



NUTRITION NEWS

serving up happy and healthy



September 2024

CHEF'S CORNER by Chef Kris DeHut



Muffin-Tin Lasagnas

Serves 12

Ingredients

- 1 large egg, lightly beaten
- 1 carton (15 ounces) part-skim ricotta cheese
- 2 cups shredded Italian cheese blend, divided
- 1 tablespoon olive oil
- 24 wonton wrappers
- 1 jar (24 ounces) garden-style pasta sauce
- Minced fresh parsley, optional

Instructions

1. Preheat oven to 375°. In a bowl, mix egg, ricotta cheese and 1-1/4 cups Italian cheese blend.
2. Generously grease 12 muffin cups with oil; line each with a wonton wrapper. Fill each with 1 tablespoon ricotta mixture and 1-1/2 tablespoons pasta sauce. Top each with a second wrapper, rotating corners and pressing down centers. Repeat ricotta and sauce layers. Sprinkle with remaining cheese blend.
3. Bake until cheese is melted, 20-25 minutes. If desired, sprinkle with parsley.

Source:

tasteofhome.com/recipes/muffin-tin-lasagnas/print/



POWERUP!

Welcome Back!

As students and associates head back to school and work this fall. It's the perfect opportunity to teach them fueling their bodies with nutritious foods can help them **Power up!**

Whether it's competing on an athletic team, staying active with friends, or our students serving up happy and healthy every day, Power Up! Educates everyone on how to fuel their bodies and minds in our school cafeterias and beyond.

chartwells

CHEERS

Please welcome

Lucas LaBelle and
Melissa Gannon.



They are great additions to our staff.

IF you eat at the High School you can say hi to both of them, if not say Hi to Lucas as he delivers food to all the schools in the district.

Check out school menus on your phone

nutrislice

- Filter for nine common food allergens.
- See menu information including a photo and nutritional info.
- Translate menus in five languages.

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Fern Ridge SD 28J

For questions or comments, please contact Chartwell's serving the Fern Ridge School District at 541-935-8218.

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