

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

- **Student Choice/Create Station**
 - *Sono*
 - *2Mato*
 - **Grilled*
 - *On The Go*
- **Market Fresh/*So Deli**

In this issue:

What's New in your Schools?

Global Eats

*Meet Your Cafeteria Manager:
Racheal Mullins 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

chartwells
serving up happy & healthy

This Month we will be conducting the following Events:

Student Choice

The scholars will have an opportunity to vote on one of three of their selected entrée to serve on the Student Choice Line in their Cafeteria

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.



Middle school KR Chef November 30th

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.

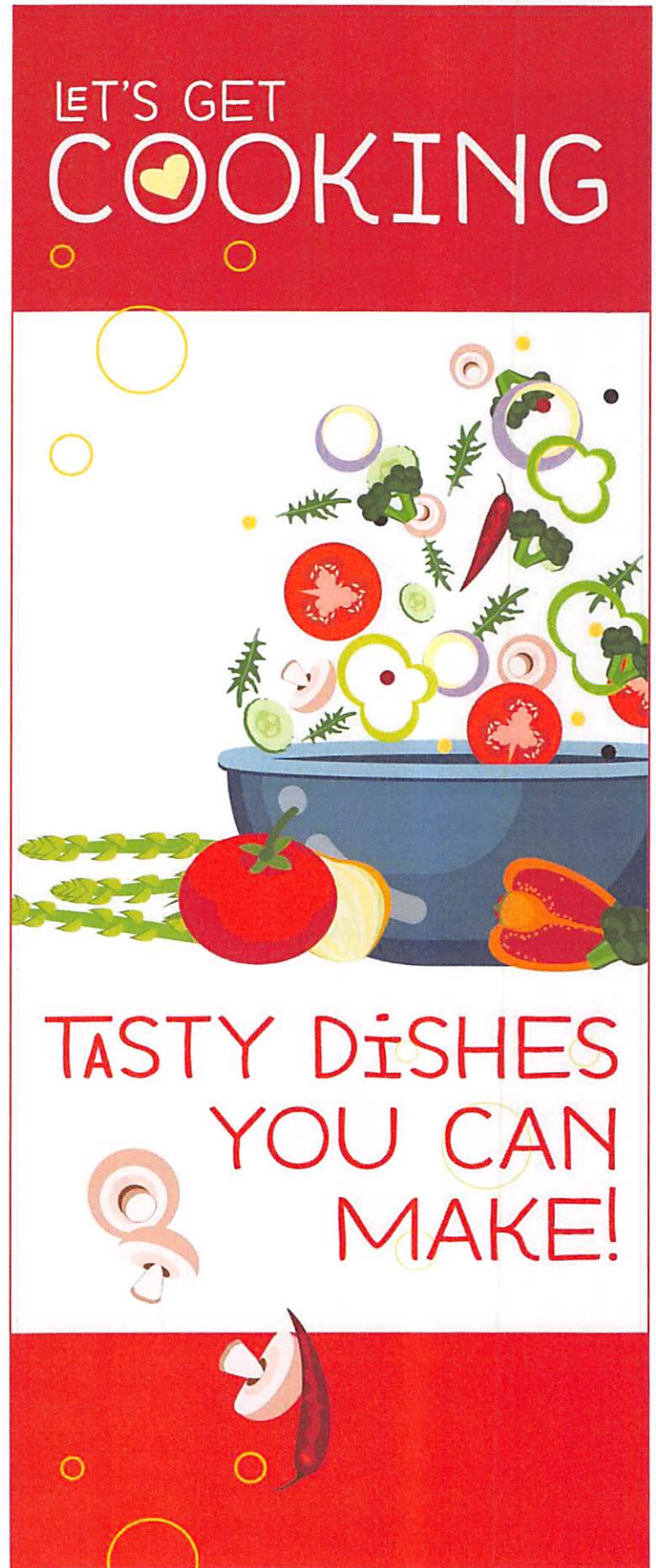


All aboard as we travel around the globe, this Month we are touring Mexico:

Menus include:

28th Huevos Rancheros Tacos
W/ Mexican Rice

29th: Mexican Style Hot Dog
w/Elotes Style Corn
Horchata Parfait



A Reason to Celebrate!

November 8: National Sandwich Day Chicken Philly Steak 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



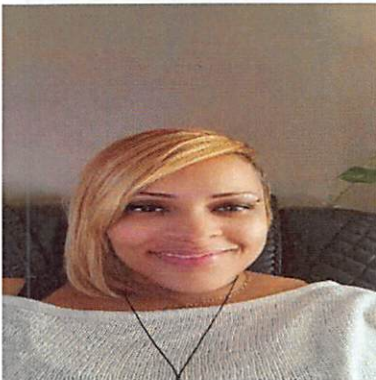
Better Together

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 Food Service Director



Jeanette Shaw

Executive Chef



Racheal Mullins – Kitchen Manager at Middle School

I've been with Chartwells and at the Middle School for 4 years. My favorite station is Sono. The best part about my job is my team and watching the kids enjoy the food. My favorite thing to do outside of work is being with my kids and going on little adventures with them.

Middle School Staff:

Mimi Short

Patricia Hamilton

Brenda Fernandez

Tisha Doing

Serita Bonner