

Spring Dining Newsletter



Welcome to your Monthly Newsletter from Chartwells!!!!

We couldn't be happier to have the opportunity to serve breakfast and lunch to students every day. Over the course of this year, we have been introducing new menu options, gathering feedback, and making other changes to enhance the mealtime experience. We are providing new fun and exciting programs and wanted to share a few things that you and your child can look forward to when it comes to mealtime. We want to share an inside look at the new recipes, concepts and programs we are introducing this spring.

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What Makes a Meal

Newtown Public Schools participates with the National School Lunch Program, a.k.a. NSLP. Under the guidelines of this program, lunch and breakfast menus must meet the USDA's weekly dietary specifications (nutrition standards) for calories, saturated fats, and sodium. In addition, all food products and ingredients used to prepare school meals must contain zero grams of trans fats per serving.

Under the NSLP, there are five components required to make what's called a "complete meal". **At least three of these components must be selected at the time of purchase in order to meet federal guidelines.**

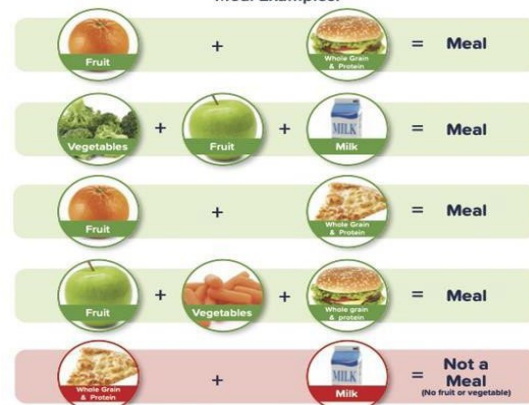
We have included the diagram below so you can see exactly what components make up a complete meal. Please explain this to your child which will help eliminate any confusion.

Create a Meal

Take at least 3 food groups to create a meal

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick at least two other food groups, such as Whole Grains, Protein, or a serving of Milk
3. Take a minimum of 3 food groups and a maximum of 5

Meal Examples:



This institution is an equal opportunity provider.
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Newtown Public
School District

Meal Costs ~ Free & Reduced Meals

NEW THIS YEAR - all students that are eligible for reduced lunch prices, will be free for one year. An application is required in order to determine eligibility (this application can be found on our website). Please send in your application asap!

Paid students will remain paid with no increase in prices over last year (see below).

	Paid	Reduced	Free
NHS Breakfast	\$0.00	\$0.00	\$0.00
NHS Lunch	\$3.60/\$4.50	\$0.00	\$0.00
NMS/REED	\$3.35/\$4.50	\$0.00	\$0.00
Elementary	\$3.10	\$0.00	\$0.00

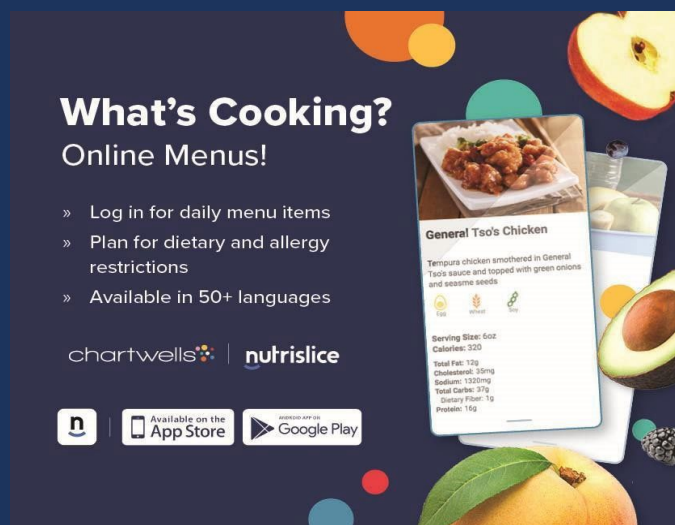
We encourage all families to save time & money by participating in our meal program! All meals will be nutritionally balanced with many exciting and delicious choices. You can also sign up for easy pay through my school bucks (see last page for more information & instructions on how to set up your account).

Food Allergies and Special Dietary Needs

We recognize the critical importance of our approach in supporting students and families who manage food allergy issues every day. Therefore, we work closely with the families of students who have food allergies and medical conditions that require a modification to their menu. If your child requires a meal accommodation, please reach out to John Morris John.Morris2@compass-usa.com and a modification plan can be put in place.

Menus and Nutrition Facts at Your Fingertips

Through Nutrislice, an innovative app, students, parents and faculty have access to school menus, including nutrition information, allergens and photos. Nutrislice can be downloaded for free from the App store (iOS) or Google Play (Android) and is available on desktop and mobile devices. Please visit <https://www.newtown.k12.ct.us/SchoolNutritionAndLunchMenus> for our monthly menu link



What's Cooking?
Online Menus!

- » Log in for daily menu items
- » Plan for dietary and allergy restrictions
- » Available in 50+ languages

chartwells | nutrislice

Available on the App Store | Google Play

General Tso's Chicken
Tempura chicken smothered in General Tso's sauce and topped with green onions and sesame seeds.

