

February Child Nutrition Newsletter



At Chartwells, our dedicated team is committed to ensuring our treasurers leave the cafeteria happier and healthier. With a shared goal of delivering the best food service, our associates work collaboratively toward this mission. Each month, our Discovery Kitchen program brings experiential learning activities to the cafeteria. This month's theme is "Smart Snacking".

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Welcome Newsletter

Recipes, Fun Facts

Events to Look
Forward to this Month

Spicy Lime Tortilla Chips

INGREDIENTS

7 ea. – 10" flour tortilla
1 tbsp. – chili powder
Baking / parchment paper
1 tsp. – salt

For the seasoning:

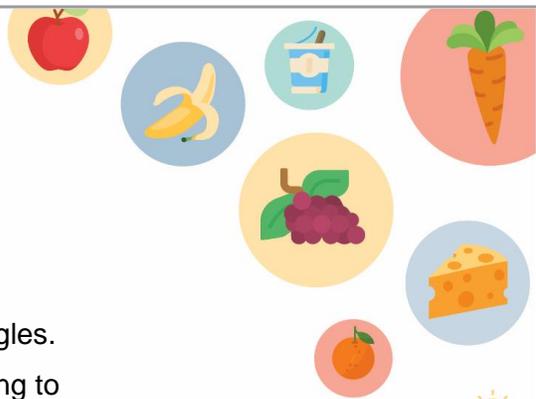
1/3 cup – lime juice
2 ¾ tsp. – cooking oil
2 tsp. – minced garlic
¾ tsp. chili powder
½ tsp. ground cayenne pepper
¼ tsp. – ground cumin
2 tsp. – low sodium soy sauce

Servings: 4-6

METHOD

- 1) Cut tortilla into triangles.
- 2) Toss in the seasoning to evenly coat.
- 3) Put triangles on a baking dish lined with baking paper.
- 4) Bake in a 400-degree oven for 8-10 minutes until toasted.
- 5) Remove from the oven and sprinkle with chili powder and salt.

Serve & Enjoy



**SMART
SNACKING**



chartwells
**Discovery
KITCHEN**

Fun Facts

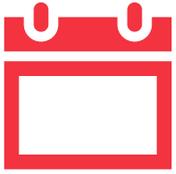
Wheat is among the most widely grown cereal grain crops (along with rice and maize). It's grown on over 17% of world's farmland and wheat provides more calories and protein in diets across the world than any other crop.

Globally, wheat is the leading source of vegetable protein in human food, but it does not contain all the nutrients our bodies need. This is why it is important to eat a variety of foods throughout the day.

Flour tortillas are made from wheat flour, water, fat, and sometimes a leavening agent. Tortillas can be cooked until crispy or kept soft and pliable.

Flour tortillas are a good source of carbohydrates and provide energy. They make a good snack pairing with foods high in protein, like hummus.

Limes bring a zest and acidity to dishes and provide a good source of vitamin C.



Events to Look Forward to this Month

Saturday, February 10, 2024

Food Distribution, Stella Farmers Market 7am-9am at Arizona Desert Elementary School

Wednesday, February 14, 2024

Sheely Farms BBQ Event, During Lunch with family

Friday, February 23, 2024

Desert Oasis Student Of the month starts at 7am

Saturday, February 24, 2024

Food Distribution, Stella Farmers Market 7am-9am at Arizona Desert Elementary School

Tuesday, February 27- March 1, 2024

Sheely Farms Traveling to Mexico, the Caribbean, Italy and Korea

Global Eats



February is Black History Month, a time to celebrate the rich and diverse cultures, traditions, and histories as well as acknowledge the important contributions of our Black and African American communities.