

# Welcome Back Dining Newsletter

## Welcome Back!!

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

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## What Makes a Meal

Norwalk 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 to make a complete meal 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 you child which will help eliminate any confusion.

National School Lunch Program

## 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:

	+		= Meal		
	+		+		= Meal
	+		= Meal		
	+		+		= Meal
	+		= Not a Meal (No fruit or vegetable)		

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# Free Meals for All NPS Students!

Norwalk School District has qualified for CEP. All NPS students are entitled to one free breakfast and one free lunch daily!

**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 add funds to your students account on my school bucks for additional snacks and a la carte items if desired.

*Here are some menu celebrations we have planned for this Fall!*

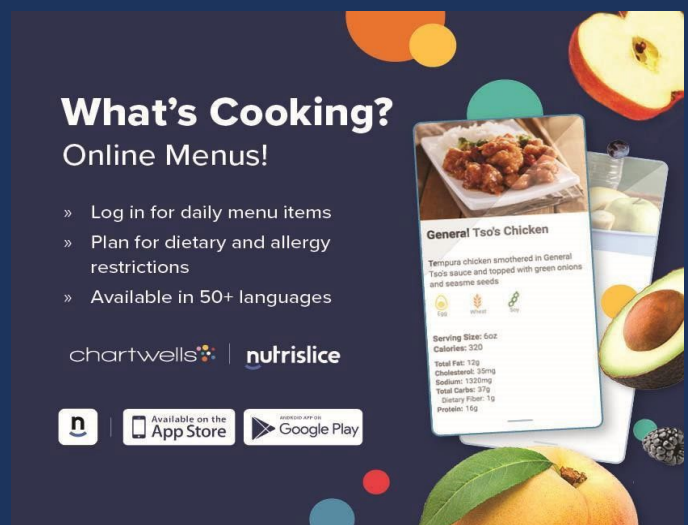
September	October	November
National Potato Month	National Apple Month	Global Eats Spotlight: ITALY
5 <sup>th</sup> Cheese Pizza Day	CT Grown for CT Kids Week	3 <sup>rd</sup> National Sandwich Day
18 <sup>th</sup> Cheeseburger Day	National School Lunch Week &	6 <sup>th</sup> National Nachos Day
26 <sup>th</sup> Pancake Day	Global Eats Kickoff MEXICO!	14 <sup>th</sup> Thankful Turkey Dinner

## 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 school nurses and 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 our Wellness Manger, Kelly Gruber, RDN [Kelly.Gruber@Compass-USA.com](mailto:Kelly.Gruber@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://norwalkps.nutrislice.com/menu> 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

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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

# Fall Spotlights

## WE ARE LOCAL

NPS is dedicated to supporting our local farms and bringing the most fresh and delicious fruits and vegetables to students. Last year we purchased over 70,000 pounds of local produce, and this year we are increasing that number!

Here are some local items we will be showcasing in our menus in the upcoming months. The majority of these will be sourced from Cecarelli Farms in Northford, CT!



September Harvest	October Harvest	November Harvest
Yellow Squash	Carrots	Potatoes
Zucchini	Potatoes	Butternut Squash
Potatoes	Kale	Apples
Tomatoes	Apples	

## DISTRICT WIDE EVENTS



We are excited to kick off our fun and interactive tasting events this year during CT Grown for CT Kids Week October 2<sup>nd</sup>-6<sup>th</sup>! We will be showcasing locally sourced carrots along with other delicious CT grown produce on our school breakfast and lunch menus.

**The Global Eats Program** which will begin during National School Lunch Week, October 10<sup>th</sup>-14<sup>th</sup> 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 (October), Italy (November), India (December), and China (January).

Students can look forward to Global Eats pop-up tasting events in their cafeterias this October – January!

