



March/April 2019

NUTRITION AND WELLNESS NEWS

Chartwells K12 at Scarsdale Union Free School District

Students at Heathcote Elementary School taste testing our Root-to-Stem Ratatouille for Earth Month. Thumbs up all around!



Elementary Schools

Discovery Kitchen kicks off at Fox Meadow, Greenacres, and Heathcote Elementary Schools

Third Grade students at Fox Meadow and all students at Greenacres Elementary Schools had the opportunity this past March to sample the month's Discovery Kitchen Food Focus: Potato Power! During lunch, students learned

about the starchy vegetable and its carbohydrates that provide the energy needed to learn and play. Students sampled Roasted Smashed Potatoes prepared by Chef Glenn, which was featured on the menu as a side for the new BBQ Chicken Breast Meal on April 25th.

Students at Heathcote Elementary School participated in April's Discovery Kitchen, focused on sustainability and plant-based foods for Earth Month. Students tasted a colorful veggie and herb-packed Root-to-Stem Ratatouille which was loved by students and staff. We are happy to promote sustainability efforts in providing reusable and compostable greenware in our cafeterias daily.



Director of Dining Services, Tara Cook, and Executive Chef, Glenn Garew, serve up Roasted Smashed Potatoes for Greenacres Students



Special thanks to students at Greenacres Elementary School for their thoughtful requests sent in through the student-organized "Suggestion Box." Great suggestions have been received by the Dining Services team and have encouraged additions and changes to the menu for the end of the year.



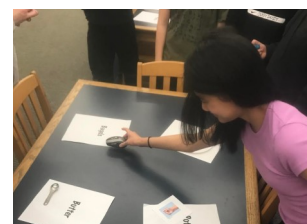
Left: Special of the Week: Buffalo Popcorn Chicken Salad at Butler Café in SMS.

Below: SMS Students participating in a portion size matching game using everyday objects.

Scarsdale Middle School

"Salad of the Week" Promotion started at Scarsdale Middle School this February to introduce variety and additional veggie-packed options during lunch time. The Buffalo Popcorn Chicken Salad was a student favorite! Other items include Chicken Salad Bento Boxes, Super Kale Salad, BBQ Chicken Salad, and more!

This March, Resident Dietitian, Hannah Kutzin, partnered with Mrs. Tenzer's Family and Consumer Sciences Classes and Ms. Gould's Health Classes to discuss portion sizes, serving sizes, and eating in moderation. Students from each class partnered up and engaged in a hands-on matching activity in the SMS Library space.



Scarsdale High School

The High School welcomed new additions to the cafeteria and Learning Commons this March. Locally produced Hal's New York™ Seltzer and Hint® Flavored Water provide students with exciting sugar-free alternatives to stay hydrated throughout the day!

Special thanks to Mr. Tulley's Heath Classes at SHS for welcoming Resident Dietitian, Hannah Kutzin, as a guest speaker this March for National Nutrition Month. High School students reviewed nutrition topics from the health curriculum, learned about the various roles of Registered Dietitians and participated in an interactive Family 'Food' nutrition game.



Discovery Kitchen at SHS: April's Food Focus highlighted Yogurt, and Dining Services celebrated by providing Blenderless Smoothie samples to high school students using low-fat yogurt as the base. Students had the opportunity to sample several different flavors that will soon be available for purchase in the Learning Commons while learning about the new Deli App coming this May:



Deli App Update: The High School Pre-Order Deli app goes LIVE in the cafeteria May 6th. [Get started](#) by creating a profile on the [NutriSlice app!](#) Make sure your Account matches your MySchoolBucks information to ensure seamless ordering.

