

September Newsletter



Snoqualmie Valley Here's Monthly Company Newsletter



What's New in Your Schools?

Welcome to your monthly newsletter! We are excited to share our story with you!



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Your Header Here

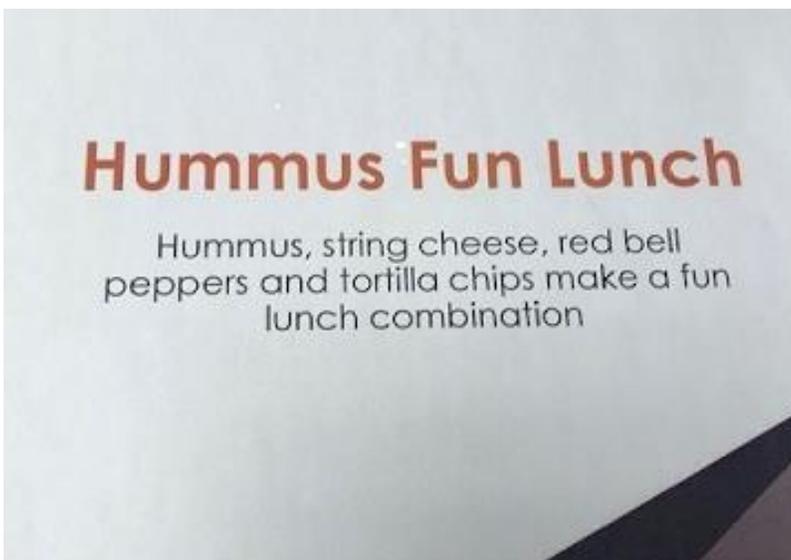
What's new this month

We are excited to kick off the month of September with a focus on teaching students how to fuel their bodies with nutritious foods through a Power Your Performance theme. This is the first theme of the school year in the Discovery Kitchen series of interactive food and nutrition education. From competitive athletes working to achieve peak performance, to any student looking to power through their active day, chef demonstrations and interactive events will show students how eating the right foods can help them perform at their best and stay ahead of the game.

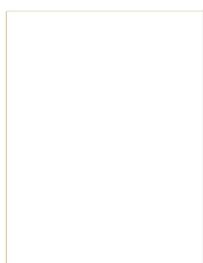
In September, we put on the menu at the Elementary Schools a Hummus lunch with fresh fruit, vegetables, and bread. This not only is a choice for vegetarian students but showcased the power up theme.

High School we introduced Tofu on Asian days to start with. It was slow to start but the students are getting familiar with it and enjoying more.

The HS ASB students added into their Wildcat TV episode # 4 a part regarding Friday meals. Fridays are early release and there is only one lunch, so students are leaving without purchasing meals. It was a reminder to get a lunch before leaving for the day.



POWER UP!
Power Your Performance



Look for the Power Up logo
for foods that fuel performance



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.

Each month we showcase on the menus National Food Days and incorporate as many as we can on the days we are in school.

October will bring a new theme and featured items on the menu.

A Reason to Celebrate!

September 5: National Cheese Pizza Day

On September 5th, National Cheese Pizza Day says, "Hold the toppings!" That's right, cheese is all you need when celebrating this pizza holiday.

September 18: National Cheeseburger Day

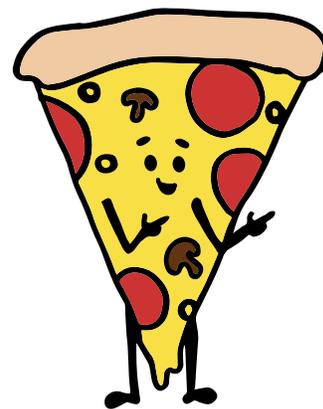
National Cheeseburger Day on September 18th honors America's favorite sandwich with a slice of cheese.

September 25: National Quesadilla Day

Whether baked, fried or mashed, these taters bring on the flavor. They are a staple of many meals, too. Filling a void for appetizer dishes and working double duty at supptime, these versatile root veggies satisfy and fill us up.

September 26: National Pancake Day

National Quesadilla Day on September 25th encourages us to pull a chair up to the table and eat some authentic Mexican food. While it's not a sandwich or a taco, the quesadilla satisfies snack cravings while also completing a meal.

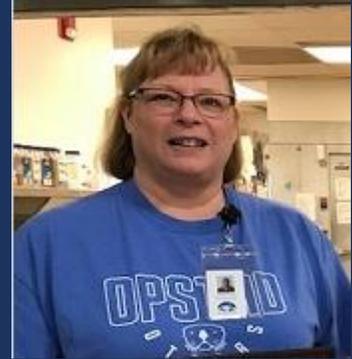


STAY CHEESY

At the heart of Snoqualmie Valley School District is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring SVSD 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.

Chartwells has program called Class Act and each month we nominate a staff member that has gone above and beyond the call of duty.

This month I am honoring Cheryl Tracy, Cook at OES. Cheryl has stepped into the head cook position from the first day of school and will continue until mid Oct. She has a smile every day and has the easy going attitude and is so good with the kids. Her and Sunnie have been running the kitchen without the 3rd person as well. I have heard nothing but great things on the job they are doing, and are looking forward to the Pam Orr, the head cook coming back in Oct.



Employee Spotlight: