



Shrewsbury Public Schools | Food Services Department | 64 Holden Street | 508-841-881

## March-April 2015

### In this issue:

1. Special Announcement
2. Eat the Rainbow
3. Special Promotions
  - Ticket Drawings for Prizes
  - Drawing Winners
4. News

---

### SPECIAL ANNOUNCEMENT

According to a recent survey, Shrewsbury Public Schools lunch program ranked #3 in the state for "best food in Massachusetts Public Schools". Please see articles at links below:



<http://www.wcvb.com/money/survey-says-mass-public-schools-with-best-food/30732566>  
[http://patch.com/massachusetts/shrewsbury/shrewsbury-tops-best-school-food-list-0?utm\\_source=newsletter-daily&utm\\_medium=email&utm\\_term=schools&utm\\_campaign=newsletter&utm\\_content=article-mostrecent](http://patch.com/massachusetts/shrewsbury/shrewsbury-tops-best-school-food-list-0?utm_source=newsletter-daily&utm_medium=email&utm_term=schools&utm_campaign=newsletter&utm_content=article-mostrecent)

.....

## EAT THE RAINBOW

I bet we are all ready for Spring now! As we jump into Spring, we also jump into locally fresh fruit and vegetable season. Spring and summer provide great opportunities for us to branch out and incorporate more fruits and vegetables to our plates. Have you ever heard the expression “Eat the Rainbow”? And no, we’re not talking about Skittles, we are talking about fruits and vegetables!



### Why do I need to “Eat the Rainbow”?

The different colors in the fruits and vegetables come from different micronutrients that keep us healthy. Each color represents a different micronutrient that has different health benefits. For example, red colored fruits have been linked to heart health and memory while orange colored vegetables and fruits have been linked to healthy eyes and immune function. Therefore, it’s important that we include all the colors to make sure that we are getting in all of the micronutrients to keep us healthy.

### What does it look like to “Eat the Rainbow”?

It’s easy! Here’s a general guide to the different fruits and vegetables for each of the colors!

**Red:** Apples, strawberries, cherries, watermelon, cranberries, red grapes, raspberries, tomatoes and red pepper

★*Star Players:* Lycopene and flavonoids (Involved with decreasing wheezing and asthma, protecting skin from sun damage and decreasing risk of heart disease and certain cancers)

**Orange:** Oranges, peaches, pumpkin, carrots, cantaloupe, butternut squash, orange peppers and sweet potatoes

★*Star Players:* Beta-carotene (Linked with keeping healthy eyes, heart health and boosted immune function)

**Green:** Green grapes, kiwi, broccoli, spinach, peas, green pepper, kale, and cucumbers

★*Star Players:* Chlorophyll, Vitamin K, carotenoids (Linked with keeping healthy eyes, heart health and boosted immune function)

**Blue/Purple:** Blueberries, blackberries, raisins, eggplant, plums

★*Star Players:* Anthocyanin (Linked with improved memory, healthy aging and cardiovascular health)

**Yellow:** Pineapple, mango, bananas, melons, yellow peppers and corn

★*Star Players:* Carotenoids (Linked with decreasing risk for lung cancer and arthritis)

Sources:

"Eat the Rainbow." Better Bites! More Nutrition in Every Bite. Whole Kids Foundation, Web. 25 Feb. 2014. <<https://www.wholekidsfoundation.org/downloads/better-bites/better-bites-eat-a-rainbow.pdf>>.

"Eat the Rainbow - Oprah.com." Oprah.com. Web. 25 Feb. 2014. <<https://www.oprah.com/health/Eat-the-Rainbow>>.

Schroeder, Shelby. "Join the Conversation - Different Ways to "Eat the Rainbow"" Oasis. Oasis Institute, 7 June 2013. Web. 25 Feb. 2014. <<http://www.oasisnet.org/News/OASISBlog/EntryId/22/Different-ways-to-eat-the-rainbow.aspx>>.

.....

## **SPECIAL PROMOTIONS**

### **Elementary School Promotion**

Buy any 2 books of Elementary Lunch Tickets for \$100.(\$20.00 savings). Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury MA, 01545. Please include a self addressed stamped envelope. Cash or check is accepted. Tickets have no expiration date.

Promotion valid for ticket purchases received March 1, 2015 - April 30, 2015.

### **Middle and High School Promotion**

For every \$100.00 put on your child's POS account an additional \$20.00 will be credited to their account. Promos can only be processed at the Food Service Department Office. They cannot be processed at the Cafeterias. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545. Please note the student's name whose account you want credited on the memo line of your check. Promotion valid from March 1, 2015 - April 30, 2015.

No refunds will be issued on past purchases that missed promotions for meal purchases. Promotions are available for the specified dates only. Promotions are not available after the published expiration date. Elementary and POS special cannot be combined to receive the promotion.

