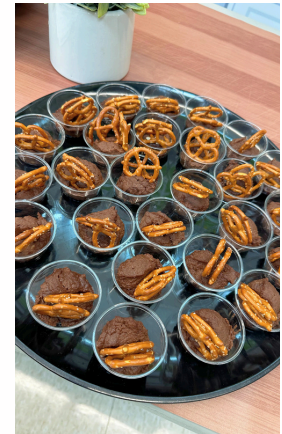


FOOD SERVICES NEWS

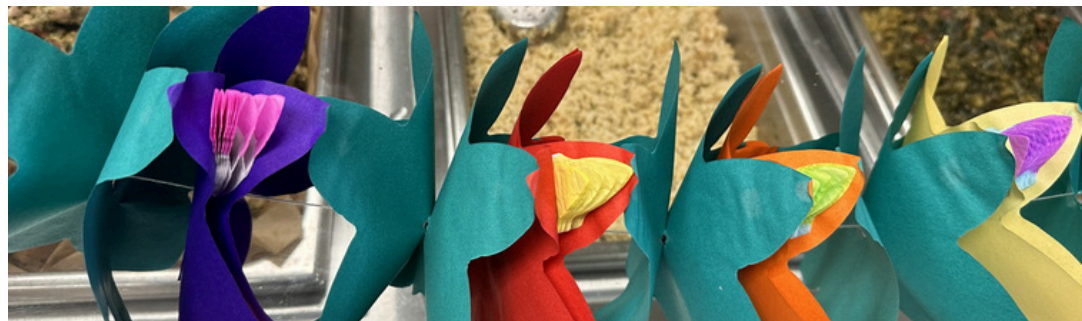
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Discovery
KITCHEN

At North Reading Middle School, students enthusiastically explored new tastes during our Discovery Kitchen hummus tasting event. They sampled Roasted Red Pepper Hummus and Chocolate Hummus, expressing surprise at the unique flavors and even took home recipe cards. Hummus, a nutritious snack rich in fiber and protein, pairs perfectly with crackers, veggies, and fruit.



At Little Elementary School, students delved into the world of healthy snacking and sampled a Spiced Trail Mix packed with healthy fats, carbohydrates, and protein to fuel their bodies with sustained energy. The students found the combination of cinnamon and nutmeg intriguing and were eager to take home recipe cards.

Food Services News



Global Eats

The students at North Reading High School and Middle School embarked on a culinary journey to the Caribbean. Through our Global Eats Program, students savored the vibrant flavors of the region, including jerk chicken thighs, cilantro lime rice, and callaloo – a traditional braised greens dish. Additionally, High School students got to taste Pikliz, a spicy pickled vegetable dish. The cafeteria was transformed into a tropical paradise adorned with colorful birds and flowers. This year, Global Eats has been a resounding success, featuring recipes from Italy, China, Korea, India, and Mexico. Students have embraced the opportunity to explore new flavors, expanding their culinary horizons and gaining insight into diverse eating traditions. Here's to more exciting culinary adventures ahead!

Food Services News

Coming Up

Look forward to hot dogs and hamburgers for field days. We plan to continue to add new recipes each month to the menu in the 2024-2025 school year.

For any questions, please email Kate at KFilteau@nrpsk12.org or Laura, dietitian, at LBantle@nrpsk12.com

View it here!



Nutrislice

Remember to use the Nutrislice app or website to view the live version of the menu. Nutrislice can filter the menu for top allergens.

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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Food Services News

RED PEPPER HUMMUS

Ingredients:

- 2/3 cup roasted red peppers, canned, drained
- 3.5 Tbsp garlic, chopped
- 3/4 tsp black pepper
- 1/2 cup lemon juice
- 2 Tbsp olive oil
- 16 oz garbanzo beans, drained & rinsed



Instructions:

- Add all ingredients to a food processor and blend until smooth. Add water if thinner consistency is desired.
- Serve with pretzels, crackers, celery, carrots, and more! Refrigerate for storage.

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CHOCOLATE HUMMUS

Ingredients:

- 3 Tbsp Sunbutter
- 1.5 Tbsp cocoa powder
- 8oz Garbanzo Beans, drained & rinsed
- 1.5 Tbsp skim milk
- 1/8 tsp salt
- 1 tsp vanilla extract
- 3 Tbsp honey



Instructions:

- Add all ingredients to a food processor and blend until smooth. Add water if thinner consistency is desired.
- Serve with pretzels, strawberries, carrots, and more! Refrigerate for storage.

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Food Services News

SPICED TRAIL MIX

MAKES 16 OUNCES

INGREDIENTS

- 2 ounces Pumpkin Seeds
- 4 ounces Chex cereal
- 4 ounces dried fruit, such as Craisins
- 2 ounces chocolate chips
- 4 ounces granola
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon

MIX ALL
INGREDIENTS
TOGETHER &
ENJOY!

SMART SNACKING

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**Discovery
KITCHEN**

Food Services News



PIKLIZ

Makes 4 cups

Ingredients:

2 cups green cabbage, shredded
½ cup yellow onion, sliced
1 cup carrots, shredded
1 cup red bell pepper, sliced
4 Tbsp green onions, sliced
1 Tbsp jalapenos, sliced
4 tsp garlic, minced
1 tsp salt
¼ tsp ground black pepper
1/8 tsp ground cloves
1.5 cups apple cider vinegar
2 Tbsp lime juice

Directions:

1. Combine cabbage, onion, carrot, scallions, jalapeno, garlic, salt, pepper, and cloves in a bowl. Toss to combine.
2. Pack vegetables into a food storage container with a tight fitting lid.
3. Pour vinegar and lime juice over vegetables. Press down on vegetables if need until they are completely submerged in liquid.
4. Cover with lid and refrigerate for 2 days before serving.