

RPS Food Services Newsletter

December 2020



What's New in Your Schools?

Welcome to our monthly newsletter! We are excited to start sharing our story with you, where every month we will be highlighting all that we are doing to continue #ServingUpHappyandHealthy for our RPS community. Here is where you can find important announcements, monthly promotions, and nutrition/wellness education.

As a reminder, meals continue to be made available, **free of charge**, to all RPS students, age 18 and younger. The USDA has extended waivers that will continue to allow parents/guardians to pick up their children's meals at distribution sites, along with us having the capacity to deliver meals throughout the town of Randolph. This has been approved through the end of **June 2021**.

All meals include protein, whole grains, fruits, vegetables and milk.

Meal Pick Up & Delivery During Winter Vacation

Breakfast and lunch meals will still be made available for our students during winter vacation - **December 24th thru January 3rd**. We encourage all to take advantage of this opportunity!

Meals will be available for pickup on **12/23, 12/28 and 12/30** between **11:30am-12:15pm** at **all schools**. On these same dates, our department will be providing assigned meal delivers for those families in need, between 10:20 – 10:50am. Meals will be delivered for our SPED program, as well as to the following six complexes: Avalon, Chestnut West/Rosemont, Liberty Place, Franklin Square, Francis Drive, and Pacella Park.

If you have any questions, please call our office for further information or support.

STACIA FRITZ, DIRECTOR OF DINING SERVICES
(781) 961-6236, or fritzs@randolph.k12.ma.us
KELSEY MASSIS, RESIDENT DIETITIAN
(339) 205-8381, or Kelsey.massis@compass-usa.com



Our Menus by Nutrislice

Stay up to date on all the happy and healthy meals we're serving up throughout our schools! You can visit the RPS website to access menus, allergens and nutritional information. Click [here](#) to take a look at our current school year menus!

A la Carte Snacks @ RCMS & RHS

Students can now visit the cafeteria where they can find and purchase all of their traditional snack favorites from last year, including some new twists! Ice cream is now available, as well as homemade snack items like – cheese with fruit and crackers, fresh popcorn, and hummus w/ flatbread and veggies. As a reminder, all snacks and beverages sold in schools must meet strict nutrition standards, making them a 'better for you' option to help fuel kids throughout their day.

DID YOU KNOW EATING SCHOOL MEALS HELPS OUR COMMUNITY?

THE MORE STUDENTS EAT, THE MORE FEDERAL FUNDS ARE PUT BACK INTO OUR SCHOOLS, WHICH BENEFIT ALL STUDENTS



Please, #supportschoolmeals! They are for you! Our food service staff will accommodate all needs, no matter what that number is. When you eat school meals you:

- Help our schools receive more funding
- Save time prepping meals
- Extend your food budget

chartwells 
serving up happy & healthy

What We're Up To - All the Fun Stuff!

Each month, we will be introducing a new **Discovery Kitchen theme**, designed to bring a fun and inspiring sense of food discovery to our students and school communities. Since school is a little different right now, we will be getting creative with how this program runs, through virtual tastings, at-home activities, and other various promotions and nutrition/wellness education opportunities.

Want to have fun with food at home? Click [here](#) to access our **Discovery Kitchen At Home** program for the whole family to enjoy!

December is **Spice it Up Month!** A time to celebrate international recipes that are proven to raise the bar of the spice rack by empowering students to join in on cooking with various spices.

To celebrate, on **December 17th** at the **high school**, we will be handing out **samples** of a **Southwestern Wheat Berry Salad**, for both students learning in-person, along with every remote meal that families come to pick up! Not only does this recipe contain a variety of different spices and flavors, but it also contains a unique, ancient grain packed full of nutrients to keep our energy going through the holiday season.

Check out the recipe below, where we encourage all to try!

What are Wheat Berries?

Wheat berries are an ancient grain that gained popularity in the 20th century. This whole grain has a nutty and slightly sweet flavor, which means it pairs well with almost anything! This whole grain is packed with protein, complex carbohydrates, fiber and several other good-for-you nutrients.

Cooking with Wheat Berries

When cooking with wheat berries, treat it the same as to how you would cook rice. Cook 1 cup dried wheat berries with 2 ½ - 4 cups liquid. Once cooked, it expands to 3 cups cooked grain.

Buying Wheat Berries

Shaws in Randolph - Check the rice aisle, where you will notice other unique grains like quinoa, barley and ruby wild rice.

If you are shopping at other grocery stores, you can also try checking the health food aisle.

Wheat Berry Alternatives

Can't find wheat berries? These alternatives will taste just as delicious, and still include some great nutrient benefits:

- Farro
- Quinoa
- Brown or Wild Rice
- Barley



Southwest Black Bean & Wheat Berry Salad

INGREDIENTS

- 3 cups wheat berries
- ¼ cup lime juice
- 1 1/8 tsp cumin
- ¼ tsp black pepper
- ½ tsp kosher salt
- ¼ cup olive oil
- 1 ½ cups fresh bell peppers, chopped
- ¼ cup fresh cilantro, chopped
- 1 ½ cups frozen corn kernels, thawed
- 1 ½ cups canned black beans, drained and rinsed
- 1 ½ cups cooked chicken, diced

METHOD

Servings: 3-4

1. Cook wheat berries according to instructions on package/box.
2. Once cooked, allow the wheat berries to completely cool.
3. Whisk together lime juice, cumin, salt pepper and oil. Mix thoroughly.
4. Layer your salad! Starting with wheat berries, add on bell peppers, cilantro, black beans, corn, then chicken. Finish with a drizzle of dressing.

Serve and Enjoy!