

# March Newsletter

## Royal ISD March 2023 Newsletter



### What's New in Your Schools?

Welcome to your monthly newsletter! We are excited for the month of March. This month we are focused on Plant Power and Veg-Out. Which focuses on vegetables and fruits. Watch how these items can help affect your mood for the better and are nutritious for you.



In this issue:

---

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

---

---

**Better Together: Team Member Spotlight**

---

---

**Events to Look Forward to this Month**

---

---

**Your Header Here**

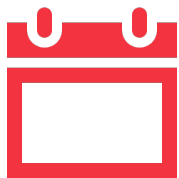
## Plant Power Month

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.



chartwells  
**Discovery**  
KITCHEN





## Events to look forward to

### Mood Boost

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!

### March 7-11: National School Breakfast Week

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

### March 17: St. Patrick's Day

Patrick's Day is the feast day of St. Patrick, a patron saint of Ireland. Originally celebrated with religious feasts and services, St. Patrick's Day became a secular celebration of Irish culture when it reached the United States alongside Irish immigrants. Wear your green!

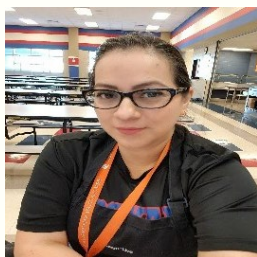
### March 18: National Sloppy Joe Day

The Sloppy Joe is one of America's all-time favorite hot sandwiches. Its base ingredient is often ground beef. The other elements give it its flavor, though. Onions, tomato sauce, brown sugar, or maple syrup to sweeten it and seasonings to spice it. All of it is served up on a hamburger bun or roll. And is it ever sloppy! Be sure to grab more than one napkin!

### March 25: International Waffle Day

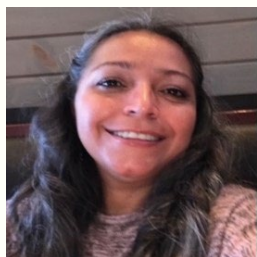
You probably already know what a waffle is. In case you don't, it's made with the same ingredients as pancakes. The difference between the two is that waffles are cooked between two plates or a waffle iron. No matter what shape they are made, waffles always contain a pattern of squares, which are great for soaking up butter, syrup, and other toppings.

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring Royal 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. This month we asked the Cafeteria Managers what their favorite foods are. Their responses are below.



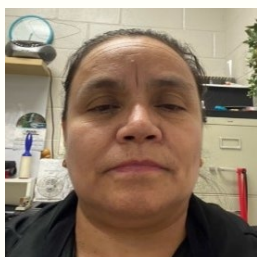
**Favorite Food:**

Italian Food- Danael  
(ECC Manager)



**Favorite Food:**

Pupusas- Milagro (RHS  
Manager)



**Favorite Food:**

Mambo's Seafood-  
Yolanda (STEM Manager)



**Favorite Food:**

Soul Food- Debra (RES  
Manager)



**Favorite Food:**

Menudo- Amanda (RMS  
Manager)



**Employee Spotlight:**

The ladies from STEM Academy received this month Cheers Award based off of their Teamwork contributions. Kudos to them all!!



**Employee Spotlight:**

Yolanda Razos the Manager at STEM will be celebrating 15 years with Chartwells this Month. Congrats Yolanda!