



Eat • Learn • Live

Al Benjunas, Food Service Director

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Stamford Public Schools



Stamford Public Schools  
EXCELLENCE IS THE POINT.

Winter (Nov-Dec) 2011

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If you would like to  
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**SIMPLY GOOD (FOOD)**  
by Chartwells



## December Food Focus WHOLE GRAINS!

Whole Grains give you plenty of fiber  
and complex carbohydrates for energy.

To include more whole grains in your  
diet, eat more breads, pastas, bagels,  
crackers, muffins, waffles and pancakes  
with "whole wheat or whole grain"  
listed as the first ingredient.

**Our Food Focus for the month of December was Whole Grains. Menu choices included Brown Rice, Corn Salads & Whole Grain Pizza Crust. At Cloonan Middle School, students were treated to a "Chef's Table" where Executive Chef Julio Montes offered free samples of tossed brown rice and beans. The rice & beans was also a side choice of the day, paired with Latin American Pork and seasoned mixed vegetables.**



## HUSSC Schools Are Growing!

As of November 2011, a total of 127 Chartwells Schools have been certified in the HealthierUS School Challenge (HUSSC) initiative!

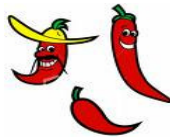
**Stamford School District is represented by having certified all 12 elementary schools!!!**

To see the complete list of award winning Chartwells schools visit:

<http://www.chartwellsschools.com/News/Chartwells%20Schools%20with%20HUSSC%20Awards%20Updated%202011-4-11.pdf>.

## Nutritionally Speaking

In December, our District Dietician, Trish Shoemaker spoke to the 6<sup>th</sup> grade class at Rippowam Middle School about Nutrition. She explained the National School Lunch Program, the importance of eating healthy and how the menu is written. Trish, Chef Julio Montes and FSD Al Benjunas fielded questions from the students at the end of the presentation.



### Fight the Flu with Food

*5 Nutrition tips to help you stay healthy this Flu Season*



- **Vitamin C** - Taking Vitamin C early on with a cold can help reduce the severity of the symptoms.
- **Drink lots of fluids** - Flush away toxins by keeping hydrated. Drinking water or 100% fruit juice is the healthiest way to stay hydrated during a cold.
- **Eat a balanced diet** - This will ensure you are getting the proper nutrients your body needs to stay strong.
- **Spicy Foods** - Have a stuffy nose? Eating spicy foods can help break up congestion.
- **Wash your hands** - Do this before you eat, it is the best and most simple way to prevent a cold or the flu.



## The Food Network's "Chopped" Takes on School Lunch



Connecticut was well represented on the November 22nd episode of the hit Food Network show "Chopped." Three cafeteria workers from schools around Connecticut competed against each other for the chance to win \$10,000. It was not all about the money for the four contestants: They are hoping to help raise awareness about how far school lunch has come with offering healthy meals for school-children. With White House chef Sam Kass as the guest judge, the ladies were challenged to create an appetizer with dill pickles and canned tuna, followed by an entrée using quinoa. Once the two finalists were selected, they were put to the test one more time to make a dessert out of cream cheese and grapes.