

# Bronxville Union Free School District Food and Nutrition News

April 2023

## Spring Produce Spotlight!

### Pick of the Month: **Strawberries**

Find strawberries in our fresh made daily fruit cups, yogurt parfaits, and available in the salad, smoothie & acai station.

Strawberry season is best from April-August. Buying local ensures the berries were picked close to perfect ripe time and did not travel far and wide to get to you. Strawberries picked before turning ripe will not taste as sweet or fresh.

Did you know? Eating ½ cup of strawberries meets about ~50% of your daily Vitamin C needs.

## Bronxville School Lunch Highlights

The weather is warming up and so is the Bronxville Dining Service team. Please keep an eye out on [Nutrislice](#) for new and exciting menu items!



New! Salads & cereal fun lunch offered at ES level as a lunch option



David DiNuzzo  
Director of Dining Services  
(914)395-0500 x1206  
David.DiNuzzo@Compass-USA.com

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Top left: Baked Potato Bar  
Bottom Left: Pasta Bar  
Top Middle: New- Iced Coffee

Right: Chicken  
Parm Sliders &  
Fries



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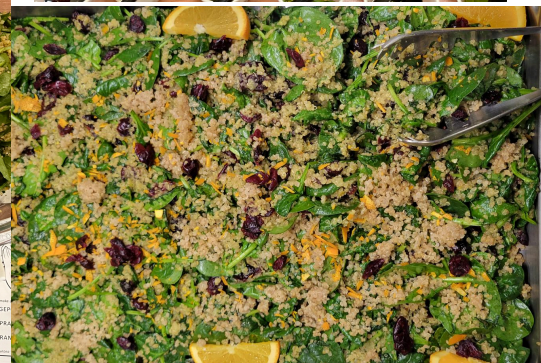
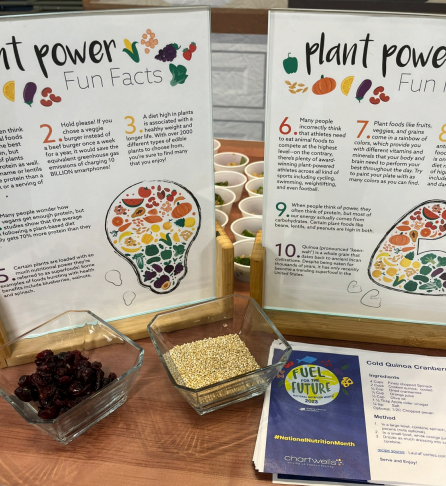
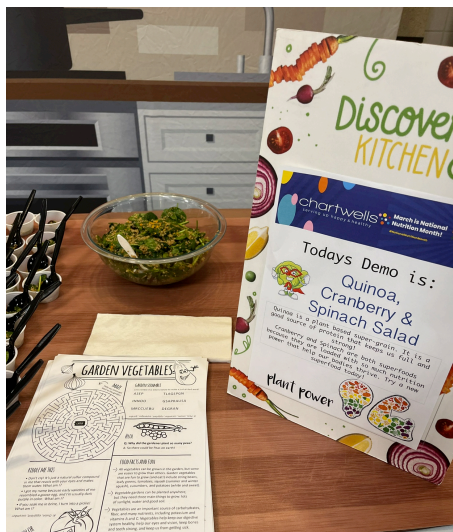
## Discovery KITCHEN



At Chartwells, we introduce a new Discovery Kitchen theme each month designed to bring a fun and inspiring sense of food discovery to our students and school communities. March was also National Nutrition Month so we brought nutrition education to all grade levels!

March's DK theme was 'Plant Power'. We highlighted quinoa as a plant protein and allowed all students to taste a homemade quinoa, cranberry, and spinach salad. Nutrition education materials were provided and our Registered Dietitian spoke to kids about the health benefits of incorporating plants into their meals.

\*Events pictured below.



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