

# Redding Elementary School - September 2010

**Superfood of the Month: PEACHES!**

**SEPTEMBER IS LOCAL PRODUCE MONTH! See page 2 for details!**

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats.

This month's menu items made w/ locally grown produce

This month's meatless menu items!

Part of making healthy diet choices means making  $\frac{1}{2}$  of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol in the cafeteria to help you identify whole grain foods.

<b>Lunch \$2.50</b> <b>Reduced Price \$0.40</b> <b>Adult Lunch \$3.25</b> <b>Milk \$0.55</b>	<h2>WELCOME BACK!!</h2>	<b>1</b>  <b>Baked Ziti</b> Cheesy Toast Steamed Broccoli Fresh Banana	<b>2</b>  <b>Chicken Fajitas</b> <i>Made w/ White Meat Chicken</i> Golden Seasoned Corn Salsa <b>Fresh Peach</b>	<b>3</b>  <b>Fresh Baked Whole Grain Cheese Pizza</b> Garden Salad with Fat Free Dressing Orange Wedges
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Weekly Alternates: (B) Turkey and Cheese on Wheat (C) Garden Salad Shaker w/ Cheese & Crackers

(D) Bagel Fun Lunch: Bagel w/ Jelly, Cheese, Baby Carrots, and Yogurt

<b>6</b> <b>LABOR DAY</b>  <b>NO SCHOOL</b>	<b>7</b>  <b>Cheeseburger or Hamburger on a Whole Wheat Bun</b> Green Bean Salad Oven Baked Potato Gems <b>Homemade Peach Crisp</b>	<b>8</b>  <b>Barilla PLUS Penne with Meatballs</b> Steamed Green Beans Cheesy Garlic Bread Fresh Pear	<b>9</b> <b>NO SCHOOL</b> <b>ROSH HASHANAH</b>	<b>10</b>  <b>Fresh Baked Whole Grain Cheese or Pepperoni Pizza</b> Vegetable Pasta Salad Fresh Apple
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Weekly Alternates: (B) Junior Ham & Cheese Sub w/ Lettuce & Tomato (C) Chef Salad Shaker with Crackers

(D) Turkey Hot Dog on a Whole Wheat Bun w/ Vegetable Pasta Salad and a Fresh Local Apple

<b>13</b>  <b>Crunchy Baked Popcorn Chicken</b> Seasoned Broccoli Whole Wheat Dinner Roll Fresh Pear	<b>14</b>  <b>Toasted Meatball Grinder with Cheese Served on a Whole Wheat Grinder</b> Roasted Harvest Vegetables Chilled Fruit Cup	<b>15</b>  <b>Barilla PLUS Pasta with Marinara Sauce</b> Seasoned Green Beans Warm Whole Wheat Breadstick Orange Wedges	<b>16</b>  <b>Chicken &amp; Cheese Quesadilla</b> Salsa & Lettuce Fiesta Rice <b>Homemade Peach Crisp</b>	<b>17</b>  <b>Fresh Baked Whole Grain Cheese Pizza</b> Spinach Salad with Raspberry Vinaigrette <b>Fresh Peach</b>
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Weekly Alternates: (B) Chicken Salad Wrap, Vegetable Pasta Salad & a Fresh Orange (C) Tuna Salad Shaker with a Whole Wheat Dinner Roll

(D) Pizza Bagel Fun Lunch

<b>20</b>  <b>Sloppy Joe</b> On a Whole Wheat Bun Seasoned Sweet Peas <b>Fresh Peach</b>	<b>21</b> <b>Breakfast for Lunch!</b>  Egg & Cheese on a Whole Grain Muffin Oven Baked Potato Wedges Fresh Pear	<b>22</b>  Turkey Bacon Club Sandwich on a Whole Grain Bagel Fresh Local Carrot and Celery Sticks Chilled Pineapple Chunks	<b>23</b>  <b>Tacos*</b> Seasoned Meat, Cheddar Cheese, Romaine Lettuce, Tomato <b>Fresh Peach</b>	<b>24</b>  <b>Fresh Baked Whole Grain Cheese or Pepperoni Pizza</b> Garden Salad with Fat Free Dressing & Chilled Fruit Cocktail
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Weekly Alternates: (B) Egg Salad Sandwich on Wheat (C) Chicken Caesar Salad Platter with Croutons (D) Chicken Nuggets with a Whole Wheat Dinner Roll