Serving Size: 5oz
Calories: 320

Total Fat: 17g
Cholesterol: 35mg
Sodium: 1320mg
Total Carbs: 17g
Dietary Fiber: 1g
Protein: 16g

Special Spring Events

HIGH SCHOOL

Fresh Baked Whole Grain Muffins

We will be starting a new Homemade Baked Muffin Program in March. Freshly Baked muffins will be offered each morning with a baked fruit topping of either Blueberry or Strawberry. Chocolate Chocolate Chip, Apple Cinnamon and Chocolate Chip are the other popular flavors. Served warm from the oven.



District Wide Events

The Global Eats Program which will begin in **March** will be a district wide concept featuring specific cultural cuisine to each school level. This concept will introduce delicious new recipes that feature unique ingredients and traditions of various cultures incorporated into school meals to keep menus and lunchtime exciting. These authentic recipes are created in partnership with a series of celebrity chefs who specialize in global cuisine. The program invites students on a food exploration that celebrates cultural heritages, traveling first through Mexico, Italy, China & India.

Menu:

Mexico 1st Week – Pork Carnitas Quesadilla

(pulled pork, tomatoes, cilantro, cheddar cheese & tortilla)
Sides – Mexican Corn (ears) – mayo, chili, lime. Pico de Gallo – onions, tomatoes, cilantro, jalapeno

Italy 2nd Week – Four Cheese Tortellini with Beef meat sauce

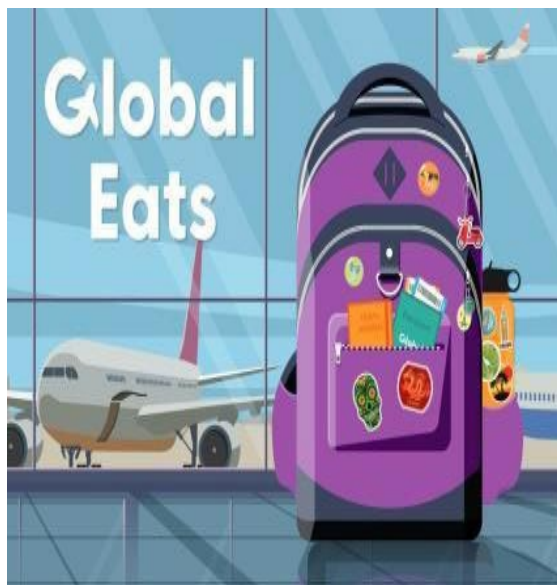
Sides – Roasted Brussell Sprouts with Parmesan Cheese

China 3rd Week – Sweet & Sour Chicken Stir Fry

Sides – Egg Roll, Carmelized Sweet Potatoes

India 4th Week – Chicken Tikka Masala

(Garam masala seasoning, onions, yogurt)
Sides – Cauliflower, Potato, Broccoli, Green Beans, Flat WG Bread



MIDDLE SCHOOL

CREATE STATION!!!!

Newtown Middle School

New Rotating Create Menu



February Introduced the Create Rotation menu at the Newtown Middle School, this concept allows students to create their own personalized nutritious healthy option with the choices listed below.



Revolution Noodle is a program that was developed to respond to guests' demands for authentic Asian cuisine. This concept is designed to be prepared exhibition-style, which gives your guests a fresh meal assembled to order. The key to this station is utilizing the freshest produce, specific noodles, and of course, authentic broths the cornerstones of the cuisine. Our program includes three authentic broths, Beef Pho, and a Thai-style vegetarian and combines elements of Pho and Ramen into our very own brand, Revolution Noodle.



Flame not only offers classic student favorites such as traditional burgers and sandwiches but also upscale offerings including unique toppings, limited time offers (LTO's), vegetarian items, and signature features with bold flavors. Flame features menu items with no artificially added trans-fats, and focuses on fresh options, local produce, and whole grain bread.



The Roost is a culinary experience featuring everything we love about chicken. While chicken is the star of the show, flavor is what makes this a unique dining experience.

Three staple chicken sandwiches will be available every day: The Original Chicken Sandwich, Buffalo Chicken Sandwich and the Classic Grilled Chicken Sandwich. A pick list of chef tested chicken sandwiches allows schools to add more variety to their menu. Flavors found in The Roost are what students would expect to see at their favorite restaurants!

How to make PAYMENTS into your child's Lunch Account

There are 3 ways to place money onto your child's account:

1. Cash: Highly discouraged at this time, however, it will be accepted in any amount at any register at each school. Please send in the amount to be placed on account, change back is not always available for large bills.

2. Checks:

- Written for a minimum of \$25
- Made out to **Newtown Food Service**
- Include your child's first and last name for reference.

**HIGHLY
RECOMMENDED**

Register now at: myschoolbucks.com

3. Online payment: Credit card payments are accepted through the Newtown PS Website – Click on Parents at the top of page – Nutrition & Lunch Menus – Helpful Links on lower right – **My School Bucks** (please note there is a transaction fee charged which is explained on the website). Or click here [My School Bucks Home Page](#)

!! Save time and make sure you child has funding by using the [autopayment feature](#) !!

Our Point of Sale program works directly with **My School Bucks** to provide detailed information about your children's account, so you can view it FREE anytime! We strongly recommend that all parents sign into **My School Bucks** to access your child's account information.

From My School Bucks you can:

- View balances & receive low balance email reminders
- Check your child's spending habits
- View online account statement & make payments
- Set up automatic payments based on account balance

App also available:

MYSCHOOLBUCKS

Go mobile

Download the MySchoolBucks app and get convenient access to meal balances, purchases, and make payments right from your phone.

