

# October 2025 Nutrition Newsletter

Dear CSDB Students, Families, and Staff,

As we settle into October, our team is excited to continue offering meals that are both delicious and nourishing. This month, we're introducing new menu items that highlight diverse flavors while supporting student wellness.

## A Taste of India

We're beginning a culinary journey around the globe, and our first stop is India! Students will have the opportunity to enjoy butter chicken, a mild and flavorful curry dish, served with garlic naan and brown rice. This meal introduces students to warm spices and global ingredients in a way that is both approachable and satisfying.

## Comfort Food, Reimagined

Another new addition to the menu is Chicken Parmesan—baked with a crunchy coating and paired with complementary sides. Like all of our meals, this dish is carefully crafted to provide balanced nutrition while remaining comforting and familiar.

## Food History Spotlight: Chicken Parmesan

Did you know that Chicken Parmesan has Italian American roots? Its inspiration comes from **Eggplant Parmigiana**; a traditional Italian dish made with layered eggplant, tomato sauce, and cheese. When Italian immigrants came to the U.S., they found that chicken was more popular and widely available than eggplant. So, they adapted the recipe, breading chicken cutlets and topping them with tomato sauce, mozzarella, and Parmesan. By the mid-20th century, Chicken Parmesan had become a staple in Italian American restaurants and a comfort food favorite.

## Why Global Flavors?

Exploring new cuisines is a fun and engaging way to expand students' palates, encourage cultural appreciation, and support healthy eating habits. Each dish is developed with student preferences in mind and aligned with our nutrition standards.

## Looking Ahead

In the months ahead, we'll continue to explore international flavors that feature whole ingredients and thoughtful preparation.

Thank you for supporting our commitment to bring wholesome, exciting meals to the students at CSDB. We look forward to sharing more with you soon!

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