

RPS Food Services Newsletter

April 2022



What's New in Your Schools?

Mood Boost Wrap Up and Recap

And that's a wrap with our 6-week Mood Boost Program at the Young School! The students loved our weekly visits, learning about each of the 6 moodies – alert, strong, confident, smart, calm and happy – and some of their favorite foods. In summary, just a few successes from this program includes:

- Getting kids to trying new foods
- Having kids learn how certain foods can impact their mood
- Enjoying an opportunity to see kid's competitive side with participating in the program
- Having kids realize they do really love certain fruits and veggies they have never tried
- Having fun!

We look forward to boosting more moods as we make our way through our other elementary schools ☺.



April Fun Days

Be sure to celebrate these fun days with us for the month of April!

April 1st – April Fools Day

April 2nd – National PB&J Day

April 7th – Opening Day

April 12th – National Grilled Cheese Day

April 22nd – Earth Day

April 27th – Stop Food Waste Day



Did You Know...

Our lunch programs offer all five food components to help ensure a student has access to a balanced meal? That means all meals include a fruit, vegetable, whole grains, protein and dairy for students to choose from. Out of the five components, students are required to take at least three components, where one must be a fruit or veggie

April Harvest of the Month – Potatoes

Potatoes are a great source of fuel for your body! They give you lots of energy and keep you feeling full all day long. Potatoes are a fan favorite when it comes to vegetables, especially kids. We regularly feature potatoes on our menu in the form of baked potatoes, mashed potatoes, roasted potatoes, French fries and hashbrowns. They are a part of the starchy vegetable subgroup, which is a required subgroup that we must offer on our menus weekly. Fun fact, did you know that people in the US eat an average of 124lbs of potatoes per year?!

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chartwells 
serving up happy & healthy



Discovery KITCHEN



April's Discovery Kitchen focus is Waste Warrior, presenting interactive, impactful activities to connect with Generation Z's passion for social activism and taking care of our planet.

A 2018 survey of US teens between the ages of 14 and 17 reported the environment ranked on the top 5 key concerns of teens, with 69% of teens saying they trust a company more after learning that it supports a social cause, and 67% said they feel a responsibility to help solve social problems.

Together, we can make a difference! Reducing food waste by just 15% could feed more than 25 million Americans every year. Take the pledge to #stopfoodwasteday today and everyday!

On average, 30% of an apple is wasted when we eat it from the side. By eating an apple from the bottom up versus the side, you can eat nearly all of it! Not convinced? Try it for yourself!



Misreading product dates causes about 20% of annual food waste from consumers. "Best if used by" or "sell by" dates tell us when to start checking for signs of spoilage, NOT when the food becomes unsafe to eat.



BE A WASTE WARRIOR



Cauliflower Tabbouleh

INGREDIENTS

- 1 lb fresh cauliflower
- 1 2/3 tbsp fresh lemon juice
- 2 tsp garlic powder
- 3 tbsp olive oil
- ¼ tsp salt
- ¼ cup fresh parsley, chopped
- 1 cup fresh tomatoes, diced
- 5 oz fresh cucumber

METHOD

1. Using a food processor, prepare the cauliflower by 'ricing', mincing into the size of cooked rice kernels.
2. Steam or roast riced cauliflower for 3-5 minutes or until lightly cooked. You want the desired texture to be al dente. Allow cauliflower to cool.
3. In a small bowl, whisk together lemon juice, oil, garlic and salt.
4. Wash and prepare parsley (fine chopped), tomatoes (small dice) and cucumbers (skin on, small diced).
5. Combine the cooked, cooled riced cauliflower with parsley, cucumbers, and tomatoes in a mixing bowl or pan. Pour prepared dressing over the ingredients and toss gently to combine.