Try March's Sports Nutrition Discovery Kitchen Recipe at Home: **Roasted, Smashed, Petite Potatoes**

- Potatoes, Yukon Gold
 - Rosemary, Fresh
 - Onions, Green
 - Lemon
 - Potatoes, Red Bliss
 - Salt, Kosher
 - Olive Oil
 - Black Pepper
 - Parmesan
 - Plain
- Cheese (Optional)
Greek Yogurt (Optional)



- 1) Place potatoes in a pot and cover with cold water. Bring to a boil and then simmer for about 25 minutes or until tender but still holding their shape. Do Not Overcook. Drain and let cool 10 minutes.
- 2) While the potatoes are simmering rough chop the rosemary, thinly slice the scallions and remove the zest from the lemons. Keep separate for use later in the recipe.
- 3) Place potatoes on a parchment paper lined baking sheet and gently press down on each potato with the palm of your hand until they split open but are still in one piece and about 1/2 inch thick.
- 4) Space the potatoes about 1 inch apart and brush with olive oil. Flip and brush the second side.
- 5) Sprinkle the potatoes with salt and pepper and cook for 20 minutes.
- 6) Take potatoes out of the oven and sprinkle with the Parmesan cheese and the chopped rosemary and lemon zest (from step 2.) Roast an additional 10 - 12 minutes or until crispy and golden edges appear.

Try April's Earth Month Discovery Kitchen Recipe at Home: **Root-to-Stem Ratatouille**

- Zucchini, Diced
- Yellow Squash, Diced
- Red Onion, Diced
- Roma Tomatoes, Diced
- Green Bell Pepper, Diced
- Garlic, Minced
- Basil, Chiffonade
- Oregano, Fresh, Chopped
- Thyme, Fresh
- Parsley, Italian, Fresh
- Red Wine Vinegar
- Salt
- Black Pepper
- Cauliflower, Sliced, 2"
- Parmesan Cheese, Grated (Optional)
- Canola Oil

1. Preheat oven to 400°F.
2. Toss all vegetables with the vinegar, oil, salt, and pepper.
3. Lay vegetable mixture flat on a sheet tray and roast in the oven for about 20 minutes or until vegetables are golden brown.
4. Transfer directly to serving tray.
5. Top with parmesan cheese, if desired, and fresh herbs.
6. Serve and enjoy!





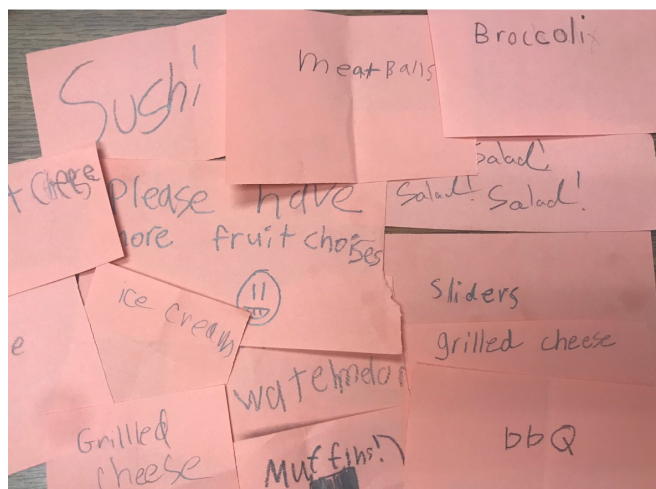
Served Fresh at Quaker Ridge: The popular new Berry Parfait and colorful, fresh, spring vegetables ready for lunch time.



Spotted at Scarsdale Middle School: New this Spring: Homemade Sloppy Joe Sandwich on a Whole Wheat Bun, served with Fresh Herb Roasted Potatoes, and Seasoned Corn.



Happy Spring from Edgewood Elementary School!



Greenacres students providing great feedback for lunch ideas!



Ratatouille samples, anyone? 🙌

ORDER AHEAD & SKIP THE LINE

Download the **Nutrislice** app to get started today!



SCARSDALE HIGH SCHOOL STUDENTS! Introducing a faster, more convenient way to enjoy meals at school, through Online Ordering! This NEW feature within your school menu app (powered by Nutrislice) allows you to order a meal ahead of time that you can pick up during your lunch period. Skip the line and have more time to enjoy your favorite foods!

Online Ordering will begin at Scarsdale High School on **Monday, May 6th**, and placing an order is easy:

1. Download the Nutrislice School Menus app
2. Locate Scarsdale and find Scarsdale High School
3. Start your order by clicking on the Deli section of the app!

If you have any questions about mobile ordering or your school's dining program, contact Tara Cook, Director of Dining Services, at tcook@scarsdaleschools.org.



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Click [Here](#) to check out the new Deli Pre-Order App for SHS



Our Hot Sandwich Special changes daily! These Spicy Burger Sliders are hot off the grill at Scarsdale High School.