

RPS Food Services Newsletter

December 2021



What's New in Your Schools?

December Events

Spice It Up Classroom Activity @ the Donovan – This month, we will be visiting the classroom where students will participate in a 'painting with spices' activity, a sensory twist for some creative art!



Mood Boost Program Intro @ the Young – Students will have the opportunity to experience a new program called "Mood Boost", a program designed to help students make the connection between what they eat and how they feel. Mood Boost brings new lunch menus, fun activities and a collection of characters called "Moodies" into the cafeteria.

Cooking Demo @ the Lyons Recap

This past month, our food service team visited the Lyons school to host a blueberry crisp food demo for all 4th graders. The students absolutely loved the experience! From participating in the recipe prep, to tasting samples, students then had the opportunity to take home blueberry crisp recipe kits to make at home with their families.



Did You Know...

The portions of meal components served in schools must be adjusted by age/grade group to better meet food and nutrition needs of children according to their ages? These portion sizes are based on evidenced based research and the Dietary Guidelines for Americans

Best Sandwich – Team Randolph

Food Management announced the winners of the 2021 Best Sandwich Award, where team Randolph made the cut! Our team was recognized for the Indian Chicken Shawarma Flatbread Sandwich served at RCMS and RHS. This sandwich contains grilled chicken, house-made tzatziki sauce, lettuce, tomatoes and red onion. Click [here](#) to access the full slideshow of best sandwiches.



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Spice It Up, is a celebration of international recipes that are proven to raise the bar of the spice rack, empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

Chartwells K12 is proud to encourage students to learn some simple seasoning cooking knowledge and to share this outside of schools and in their own kitchen, adding delightful new flavors to any dish. Get ready to add a little spice to your day!

Every wonder what the difference is between an herb and a spice? Spices come from the seeds, bark, berry or fruit of a plant, and herbs come from the green leaves.



Spice It Up Fun Fact
Some spices can flavor both sweet and savory dishes. Cinnamon is often added to sweet baked goods but can be found in savory dishes like chili



Pizza Pepperoni Pasta Bake

INGREDIENTS

- 5 c. – whole grain rotini pasta
- 3/4 lb. – 85% lean ground beef
- 8 oz. – shredded, part skim mozzarella cheese
- 2 tsp. – Italian Seasoning
- 1-1/2 oz. – sliced pepperoni
- 3 c. – spaghetti sauce

Servings: 8

METHOD

1. Cook pasta according to package instructions. Drain and set aside. Do not overcook.
2. Brown ground beef. Drain.
3. Combine the cooked pasta, browned ground beef, cheese, spaghetti sauce and pepperoni into serving pan. Sprinkle the Italian seasoning over the mixture. Heat to 165 degrees F

Serve and Enjoy!