

# January Newsletter

Royal ISD



## What's New in Your Schools?

Welcome Back!! Hope everyone had a restful break. Let's kick off 2023 right! This month we will be featuring Student Choice promotions at Royal High School and Royal Junior High for the first time. These will be great opportunities for students to tell us what they think will be fun items on the menu. To give an idea of what we will see here are the menu items that will be battling it out.

### RHS contenders will be

January 17<sup>th</sup> –Chicken Curry vs. January 18<sup>th</sup>- Pulled Pork BBQ Mac and Cheese.

### RMS contenders will be

January 24<sup>th</sup>- Korean Beef Bulgogi vs. January 25<sup>th</sup>- Three cheese grilled cheese and Tomato Soup

Let the battle begin.

In this issue:

---

**What's New in your Schools?**

---

**Discovery Kitchen**

---

**Events to Look forward To**

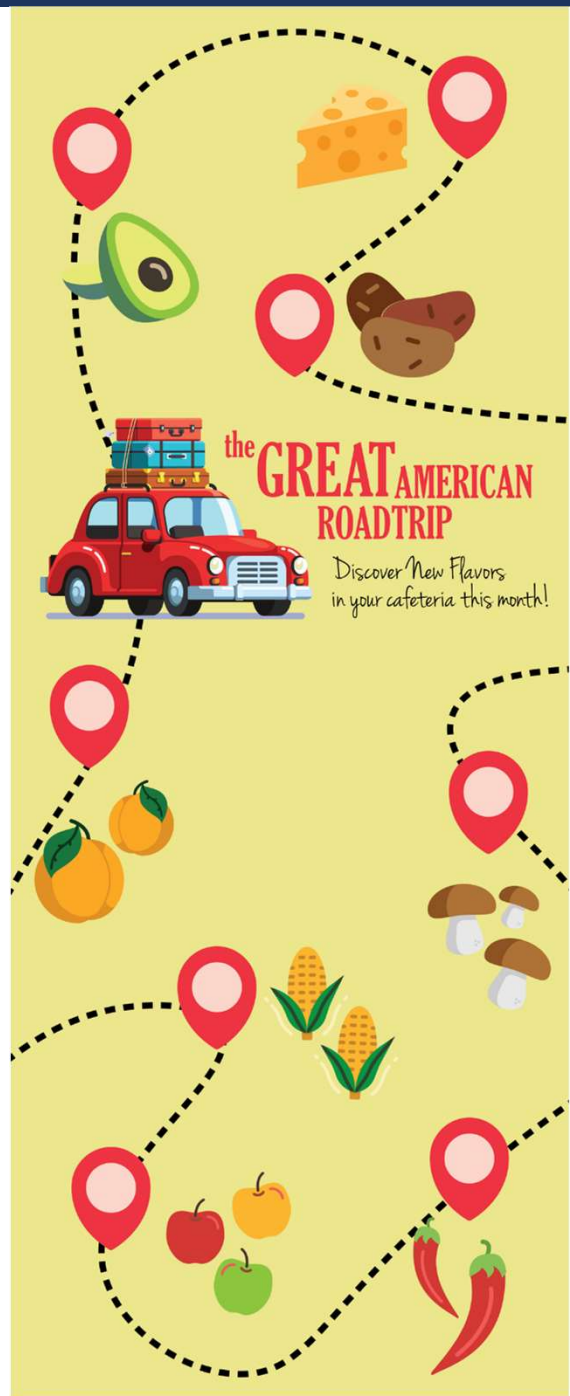
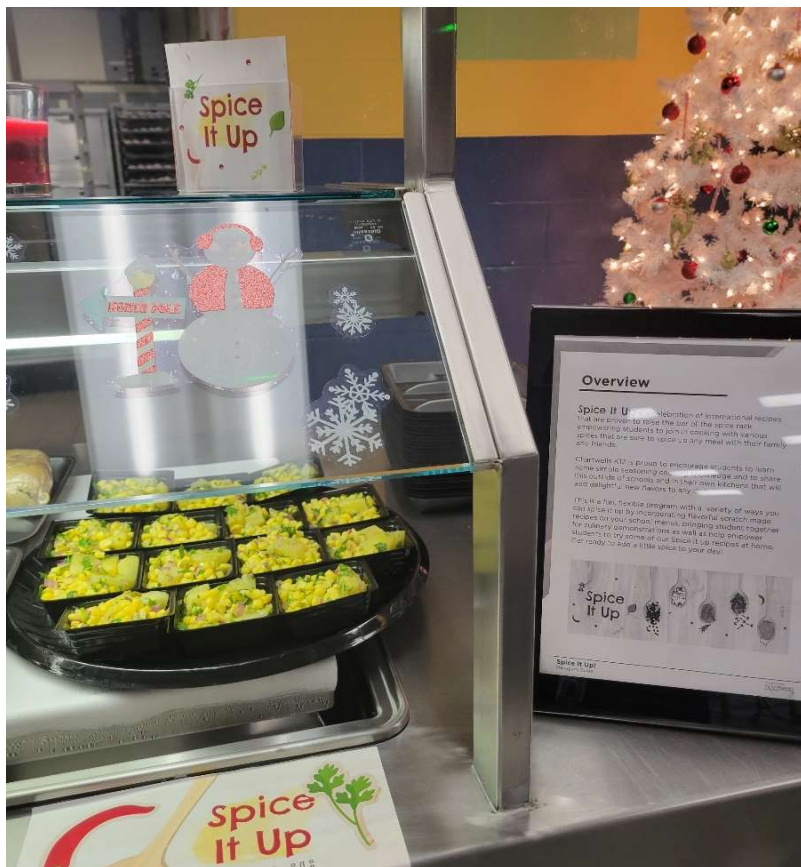
---

**Better Together: Team Member Spotlight**

# Discovery Kitchen

## January Focus

January is the Great American Roadtrip month in the cafes where we'll be engaging students with fresh recipes,, and fun and informative nutrition education. The Great American Roadtrip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.



chartwells  
**Discovery**  
KITCHEN



## Events to look forward to

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.

## A Reason to Celebrate!

### January 20: Happy New Year

New Year's Day is a holiday that is observed on the first day of January on the Gregorian calendar – which is January 1st. For many people, it is seen as the end of the holiday season and it is also a day in which many people start their New Year resolutions.

### January 20: National Cheese Lover's Day

Get ready to 'havarti' a 'gouda' time, because it's National Cheese Lover's Day!

### January 21: National Granola Bar Day

Granola bars are made out of rolled oats, dry fruits, and honey, which makes them a good breakfast food or snack. They are popular among hikers and anyone else who needs food that delivers a quick energy hit.





At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring ABC 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. Meet some of our team members from across the district.

