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serving up happy & healthy

Winter 2020

What's New In Your Schools?

LOCALLY GROWN
FARM FRESH

Farm To School

Over the past several months we continued to celebrate Farm to School in our schools, featuring locally grown produce on menus as well as nutrition education.

Corn on the Cob!

In September we celebrated local Corn on the Cob fresh from Cecarelli Farms in Northford, CT. All in all, we served over 35,000 locally grown ears of corn in the Northeast region!

It's Spudtactular!

During the month of October, we featured locally grown potatoes from the fields of Cecarelli Farms in Northford, CT. Students enjoyed herb roasted potatoes and homemade mashed potatoes fresh from the farm. We served over 2,800 lbs. of locally grown potatoes throughout Connecticut during October.

Fresh Frozen

With the growing season over, we continue to offer locally grown produce to Ledyard students through our Fresh Frozen program. This year's program features peppers, broccoli and a carrot/parsnip mix all grown in Western MA and flash frozen for freshness at our partner facility in Deerfield, MA.

Welcome to your quarterly newsletter! We are excited to share our story with you! Over the past several months we have been serving up happy and healthy meals throughout the district with a variety of activities and programs.

We are so excited this year to have our new production kitchen at Ledyard Middle School. All the food is being prepared and cooked on site in small batches. Please meet our Middle School Food service Associates from right to left. Darlene Ducharme, Jennifer Hennessey, Yolanda O'Keeffe Cheryl Garside and Shelley Steendam

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STUDENT CHOICE
FOOD YOUR WAY

We are excited to continue to give Ledyard High School students a say in their food! **Student Choice** promises to deliver on engagement by giving students a voice in their menu options! New, on-trend station concepts provide more variety, while voting technology allows for better student interaction – all resulting in an enhanced student dining experience.

Here's a quick overview of how Student Choice works:

1. Students **taste** sample menu options of two new food concepts in a tasting event held in the café.
2. Students **vote** for their favorite concept using live polling software via text messaging.
3. The winning concept is then featured on the menu as a limited time offer for students to **enjoy throughout the following month!**

Discovery KITCHEN

Each month, we introduce a new Discovery Kitchen theme featuring lessons, events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school communities.

January is the Great American Roadtrip month in the cafes. The Great American Roadtrip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.

Be sure to check out the cafeteria throughout the month for Great American Road Trip featured menu items!

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Look What's Cooking after the Holidays!

MOOD BOOST

MOOD BOOST IS COMING TO Gallup Hill & Middle School!

Emerging research suggests that the food we eat can affect our mental well-being. To help students identify how certain foods can make them feel, Chartwells K12 is launching its next flagship program at Gallup Hill & Middle School - **Mood Boost!**
In January, students will be able to learn that healthy eating patterns can give them an emotional boost. This initiative is another way Gallup Hill & Middle School and its foodservice partner Chartwells K12 are ensuring students leave the cafeteria happier and healthier than they came.

Designed by chefs and dietitians for elementary- and middle-school students, Mood Boost is a seven-week program that features interactive experiences, tasty new menus and fun characters that focus on six moods: **Strong, Alert, Happy, Calm, Smart, and Confident** and which foods can boost them and why.

Meatless Mondays and Beyond

In an effort to provide Ledyard high school students with more vegetarian options, we will introduce Meatless Mondays. Based on a recent student focus group, each week we are featuring a meatless meal option at our Create station.

Throughout the remainder of the week, meatless options are available at a number of our other stations. Look for more meatless alternative options on our menus throughout the year! These can include salads at our On The Go station concept with plant based proteins, black bean burgers on our Grilled station, roasted veggie wraps at our deli, as well as other nutritious and student approved meatless options.

- Black Bean Burgers
- Black Bean Burritos
- Muffaletta Veggie Sandwich
- Southwest Corn and Black Bean Wrap
- Mediterranean Salad

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Questions, comments or suggestions? Please feel free to reach out!

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