

# Bronxville Union Free School District Food and Nutrition News

Fall 2023

## Welcome Back!

Welcome to your Food and Nutrition newsletter! We are excited to share our story with you. The Bronxville team is thrilled to be back for the 2023-2024 school year to serve up happy and healthy meals throughout the district with delicious menu offerings and a variety of activities and programs.

We are pleased to announce that our Café continues to expand as we continue to cook up student favorites for a tasty, satisfying lunch. We love seeing our students in the café enjoying meals, snacks, and beverages throughout the day. Menu offerings are rich in student favorites which feature top-tier products, local and/or organic produce when available, local bakery items, and a variety of classic and high-end beverages and snack items to keep our students powered up throughout the day. Stay tuned for ongoing newsletters for Cafe updates, pictures, and nutrition tips.

See you in the café!



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## Nutrislice Menu Viewing and Ordering

Menus are available to view and pre-order from at:

<https://bronxvilleschool.nutrislice.com/>

**Elementary Schools-** meals must be pre-ordered up to 5 days prior until the cut-off time of 9:00am the morning of service. Please update the allergies & teacher field in the account to be up to date.

\*Now serving 1<sup>st</sup> grade\*

**Middle & High School-** Pre-ordering is available for each week and recommended to avoid waiting in line at the serving area. Order prior to 9am on the app.

**Check your online payment portal at** At [www.MYSCHOOLBUCKS.com](http://www.MYSCHOOLBUCKS.com). Parents may also drop off completed enrollment forms with check attached. Please make checks payable to "The Bronxville School Lunch Fund". Cash payments can be processed in person, when visiting the café.



Egg



Wheat



Soy



Fish



Milk

← \*please check for allergens in nutrislice before ordering.

# We are Team Bronxville!

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring Bronxville's students leave the cafeteria happier and healthier than they came in. **We all have the same goal –delivering the best foodservice possible.** Some food and events pictured below.



(Left) Our daily salad bar and smoothie /acai station full of fresh ingredients! New grab and go sandwiches (pictured below), salads, and smoothies now available as well.



Bronco Homecoming BBQ pictured above.



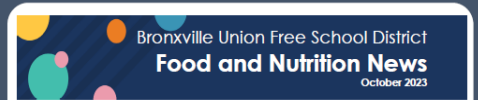
chartwells   
serving up happy & healthy

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

October is *Seed to Table* month in the Cafe where we will engage students with a fresh recipe demo and provide nutrition education.

Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun **growing their own** vegetables and herbs.

This month, samples of homemade Israeli Salad will be available!



Join us  
**October 19<sup>th</sup> 2023**  
For October's Discovery Kitchen recipe  
tasting:



Our team will have tastings of homemade **Israeli Salad** made with locally sourced vegetables.

**Where:** Outside the Dining Room  
**When:** All lunch periods



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## Autumn Salad w Apple & Cherry

Try this easy recipe at home for a delicious and nutritious side salad.

Full of color and you can get locally grown produce at home too!

### INGREDIENTS

1 Cup Lettuce, salad mix  
1 C Kale, Fresh, Chopped  
1 tsp Juice, Lemon  
1/2 C Water, cold  
8oz Apples, Granny Smith  
4oz Cherries, Dried  
4oz Carrots, Shredded  
1/4 C Honey Mustard Salad Dressing

Serves 5

### METHOD

1. Wash produce thoroughly under water to remove dirt and contaminants.
2. Mix Kale and Salad mix together in large bowl
3. Dice apples into a medium size (size of nickel) and toss with light lemon juice/water mixture for 3 minutes to delay browning. Drain well and discard lemon juice.
4. Place dried cherries, apples, and carrots into salad mix.
5. Toss the leafy greens in honey mustard dressing (or dressing of choice).
6. Enjoy!

