

Bronxville Union Free School District Food and Nutrition News

December 2022

Holiday Greetings

The Bronxville Dining Service team extends very warm wishes to our entire Bronxville community for a happy and healthy holiday season. We look forward to seeing our students back in the cafés in January 2023, where we will continue to provide an innovative, nutritious, and high-quality dining program. Please keep an eye out on [Nutrislice](#) for January 2023 new menu items!

Bronxville School Lunch Highlights

As 2022 comes to a close, we would like to highlight the great work the dining service team has done. This year has been busier than ever, with many nutritious and delicious meals served. This winter, we incorporated seasonal favorites as well as student favorites. As always, food is cooked fresh daily!



Homemade holiday turkey meal served to all students. Also pictured, homemade apple caramel pie and pumpkin crumb pie as a holiday treat.



Made to order smoothies & Acai bowls offered daily!



Salmon above served with orzo and spinach.



Homemade orange chicken served in our MS/HS Café.



David DiNuzzo
Director of Dining Services
4) 395-0500 x1206
David.DiNuzzo@Compass-USA.com

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Discovery KITCHEN



At Chartwells, we introduce a new Discovery Kitchen theme each month designed to bring a fun and inspiring sense of food discovery to our students and school communities.

December's theme is **Spice it Up**, emphasizing cooking with spices other than salt that raise the bar on flavor and nutrition. Our team uses a variety of herbs and spices to flavor our food at school. We highlighted **cinnamon** and allowed all students to taste a homemade **fig and cinnamon compote**! Nutrition education materials were provided and our Registered Dietitian spoke to kids about the health benefits of using spices.

*Events pictured below.

Nutrition Corner



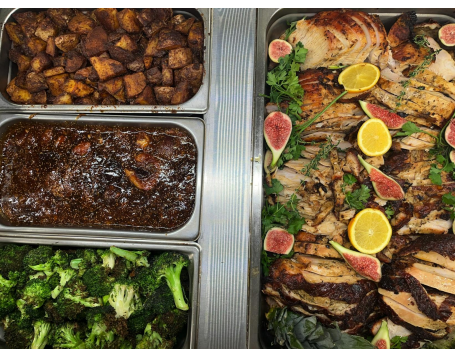
Nutrition Tips with Nicole, Bronxville's Resident Dietitian, to help the whole family stay happy & healthy this holiday season:

Drink plenty of water - Aim to drink half your body weight in ounces. Don't like plain water? Try adding fresh fruit to flavor or swap for seltzer water or decaf tea. Hydration is key to staying healthy!

Try adding a fruit and/or vegetable to every meal- They contain a variety of vitamins, minerals, and antioxidants that help keep our immune system functioning best to fight off sickness. The more **colorful** your plate, the better.

Eat sugar only in moderation- Enjoy a treat on the holidays, but avoid over-eating sweets. Too much sugar can lead to a depressed immune system and a longer illness.

Enjoy family time, rest and recharge for the New Year!



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