

# RPS Food Services Newsletter

January 2022



Happy New Year

## What's New in Your Schools?

### Get Ready for Mood Boost!

We are so excited to be launching our “Mood Boost” program at the Young School! This 7-week program will begin on January 18<sup>th</sup> with our kickoff event. We will introduce the collection of 6 ‘moodies’, which will be highlighted each week through a featured recipe that includes foods that boost certain moods ranging from confident, happy alert, strong, calm and smart. These events will be paired with activities and prizes to help create excitement for our students.



### Painting with spices – the Donovan

We had a blast with 1<sup>st</sup> grade students at the Donovan last month during a ‘Painting with Spices’ activity! Students painted with smoked paprika, turmeric, sage, cloves and curry. Aside from painting some fancy artwork with these spices, they also had the chance to smell each of them, while learning about common cuisines that incorporates these spice.



### Student Choice Recap

Food services held two back-to-back Student Choice events this past month, sampling four different menu items from four different menu concepts. Day one included a Crispy Chicken Noodle Wrap from ‘Butcher + Baker’ vs. a Grilled Chicken Cobb from ‘Made to Melt’. Day two included a Honey Mustard BBQ Chicken Sandwich from ‘Roost’ vs. an Angry Bird Burger from ‘Flame’. Our first-place winner was the Honey Mustard BBQ Chicken Sandwich! To highlight the winner, we will be choosing a couple of days in January to feature the ‘Roost’ menu concept at the menu entrée station.

### *Did You Know...*

Since 2012, schools have been required to offer larger portions of fruits and vegetables, including here at Randolph Public Schools? In fact, vegetable choices must include weekly offerings of legumes, dark green, bean/legumes, and red/orange vegetables.



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# Discovery KITCHEN

**The Great American Roadtrip**, allows students to experience this great country through the power of food! Students can go on a journey through the quadrants of the US, where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.



Take a tour of America and taste different styles of chili. Try spicy Chili Con Carne while in Texas, Chili Verde in New Mexico, Cincinnati Chili in Ohio and Springfield Chili in Illinois.

## Roadside Market Activity @ JFK

To kick off the new year, we will be visiting 5<sup>th</sup> graders at the JFK school to show them our 'Roadside Market'. Students will get the chance to learn about different foods that are grown throughout various regions to take a road trip around the country. To finish, students will write a post card to a family member or friend living in a different region to share what they learned about foods grown in their region.

### Fun Fact

Chopped green peppers, onions and celery are known as "The Holy Trinity" and are a staple in creole and Cajun dishes of Louisiana.



the GREAT AMERICAN  
ROADTRIP

## On the Go Potato Poppers

### INGREDIENTS

- 4oz Yukon gold potatoes (small bite sized)
- 3 tbsp panko Japanese breadcrumbs
- 2 tsp sesame seeds
- 1/3 tsp Chinese 5 spice seasoning
- 1 tsp canola oil
- 1 tsp low sodium soy sauce

### METHOD

1. Wash potatoes thoroughly under running water.
2. Add clean potatoes to a bowl and toss with oil and soy sauce. Mix to coat well.
3. In a separate bowl, combine panko breadcrumbs, sesame seeds and 5 spice seasoning. Mix well.
4. In small batches, put the potatoes in the bread crumb mixture and roll around to coat well.
5. Transfer to a cookie sheet. Bake at 450 degrees F for 20-25 minutes, until cooked through.
6. Cool and hold chilled for a great snack on the go!