

RPS Food Services Newsletter

May 2021



What's New in Your Schools?

USDA Waiver Flexibilities Extend through June 2022

The USDA announced that critical waiver flexibilities previously set to expire September 30, 2021 have been extended through June 30, 2022. These waivers assist us in serving healthy and nutritious meals to students and will support the safe reopening of schools in the fall. We will continue to keep our RPS community in the loop as we hear more information and how this pertains to our meal programs for the 21/22 school year.

May Fun Days

We want to add more pizzazz to your day, whether it is at school or home! Celebrate some of these fun days/monthly themes as we roll through May:

- Cinco de Mayo: 5/5
- National Chocolate Chip Cookie Day: 5/15
- National Burger Day: 5/28
- National BBQ Month
- National Salad Month
- National Strawberry Month



Waste Warrior Recipe Demo – The Pepper Project Recap

Last month, our food service department shared out another 'Cooking with Randolph' video, where this time it was all about ways we can minimize food waste at home. Students who participated were able to learn the proper way to cut a bell pepper with almost zero waste, followed by the chance to make their own pepper and onion flatbread pizza at home! We hope our students enjoyed the fun and we look forward to more 'Cooking with Randolph'.

School Lunch Hero Day – May 7th

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, Randolph PS nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, especially during the COVID 19 pandemic, our district will be celebrating School Lunch Hero Day on May 7th. Please join us in honoring our school nutrition professionals within your schools and across the district! This day provides an opportunity for the community to thank these hardworking heroes!



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chartwells 
serving up happy & healthy

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

MASSACHUSETTS
FARM TO SCHOOL

May
HARVEST
of the **MONTH**
SEAFOOD



Grow Your Own Plant Project

Growing a plant from a seed is one of those amazing wonders on this planet! Plants have a variety of important functions on earth like creating oxygen for us to breath, providing shelter, and making food. We want our RPS community to learn how to give back to our planet by planting their own plant at home! During this month's 'Cooking with Randolph' series, we will be demoing how students can plant their own plant, from start to finish, using items that are commonly found in their household, including scraps and seeds! Foods like pieces of lettuce, potato skins, pepper seeds, ginger root, and even pineapple are just some examples of what we can use!



May Harvest of the Month

May's Harvest of the Month is Seafood, where we can learn about ways to sustainably source seafood, how to purchase it, and all the great nutrients this food contains. Seafood is rich in omega 3 fatty acids, which is extremely important for brain and heart health. It is also an excellent source of protein, helping to build and repair muscles, stabilizing blood sugar, and keeps us feeling full in between meals and snacks.

Chartwells K12 is committed in making sustainable choices when it comes to the foods we offer in our schools. In fact, 99% of the seafood we purchase and serve comes from sustainable sources.

Purchasing Tips: When purchasing fresh fish, it should not smell fishy. When buying the whole fish, the eyes should be clear, not cloudy. If purchasing frozen fish, it should be free from ice crystals, and there should be no torn or crushed edges of packaging.

For more information and resources click [here](#).

Infused Pineapple Mango Lime Water

Servings: 6

INGREDIENTS

- 1 ½ quarts water
- 1 oz fresh pineapple, diced
- ½ lime, fresh
- 1 oz mango chunks, frozen



METHOD

1. Thinly slice lime.
2. In a large pitcher add sliced limes, cubed mango and pineapple.
3. Fill with water.
4. Allow flavors to combine for 2-6 hours before serving.
5. Serve over ice and enjoy!

