

Food Service Newsletter



What's New in Your Schools?

October is seed to table month



In this issue:

What's New in your Schools?

Events to Look Forward to this Month

Better Together: LES Team Spotlight

LEBANON PUBLIC SCHOOLS

OCTOBER

October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.



EVERYTHING
tastes fresher when
it's right from the
farm or garden!

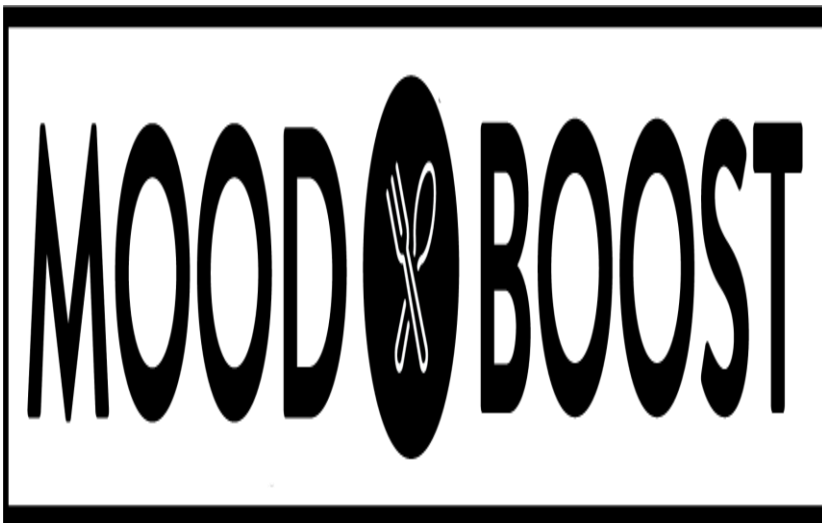


Events to look forward to

MOOD BOOST COMING TO LES

Emerging research suggests that the food we eat can affect our mental well-being. To help students learn what foods are may help them feel their personal best, Chartwells launched Mood Boost.

Designed by chefs and dietitians for elementary-and middle-school students, Mood Boost is a seven-week program that features interactive experiences, tasty new menus and fun characters that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident and which foods can boost them and why.



FEED YOUR MOOD.

A Reason to Celebrate!

October 11-15: National School Lunch Week

President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. We will celebrate all week long!

October 14: National Taco Day

We're celebrating National Taco day with fun posters a BYO taco bar for the students!

October 29: National Oatmeal Day

A warm bowl of oatmeal starts a day off right. Add spices, fruit, nuts, or nut butters to add flavor. It's also a versatile ingredient. Add oatmeal to baked goods to create a delicious crumble. We use it to make granola, cookies, and bars.

October 29: Trick or Treat!

Celebrate Halloween with Boo- Grams! What are Boo-grams? Boo-grams are small notes of encouragement with an attached treat. Boo-grams can be sent from students or parents for a small fee.



At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring Lebanon School's students leave the cafeteria happier and healthier than they came in. Each of our associates are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible.

COMING UP IN NOVEMBER:



COMING UP IN DECEMBER:



Team Spotlight:

Led by Maria, this crew is super reliable, efficient, and they take pride in their work.

They keep the elementary school cafeteria functioning like a well oiled machine.

Accompanying Maria are Sharon and Amy. These ladies keep the kids happy and healthy in the lunch room.