

Food Service and Nutrition News

Spring 2020

A Note from your Food Service Team

We're still here and we have been thinking about all of our Scarsdale families during the school closures. We hope you and your families are staying safe and healthy this spring. We look forward to the day when we will be "serving up smiles" again in the schools, and will provide updates on what safe and healthy food service will look like in the district as we know.

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SCARSDALE
PUBLIC SCHOOLS

Chartwells K12 at
Scarsdale Union Free School District



Spotlight:

Thank You

A special thank you to all of the very hard-working individuals who are giving it their all through this difficult season. This includes our medical professionals, educators, administrators, essential workers, families and students, and many many more!

The food service team is proud to be to nourish and support our community through food.

On May 1, 2020, we celebrated

**SCHOOL LUNCH
HERO DAY**

In its 8th year, **School Lunch Hero Day** is a national program that recognizes school nutrition professionals for the amazing work they do to ensure students across the country are well-fed every day. Right now, that's more important than ever. While feeding during school closures still goes on, our "traditional" school service is interrupted. We thank you for recognizing the important work that our school heroes do today, and everyday.

Superpowers include: serving up smiles and nutritious, delicious meals!

chartwells 
serving up happy & healthy





School Closures

At the heart of Chartwells and the Scarsdale Food Service team is a strong collection of motivated, caring and conscientious individuals who are dedicated to ensuring Scarsdale's students leave the cafeteria happier and healthier than they came in.

During the school closures due to COVID-19 and social distancing efforts, our cafeterias have been quiet, however we have still been working hard in the kitchen to ensure community members needing support receive nutritious, filling meals to bring home during these hard times. We are proud of the work we do every day to support a district of caring and thoughtful individuals and families.



To the Class of 2020:



Congratulations on your upcoming graduation! We are sending our best wishes for a bright future, wherever your journey leads you. We are grateful for your energetic visits to our cafes, your input on menu ideas, technology adaptation and implementation, and mindful sustainability efforts in our dining areas, and we implore you to stay hungry, and to never stop thinking and improving wherever you go. From the entire team we say, congratulations and best of luck!

Updates:

School Lunch Accounts: Please know that accounts have not been charged since the district's closing in March. All account balances will transfer over to next school year.

Senior Account Balance Options: Have a child graduating this year that still has money on their account? Please know that you can transfer this amount to any younger siblings to use towards their balance next school year.

If you do not wish to forward your senior's balance or do not have children remaining in the district, please contact _____

SEND A SMILE 😊

[Send a Smile Program](#)—Looking for an activity to do with students at home? We hope you'll join us in our new "Send A Smile" campaign in partnership with Chartwells' sister sector, Morrison Living. With residents at Morrison Living senior communities nationwide unable to receive visitors or gather in groups, we're partnering with them to rally children across the country to write letters and draw pictures to send smiles to seniors. Morrison Living serves 475 communities across the country and more than 70,000 residents; so when you match that with our footprint and students, we have an opportunity to make an impact and send a lot of smiles! Use the [attached downloadable packet](#) to join in on the fun, and send a smile to someone who needs.

From Our Kitchen to Yours

There is a good chance that you are spending a lot of time in the kitchen these days. So are we! Keep reading for a family-friendly recipe using pantry staples. From opening cans to chopping, to rinsing to mixing, all family members can get involved with this quick and easy recipe.

Remember—hand washing is the crucial first step when starting to cook or prepare a meal. Use warm water and soap and lather up working from under your nails up past your wrists, washing for twenty seconds before rinsing off. We like to sing “Happy Birthday” two times through to help us remember. After rinsing, dry hands with a clean towel. Now, we’re ready!

Because we are aiming to use ingredients that we already have access to, we are sharing Chef Glenn’s idea for a **Pantry Pasta Salad**. Feel free to substitute any ingredients with family favorite items that you already have in your pantry.



PANTRY PASTA SALAD

Pantry Items:

- 1 box dried pasta, any shape (we used penne)
- 1 can chickpeas, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can artichoke hearts, drained
- 1 can roasted red peppers, drained
- Dried basil and parsley
- Salad dressing (bottled or homemade work here—we had some balsamic dressing on hand, but see our recipe for a fast and easy dressing!)

Produce:

- Carrots, chopped (we had leftover carrot pieces from another recipe)
- Cherry tomatoes, halved

Instructions:

Cook pasta according to package directions. Drain water. Add all ingredients to pasta in a large bowl, stir to combine. Eat warm or chilled. Enjoy!

Make it your own—leftover chicken? Fresh herbs in the garden? Black beans instead of kidney? No artichokes? No problem! Mix and max for endless colorful creations this season.

Homemade Easy Balsamic Vinaigrette:

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar (any vinegar works.)
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced, fresh
- Salt and black pepper to taste

Combine in a recycled jar and shake to mix!

Classroom Café Worksheets

See attached downloadable and printable **Classroom Café worksheets** for students to utilize while at home! (Note: Page 1 intended for Grades K-2, page 2 for Grades 3-5)

Students love being in the kitchen! The kitchen is a great place to build motor function skills, practice mathematics and reading, identify colors and items, and practice creativity! Get yours involved by helping to mix, pour, chop, read, multiply and divide, and come up with their own creations!

