Menu Features & Highlights

Lynn Food Services and Chartwells K12 is committed in bringing our district community new and innovative menu items that promote creativity, wellness and sustainability focuses. Here are some menu highlights that we are promoting for the month of September.

**Flavorful Flatbreads**
Try our featured menu special, *Buffalo Chicken Flatbread*, offered every Wednesday.

**Whole Grains Month** – all of our grains offered in all of our schools are whole grain-rich. Whole grains are found in a variety of our menu items offered daily ranging from cereals, waffles and muffins, to pizza, pastas, and local bakery breads.

**National Cheeseburger Day** – Celebrate this day with us by grabbing a cheeseburger when you come through the lunch line on September 18th!

We would like to extend a warm welcome to all of our students, staff and parents to the 18-19 school year! We are excited to bring you new flavors, events and food and wellness education in your school café. Chartwells K12 and Lynn Public Schools has been working hard in developing nutritionally sound menus that are created using student input from surveys, taste testings, local food trends, flavors and produce. All of our menus and al la cart items meet or exceed USDA and MA state nutrition guidelines.

We are excited to continue our collaboration with students, parents and staff, and look forward to a healthy school year!

**Community Eligibility Provision (CEP)**

We are excited to announce that Lynn Public Schools will be implementing CEP for our breakfast and lunch programs, a new effort to help end childhood hunger in our community. This is great news for our parents and children who attend Lynn schools, as this means that all enrolled students are eligible to receive a complete breakfast and lunch meal at no charge.

Another great benefit of this program is it grants access to nutritious and well balanced meals for all students, removing the stigma while also spending less time in cashier lines. This results in more time for students to sit and enjoy their meal. We are looking forward to the results of this program as we continue nourishing our students for optimal growth and academic success.

*Important Note:* If your child chooses to purchase a second entrée, a juice, milk or other a la carte items they will need to have money on their account or pay with cash. There will be no charging on accounts.

**Elementary Menus** – Elementary school students and parents can access electronic menus and review nutrition information through the *Preferred Meals System*. These menus can also be accessed by visiting our food services page on the LPS website.

**Secondary Menus** – Secondary school students and parents can access electronic menus and review nutrient, allergen, and ingredient information through *Nutrislice*, which is available on our food services page on the LPS website or through a Smartphone app.

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Lynn Food Services is proud to announce our new Chartwells’ Discovery Kitchen Food & Nutrition Education Program, powered by our previous Simply Good Food Focus Program. This renovated program brings nourishing food to life through activities, events and education for the entire school community.

For September we are celebrating tomatoes in the café! Look for tomatoes in a variety of our dishes ranging from tomato soup, salsas and marinara sauces, to fresh tomatoes on a variety of our salads and deli sandwiches.

Tomatoes are mild and sweet and pair well with herbs and spices, which makes this Ratatouille recipe a great addition to any meal! You might recognize tomatoes as being red, but they can also be yellow, pink purple black, white and green.

Tomatoes support bone health, promotes healthy skin and boosts immunity. Lycopene, which is an antioxidant found in tomatoes is more abundant and better absorbed from cooked tomatoes versus raw tomatoes.

**Ratatouille**

**Serves 12**

**INGREDIENTS**
- Oil, cooking spray
- 2 tsp Vinegar, white
- 2 lbs Tomatoes, diced in juice, no added salt
- 1 tsp Spices, pepper, ground, black
- 2 lbs Herbs, cilantro and parsley, chopped
- 1 cup Scallions, chopped
- 1 cup Onions, red, fresh, diced
- 1 cup Peppers, bell, green, fresh, chopped
- 1 cup Garlic, cloves, minced
- 1 cup Peppers, jalapeno, chopped
- 1 cup Juice, lime
- Sauce, franchise red hot

**DIRECTIONS**
1. Preheat oven to 450F.
2. Spray a sheet pan with cooking spray
3. Spread canned tomatoes in a single layer onto sheet pan. Top with oil and vinegar. Season with black pepper. Roast in oven until golden brown and liquid has caramelized. Remove from oven and cool down.
4. Once cool, combine roasted tomatoes with rest of ingredients and mix well. Makes enough salsa for 12 half-cup servings.

**Choosing the Right Oil**

Oils play a key role in some of the healthiest diets in the world. While oils, like other fats are high in calories, they also offer some health benefits. Focus on oils that are often more unsaturated fats, like olive oil or canola oil. Try to limit your use of oils high in saturated fats like tropical oils or partially hydrogenated oils.

When cooking with oils, different oils work better for different situations when cooking and preparing foods. When sautéing, choose oils with a higher smoke point, like canola or peanut oil. Since olive oil has a lower smoke point, it is best used to finish a dish or be used in cold preparation like dressings or sauces. Store oils properly, keep away from heat and only buy as much as you will use in a couple of months.