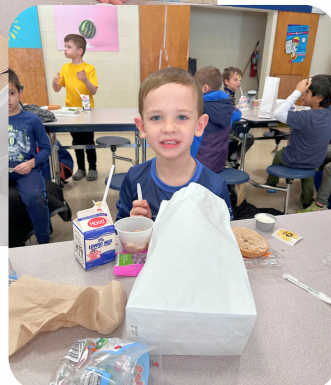


FOOD SERVICES NEWS

What's Happening?

The Food Services Team has been cooking new recipes and hosting engaging events for students. This winter, High School and Middle School students have enjoyed authentic recipes from the Global Eats program such as Mexican Fajitas with Elote Corn and Orange Chicken, Egg Rolls, and a Marinated Cucumber Salad from China.

High school student athletes learned about nutrition and tasted a homemade sports drink with dietitian Laura.



This year, our Mood Boost program has been a hit with elementary school students. At Little Elementary, students had the opportunity to try a Tomato Cannelini Bean Salad and discuss the connection between food and feeling more alert.

Food Services News



What's Happening?

The students at Hood Elementary found that eating apricots could improve their focus and learning abilities in school. Meanwhile, the students at Batchelder Elementary tried blueberry smoothies and discovered similar benefits.

North Reading students can participate in meatless Mondays in February to support American Heart Month. During this time, the main entree served at all schools will be a vegetarian meal.

Food Services News

Coming Up

Students will enjoy trying hummus and trail mix in February. In March, look for new plant-powered recipes and we will celebrate National Breakfast Week.

For any questions, please email Kate at KFilteau@nrpsk12.org or Laura, dietitian, at LBantle@nrpsk12.com

Nutrislice

Remember to use the Nutrislice app or website to view the live version of the menu. Nutrislice can filter the menu for top allergens.



View it here!

What's Cooking?
Online Menus!

- » Log in for daily menu items
- » Plan for dietary and allergy restrictions
- » Available in 50+ languages

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Food Services News

Cannellini Bean Salad

Serves 6

Ingredients:

6 Tbsp olive oil

2 zTbsp red wine vinegar

1 tsp salt

1/2 black pepper

1/2 tsp crushed red pepper flakes

1/2 cup fresh basil, chopped

1 cup cannellini beans

2 cups cherry tomatoes, halved

1/4 cup parmesan cheese, grated

Method:

1. Mix the oil, vinegar, salt, pepper, basil, and red pepper flakes.
2. Add beans and cherry tomatoes to a bowl and combine with dressing. Mix gently.
3. Sprinkle with parmesan cheese.

**Heart-healthy
beans and
olive oil**

Food Services News

Marinated Cucumber Salad

Serves 6

Ingredients:

1 tsp salt

3 cups cucumbers, sliced and seeded

1 tsp fresh garlic, minced

1 tsp sugar

2sp sesame oil

1.5 tsp rice wine vinegar

1 tsp red pepper chili flakes

2 tsp low sodium soy sauce

Method:

1. Toss cucumbers with salt and let sit for 10-15 minutes to draw out water. Drain any excess liquid.
2. Toss cucumbers in remaining ingredients and serve.

Food Services News

Blueberry Smoothies

Serves 4

Ingredients:

3.5 cups frozen blueberries

2 cups vanilla low-fat yogurt (can be Greek variety for more protein)

Add in options: frozen spinach, nut butter, and/or cinnamon

Method:

1. Blend all ingredients together and enjoy!

