

# Bronxville Union Free School District Food and Nutrition News

February 2022

## February 2022

While the temperatures drop outside, the Bronxville Dining Services team is turning up the heat! Fresh and delicious lunch options, a variety of beverages, and assortment of snacks are available for middle and high school students in the serving area to pick up during lunch. Want to save time and skip the line? Pre-order a customized salad, sandwich, or hot entrée on [Nutrislice](#)!

Elementary school students can pick up their individual lunch and snacks in the cafeteria. Please see the menu online at [Nutrislice](#) to order.

See you in the café!

## Nutrislice Menu Viewing and Ordering

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

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



David DiNuzzo  
Director of Dining Services  
(914) 395-0500 x1206  
[David.DiNuzzo@Compass-USA.com](mailto:David.DiNuzzo@Compass-USA.com)

## Spotlight:

### Seasonal Pick of the Month: **Potatoes**

The produce highlight this month is *potatoes*! Potatoes are known and loved in the kitchen for their versatility. They can be mashed, roasted, fried, sautéed, baked, and boiled.



Potatoes come in many shapes, colors, and flavors! Deep orange sweet potatoes, for example, are rich in Vitamin A, which supports the health of hair, skin, and eyes. Potatoes, with the skin-on, are very rich in potassium, a vital mineral for heart health! Did you know that potatoes contain more potassium than the well-known source of a banana?

This winter, try potatoes in your kitchen! Try the Roma Roasted Potato Wedges on the next page for a recipe idea!

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

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.

Click on the image to the right to learn more!



## Roma Roasted Potato Wedges

### INGREDIENTS

- 1.5 lb. potatoes, russet
- 2 tsp. vegetable oil
- 2 tsp. Roma Herb Blend:
  - ¼ cup parmesan cheese
  - ¼ cup Italian seasoning
  - 2 tbsp. garlic powder
- Cooking Spray

No **Italian Seasoning** in your pantry?! Mix your own and store in a recycled jar for easy cooking in the future:

- 2 tbsp. dried basil
- 2 tbsp. dried oregano
- 2 tbsp. dried parsley
- 1 tbsp. dried rosemary
- 1 tbsp. dried thyme

### METHOD

1. Wash raw potatoes by scrubbing them in water and rinsing thoroughly.
2. Pre-heat oven to 350 degrees F.
3. Cut potatoes into wedges (~8 per potato) keeping the skin on
4. Toss the potatoes with the vegetable oil and Roma Herb Blend seasoning.
5. Place wedges in an even layer on sheet pans in the pre-heated oven.
6. Roast for ~45 minutes, until golden brown.

Serves 4

## SMART SNACKING