<b>27</b>  <b>Toasted Cheese Sandwich on Wheat with Chicken &amp; Rice Soup</b> Spinach Salad with Carrots and Cucumber Fresh Apple	<b>28</b>  <b>Beef and Bean Nachos</b> Salsa & Sour Cream Oven Roasted Vegetables Chilled Pineapple Cup	<b>29</b>  <b>Creamy Barilla PLUS Mac &amp; Cheese</b> Peas and Carrots Whole Wheat Dinner Roll Fresh Orange Wedges	<b>30</b>  <b>Popcorn Chicken Served with Dipping Sauces</b> Roasted Potato Wedges Seasoned Green Beans <b>Homemade Peach Crisp</b>	<b>Questions?</b> <b>Call the Director of Dining Services</b> <b>Ann Metcalf</b> <b>203-938-0862</b>
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Weekly Alternates: (B) Italian Grinder w/ Lettuce & Tomato and Fresh Fruit (C) Three Cheese Salad with Crackers

(D) Hamburger on a Whole Wheat Bun



**MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, UNLIMITED FRUITS AND VEGETABLES, AND SKIM, LOW FAT or 1/2% CHOCOLATE MILK**  
**ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving!**  
**Snacks are served daily for Grades 2-5.**  
**Drinks, Snacks and Ice Cream Sold are all on the CT Healthy Beverage and Snack List.**





# SUPERFOOD OF THE MONTH: PEACHES!



Perfect to eat when slightly soft to the touch... but it is important to wash them before eating. Eat peaches for Vitamin A and Vitamin C! They are also loaded with fiber and potassium! Avoid choosing peaches with dark spots or ones that feel mushy to the touch. California supplies about half of the world's peaches! That's A LOT of peaches!! Handle peaches with care. They will bruise easily. Eat peaches at room temperature. That is when they taste the sweetest! Smoothies are a great way to enjoy peaches! See the recipe below for a delicious smoothie.

## Cool Peach Smoothie

In the mood for a yummy and healthy treat? Try this peach smoothie! It is loaded with Vitamin A, Vitamin C, Potassium, Calcium and B-Vitamins. It will be sure to give you a boost of energy to get out and PLAY!

### Ingredients:

- 1 large fresh peach, sliced
- 1 six ounce peach yogurt
- 1 cup of ice
- ¼ cup orange juice

**TIP:** You can ask for help to peel your peach, or just leave the skin on!

### Instructions:

With the help of an adult, prepare and measure out all of the ingredients. Next, put the peach, yogurt and orange juice into a blender. Blend until smooth. Then add the ice and blend again! If the smoothie is too thick, just add a splash more orange juice or a little bit of water. Experiment by using different fruit juice: adding other fruits (like mango!), or even using different yogurt flavors to create the ultimate custom smoothie!



## CELEBRATE LOCALLY GROWN FOODS!

For the entire month of September, we are featuring locally grown foods! This means that the produce that we use is grown close by! Chartwells teams up with farmers all across the region to bring you the freshest, most nutritious fruits, vegetables and eggs available! Look for the locally grown icon on the menu to see which items are coming



to your school from farms in CT, MA and NY!

### DID YOU KNOW?

We will be using locally grown foods ALL YEAR LONG! Will you be brave and try a new fruit or vegetable? You can do it!



By: Meg Whitbeck, MS RD  
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Chartwells School Dining Services