### **Elementary School Drawing**

Please have your child write their first name, middle initial and last name on their lunch tickets. All tickets tendered during March 2015 - April 2015, will be entered in a drawing to be held in April 2015. Winners will be selected from each of the Elementary Schools.

Prizes include: Uno's Restaurant Gift Cards, Panera Restaurant Gift Cards, Amazon Gift Cards and Books of Elementary Prepaid Meal Tickets - \$60.00 value.

### **Middle and High School Drawing**

Winners will be randomly selected from those students who put money on their Meal Magic POS account from March 2015 - April 2015.

Prizes include: Uno's Restaurant Gift Cards, Panera Restaurant Gift Cards, Amazon Gift Cards and Lunch Credit to POS (\$60.00)

### **Drawing Winners January and February 2015**

\$25.00 Moe's Gift Cards: Se Woong Park - HS, Aaron Hamm - Sherwood, Oluseyi Alege - Oak, Noah Marshall - Beal, Brendan Parisi - Spring, Noah Koback - Floral, Ryan Keddy - Paton, Mellamy Apolinario - Coolidge

\$25.00 Bertucci's Gift Cards: Gary Ren - HS, Cameron Jenkins - Sherwood, Alyssa Bishop - Oak, Evelyn Gunanan - Beal, Cora Higgins - Spring, Evan Romano - Floral, Grant McGowan - Paton, Virag Marosfoi - Coolidge

\$25.00 Movie Gift Cards: Timothy Rapp - HS, Kevin Hewlett - Sherwood, Stephanie Meyer - Oak, Rhiannah Kilborn - Beal, Lola Mastrototora - Spring, Jenna Grenier - Floral, Wesley Menzie - Paton, Declan McMahon - Coolidge

Elementary Ticket Books (\$60.00 Value): Conor Koob - Beal, Andrew Vincequera - Spring, Ryan Kinsky - Floral, Adena Rearden - Paton, Taryn Doherty - Coolidge

Lunch Credit to POS (\$60.00): James Rothera - HS, Edward Jiao - Sherwood, Gage Carey - Oak

.....

## NEWS

Each school year the Food Service mentors an intern from Framingham State University (FSU) for nine weeks, January through March. These interns are earning their bachelors or masters in Nutrition Science. This year Sarah Hamel is doing her internship with us while completing her masters at FSU. Sarah recently spent the week at the Oak Street Middle School Cafeteria. She tested a new recipe: Vegetarian Sweet Potato and Black Bean Burrito Bowls with the students. The recipe was well received by the students, especially those looking for vegetarian options.



*Pictured above is Sarah Hamel, FSU Intern, preparing a dish at Oak Middle School.*

### **Free and Reduced Breakfast/Lunch Applications**

Free and reduced price meals are available to students if there is financial need. Applications for the 2014-2015 school year are available all year and can be submitted at any time there is a financial need. Applications are available on line at the Food Service web site. If you need an application at any time during the year call the Food Service Office at 508-841-8819 and one will be mailed to you. Eligibility is governed by guidelines set by the Department of Education. A written notification will be sent to all families stating what program they qualify for.

**\*\*\*Click here for New Electronic Version- Faster Approval, More Accurate Free and Reduced Application form: <https://www.lunchapp.com/>**

### Food Service Department Contacts

Please contact the Food Service Department with any questions, suggestions, or ideas. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, Ma.

01545. The telephone number for the Food Service Director, Beth Nichols is 508 -841-8819 and email is [bnichols@shrewsbury.k12.ma.us](mailto:bnichols@shrewsbury.k12.ma.us)

Beal	841-8874	Kristi Baldino	<a href="mailto:kbaldino@shrewsbury.k12.ma.us">kbaldino@shrewsbury.k12.ma.us</a>
Coolidge	841-8889	Charlene Campbell	<a href="mailto:ccampbell@shrewsbury.k12.ma.us">ccampbell@shrewsbury.k12.ma.us</a>
Floral St	841-8723	Sheila Tomaiolo	<a href="mailto:stomaiolo@shrewsbury.k12.ma.us">stomaiolo@shrewsbury.k12.ma.us</a>
Paton	841-8635	Patti Saniuk	<a href="mailto:psaniuk@shrewsbury.k12.ma.us">psaniuk@shrewsbury.k12.ma.us</a>
Spring Street	841-8708	Maria Montano	<a href="mailto:mmontano@shrewsbury.k12.ma.us">mmontano@shrewsbury.k12.ma.us</a>
Sherwood	841-8681	Sandy Litchfield	<a href="mailto:slitchfield@shrewsbury.k12.ma.us">slitchfield@shrewsbury.k12.ma.us</a>
Oak	841-1217	Lisa Phipp	<a href="mailto:lphipps@shrewsbury.k12.ma.us">lphipps@shrewsbury.k12.ma.us</a>
High School	841-8848	Mary Ricker	<a href="mailto:mricker@shrewsbury.k12.ma.us">mricker@shrewsbury.k12.ma.us</a>

.....