



SEE WHAT'S NEW & FRESH IN THE SCHOOL CAFE!



April 2017



Check out our Menus & Nutrition Info @

www.westport.k12.ct.us and access the Parent section for the [link to Menu Info](#).

Coming In April



Add your dressing cover, shake and eat so easy.



Create your My School Bucks Account today! It's Free! Know when your child's account balance is low and even put money in the account online.* (*fee may apply) www.MySchoolBucks.com



Staples High School students get a break from long Deli Lines!!! The New "WRECKERS DELI" opened at Staples on March 7th, giving the students a much needed expansion of our current Boars Head Deli options! The students can now avoid the "slam" of students in the main Cafe by stopping by the new Deli located in the Snack Bar space. Our first two customers were very happy!

"GUESS THE GRAINS"

Our Elementary students got the chance this month to experience the different varieties of Intact Grains that we offer on our menus. Our Dietitian, Stephanie Noto and Asst. Director, Ben Leahey had fun with the kids while expanding their knowledge and taste for healthy foods!



Our own Ben Leahey creating excitement with the students of Stamford while teaching them the importance of eating healthy! Our Chefs 2 Schools program allows Chartwells Chefs to interact with Connecticut schools while bringing other talented Chefs to Westport, keeping it fresh for our students!





eat.

April is National Gardening Month!

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce and herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

The gym or playground isn't the only place we can go to be active. Being a gardener or a farmer provides lots of opportunities to get exercise in a fun, new way. You could visit a pick-your-own farm with your family or any local farm or nursery.

GARDEN VEGETABLES
Cilantro Lime Roasted Vegetables
Serves 8

Ingredients:
2 cup Zucchini Squash, Julienne
1 cup Carrots, Julienne Sliced
1 cup Green Bell Peppers, Sliced
1/2 cup Red Bell Peppers, Sliced
3/4 cup Red Onion, Sliced
1 tsp Vegetable Oil
1 tsp Chopped Cilantro
3/4 tsp Lime Juice
1/8 tsp Ground Cumin
1/8 tsp Chili Powder
1 1/3 Tbsp Plain Yogurt

Steps:
1. Wash all produce. Cut vegetables julienne style.
2. Place vegetables on a greased sheet pan.
3. Combine oil, lime juice, spices, and yogurt in a bowl and mix thoroughly.
4. Pour dressing over vegetables.
5. Let vegetables marinate for 30 minutes.
6. Place in oven at 400°F for 15-20 minutes or until vegetables are tender.
**Try adding fresh or dried herbs and spices for added flavor and variety!*

Nutrition per 1/2 cup serving: 25 calories, 0 g fat, 16 mg sodium, 0 mg cholesterol, 3 g carbohydrate, 1 g protein, 1 g fiber.

CLICK TO READ MORE ABOUT THEM!

learn.

Coming Up During Earth Month!

What is a plant protein? Think nuts, seeds, and legumes such as lentils, beans, sunflower seeds, almonds, peanuts, and soy products. Most whole grains, like quinoa and oats, are also great sources of protein. Think you need to consume animal foods to get your daily dose of protein?

A varied diet of beans, lentils, grains, and vegetables contains all of the essential amino acids, the building blocks of protein, needed for growth. Here's an example of how a child might get their recommended 5 ounces of protein in a day through plant proteins:

- 2 tablespoons of peanut butter at breakfast (2 ounces of protein)
- 2 tablespoons of hummus at lunch (1 ounce of protein)
- 1 ounce or two domino-size pieces of cheddar cheese for a snack (1 ounce of protein)
- 2 ounces of cooked tofu at dinner (1 ounce of protein)

Soy Cool! One to two servings of traditional soy based foods per week, such as tofu, soy milk and edamame, may reduce the risk of developing certain cancers. Try a "soy switcheroo" with cubed tofu and edamame in your next stir-fry dish!



live.

Delicious on Every Level!

Although no-one seems to know how this started, we do know that a parfait consists of layers and layers of ice cream, yogurt, custard or pudding with whipped cream or sauces and any combination of syrups, purees, fruits, granolas, nuts and whatever else you fancy... and is traditionally served in a tall, fancy glass.

The word parfait means perfect in French. Perfectly delicious!

Gather some parfait ingredients and whip up some layers and layers of perfection with your kids and grandkids today!

This is the perfect combination for a bunch of nutrition and textures, soft, crisp, and crunchy. Be creative and incorporate your favorite fruits and crunchy grains to your own parfait. Why not a savory one with fresh vegetables and hummus and cream cheese. Yummy

