JUNE | 2026

SCHOOL NUTRITION NEWSLETTER

NORTH READING PUBLIC SCHOOLS

EXPLORING NEW FLAVORS AT HOOD ELEMENTARY

Students at Hood Elementary School had the opportunity to sample three exciting foods that were new to many of them. As part of our efforts to introduce students to foods from different cultures, they tasted kiwi, Portuguese-inspired piri-piri chicken, and an Asian-inspired marinated cucumber salad. These taste tests help encourage students to explore new flavors while learning about foods enjoyed around the world.







WELCOME OUR NEW DISTRICT DIETITIAN

This spring, we welcomed Brooke Caplinger to the North Reading Foodservice team as our District Dietitian. Brooke is passionate about improving lives through nutrition while supporting sustainability. When she's not at work, you can find her snowboarding, hiking, or traveling. She is excited to be part of the North Reading community and contribute to the foodservice team.

chartwells
serving up happy & healthy

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HIGH SCHOOL TASTE TEST

On June 9th, the high school cafeteria hosted a breakfast taste test featuring Chocolate Chip Banana Overnight Oats and a Pillsbury Breakfast Scrambler. Students had the opportunity to sample both items and share their feedback as we explore new breakfast options for the upcoming school year. These items are being considered for next year's menu, so keep an eye out for new and exciting breakfast offerings this fall!

Check Out Our Menus

Available on the App Store | Google Play

Download the Nutrislice app today!

Contacts

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COMING IN 2026-2027

power up
fueling performance
PERFORMANCE NUTRITION 101

Led by our Dietitian, Brooke, our performance nutrition program brings together science-based nutrition education and targeted food/beverage promotion to help today's busy students perform their best.



A new vending machine will be available at the high school next year, offering a variety of snacks, beverages, and meal options. Students will be able to access the machine 30 minutes before and after school, providing a convenient option for those arriving early or staying late. The machine will accept student lunch pins.