

Lake Ridge New Tech Longfellow Elementary School November Nutrition Newsletter



The Happiest Place in School Welcomes You!

Welcome to your monthly newsletter! We are excited to share our story with you! This newsletter is an informational source for Scholars, Staff, Parents and the Community in which we serve.

About your Cafeteria:

At the Lake Ridge New Tech Longfellow School Cafeteria, you'll have an array of Palate pleasing options to choose from.

- *Breakfast*
- *Lunch*
- *On the Go*
- *Extra Extra*
- *Fresh Fruit & Vegetable Program*
- *After School Snacks*

In this issue:

What's New in your Schools? Global Eats Mood Boost

*Meet Your Cafeteria Manager:
LeAnn Rickey who is always
available to answer any questions or
cover any concerns you may have.*

**Events to Look Forward to
this Month**
National Sandwich Day
National Nacho Day

Mr. Fred Vaughn, Director
Dining Service
Fred.Vaughn@compass-usa.com

This Month we will be conducting the following Events

November 9th Celery & Sunbutter

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 is launching a new program... **Mood Boost!**

Let's Get Cooking month: in the café we'll be engaging students with delicious recipes, interactive demos, and fun and informative nutrition education. Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends.

Discovery
KITCHEN

COOKOFF

Longfellow JR Chef Demo November 28th

Highlights for the Global Eats program launch include:

- **Global Tour with Authentic Flavors:** For our opening four-week tour, students will travel to Mexico, Italy, India and China. Each week, new menu items will be introduced featuring the unique ingredients and authentic recipes from each featured country that were created in partnership with a series of celebrity chefs who specialize in global cuisines.



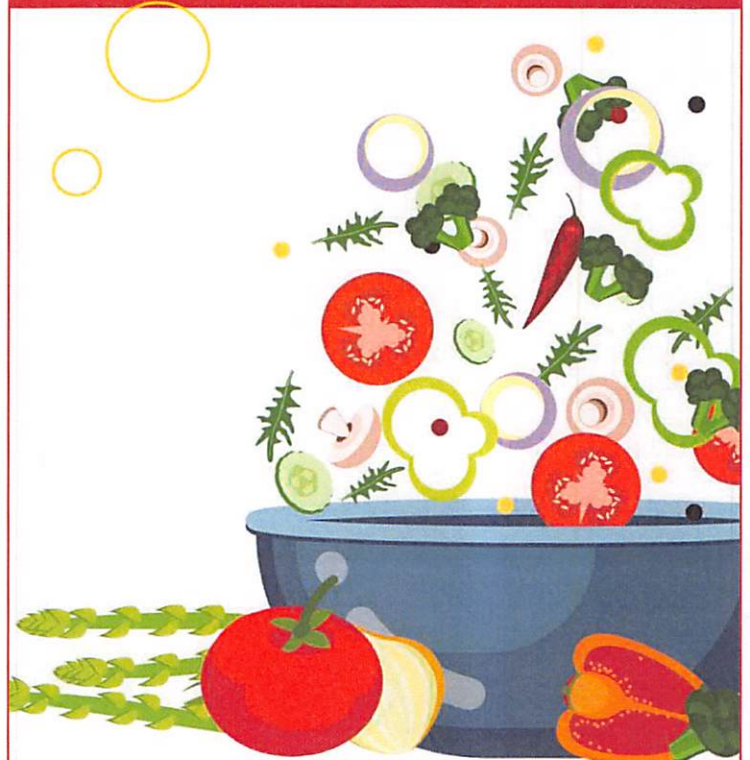
All aboard as we travel around the globe, this Month we are touring Mexico:

Menus include:

11/15: Huevos Rancheros Tacos
w/Mexican Rice

11/16; Mexican Style Hot Dog,
w/Elotes Style Corn
Horchata Parfait

LET'S GET
COOKING



**TASTY DISHES
YOU CAN
MAKE!**



A Reason to Celebrate!

November 8: National Sandwich Day Chicken Philly Sandwich

Whether you stack it high or thin, National Sandwich Day on November 8th recognizes one of America's favorite lunch items.



November 14: National Nacho Day
Since the time of the original nachos, the toppings have expanded. Today we add beef, chicken along with a variety of seasonings. This snack even satisfies the pickiest eater. Whether you're a vegan to full-on carnivores, there's a nachos recipe for you.



November 16: Lucky Tray Day Win free Food & Prizes at Lunch



November 24: Happy Thanksgiving!
Thanksgiving is a time spent with family and friends and since the schools will be closed, we will honor the holiday with a Thanksgiving Meal prepared for our school community on Monday November 20th.



November 30: French Toast Day
Do you prefer them topped with fruit, syrup, or whipped cream? Try it whichever way you like as we celebrate National French Toast Day!



Online menus can be located on Nutrislice



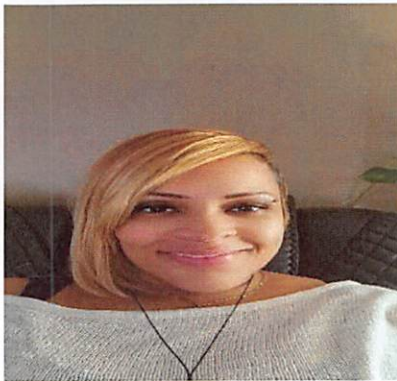
Better Together

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who 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.



Fred Vaughn

Director of Dining Services



Tiffany Harper

Assistant Dining Service Director



Jeanette Shaw

Executive Chef



LeAnn Rickey – Kitchen Manager at Longfellow Elementary School

I have been with Chartwells for 15 years. I have been working at Longfellow as the kitchen manager for 6 years.

I like making the kids smile when they come through my cafeteria line. My favorite is the pizza, because I know my kids love it. I love spending time with my grandbabies.

Longfellow Staff:

Maxine Tucker
Maria Perez
April Loving
Valerie Carter
Celetatha Joseph