



May Newsletter

Upcoming events:
Make sure your students get a full nutritious lunch, even on the go;
Grab a Chartwells "Sack Lunch Bag"



One the menu:

May is all about Berries! Look out for yogurt parfaits and berry smoothies to keep you cool as warm weather hits our school!



To View Digital Menus:

Download the App:



Or Visit:

<http://wilton.nutrislice.com/>



Westport Students LOVE "Breakfast for Lunch!"

Each week, we devote one day of our menu to offer the students their favorite Breakfast Items: French Toast, Waffles, Pancakes and Fresh Fruit & Yogurt Parfaits!



BERRIES

Strawberry & Blueberry Parfait
Serves 4

Ingredients

- 2 cup vanilla yogurt
- 1/2 cup frozen blueberries
- 1-1/2 cup frozen strawberries

Steps

1. Mix blueberries and strawberries together
2. Put a 1/2 cup of yogurt in a cup
3. Add 1/2 cup of fruit
4. Top with 3/8 cup of granola (see page 2 for recipe)

Nutrition per 1 parfait: 310 calories, 6 g fat, 150 mg sodium, 5 mg cholesterol, 57 g carbohydrate, 10 g protein, 5 g fiber





eat.

Berry Good For You!

Try to eat at least ½ cup of berries each day whether in fresh, frozen, dried, or 100% juice forms. Fresh fruits is delicious by itself or in yogurt parfaits! Dried fruit is a sweet addition to a salty trail mix or savory salad, and frozen fruit is great for oatmeal and making smoothies. Make a rainbow of choices when eating berries to keep your taste buds guessing and to reap the health benefits from the different varieties.

BERRIES



BLUEBERRIES



RASPBERRIES



STRAWBERRIES



CRANBERRIES



BLACKBERRIES



GOOSEBERRIES



CURRENTS



MULBERRIES

SIMPLY GOOD

learn.

Super Berry!

Not only do strawberries taste great, they're good for you as well! Strawberries have higher levels of vitamin C, folate, and potassium, ounce for ounce, than most other fruits, including oranges. The Nutrition and Health Research Center has shown that eating one serving (about 8 to 10 strawberries) a day can significantly decrease blood pressure, which may reduce the risk of heart disease.



live.

Interested in a Supermarket Tour?

The community supermarket has proven to be an effective location for conducting food and nutrition education for both families and students; it provides the opportunity to learn about the importance of healthy eating at the point of purchase, and connects foods offered at school with what is offered at home.

Contact your Resident Dietitian to learn more.

Stephanie Noto

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