



Stamford Public Schools



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EXCELLENCE IS THE POINT.

Eat • Learn • Live

Al Benjunas, Food Service Director

203-977-4732

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<http://EatLearnLive.com/>

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If you would like to
contact us directly with
questions or comments
our contact information is:

Food Service Director:
Albert.Benjunas@compass-
usa.com

Assistant Director:
Rita.Crocco@compass-
usa.com

Executive Chef:
Julio.Montes@compass-
usa.com

District Dietician:
Patricia.Shoemaker@compas-
s-usa.com

Or, please call us at:
(203) 977-4732
(203) 977-4737
(203) 977-4738

SIMPLY GOOD (FOOD)
by Chartwells



THE SUPER FOOD OF THE MONTH!

Brown Rice

In some parts of the world "to eat" literally means "to eat rice."

Eat whole grain brown rice for a good source of fiber and B vitamins and lots of complex carbohydrates you need for sustainable energy.

Our Food Focus for the month of January was Brown Rice. Brown Rice is always on our menu's, but was featured at our two Chef Table Events we held in January. At Dolan Middle School, Executive Chef Julio Montes and guest Chef Jose Rodriguiz from Thompson Hospitality offered free samples of a vegetarian stir fried brown rice. The rice was also offered as a side choice of the day, paired with whole muscle Chicken Tenders or Oven Baked Tender "Fritters" and stir fry seasoned vegetables.



New Next Month...



February's Super Food is calcium rich,
Low-Fat Yogurt!



Get Ready, Get Set to... Get Your Plate In Shape!

This year's National Nutrition Month promotion will have a MyPlate theme called "Get Your Plate in Shape." The Get Your Plate in Shape activities and events for National Nutrition Month will be the March component for Chartwells' year-long Simply Good campaign.

The food focus for all grade levels will be healthy salad bowls for which new hot and cold entrée salad recipes have been created and tested. These will incorporate colorful vegetables, fruits, whole grains, and homemade dressings.

The featured activity for elementary school students will include a Fruit and Vegetable Challenge classroom competition.

Healthy Snack Attack nutrition education and tasting tables will be featured at Rippowam Middle School cafeteria.

Chartwells Gets Recognized at the New England Vegetable and Fruit Conference



Glenn Brunetti, Chartwells' Northeast Regional Chef, was invited to be part of a panel discussion at the New England Fruit and Vegetable conference in Manchester, New Hampshire. He was asked to share his experiences regarding Chartwells' initiatives to serve local fruits and vegetables in school lunch.

Included in this panel discussion was John Waite, the Executive Director of Franklin County Community Development Corp. John has been working alongside Chartwells to process local flash frozen vegetables that are used in many Chartwells schools.

Glenn who represented Chartwells, provided a lot of insight surrounding Chartwells' successes to drive locally grown initiatives for their customers. Chartwells received kudos for the proactive approach they have taken. Chef Glenn's overall message was that demand outweighs supply at this time and that Chartwells is very motivated to expand this program.

