

# Jefferson Local Schools May Nutrition Newsletter



## Hello Fun and Sun!

Welcome to your monthly newsletter! We are excited to share our story with you! It is hard to believe this year is almost coming to an end.



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

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**Events to Look Forward to  
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**Lots of exciting things  
will be happening in  
May. Be sure to take a  
look.**

## This Month in Discovery Kitchen

Our Discovery Kitchen program continues and we're excited to share that our theme for May is **Summer Fun!** This month we'll bring the excitement of outdoor picnics and cookouts to the cafeteria where we will engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Students will have the opportunity to enjoy summer-themed recipes that pull in a variety of flavors to enhance everyday meals. These include delicious picnic-style sides and grill-themed items. Our hope is that the Summer Fun recipes students experience in the cafeteria will be inspiration to have more *Summer Fun!* cooking at home with friends and family at cookouts, picnics and other celebrations.

To kick off the Summer Fun, our chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive activities including demonstrations and samplings featuring different summer themed recipes.

chartwells  
**Discovery**  
KITCHEN



## A Reason to Celebrate!

### May 1: National Principal Day

Make sure to thank all the Principal's today. Thank you for caring so much for all of our students in the district. We appreciate you so very much.

### May 3: School Lunch Hero Day

For many children, the cafeteria is the first place they enter on a school day. From the first time through the cafeteria line, the lunch hero has more than nutrition on their minds. The well-being of every child is important to them. Keeping them safe, happy, and providing them with good and delicious food is also a priority. Stop by and thank a Lunch Hero in the cafeteria.

# SCHOOL LUNCH HERO DAY



### May 5: Cinco De Mayo

In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations. Today, revelers mark the occasion with parties, mariachi music, and traditional foods such as tacos and mole poblano.



### May 10: Grillin' with the Grad

We have teamed up with Mr. Adams again this year to provide the Senior Picnic Meal. We will miss seeing you everyday, and feeding you Happy and Healthy Meals! Good luck in all you do.



### May 6-10: Teacher Appreciation Week

Special shout out goes out to all the teacher's in the district. Thank you for all you do each and every day!!

### May 13: Hummus Day

Everything tastes better with hummus! Celebrate this healthy snack with us! Stop by and taste the homemade hummus with your sides of veggies.

### May 17: Roughrider Steak Day

We will be serving the Roughrider Steak Meal throughout the district. The meal will include Roughrider Steak, Seasoned Green Beans, Mashed Potatoes with Yellow Gravy and Dinner Rolls. More info to come in following weeks.





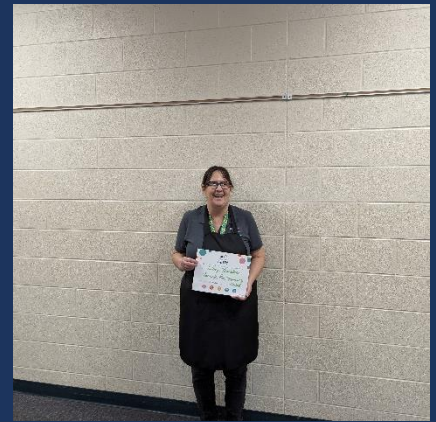
# Better Together

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.



## **Teara Sparks- Cashier/Server**

Teara has worked for Chartwells going on 2 years. Thank you Teara for all the hard work, you are appreciated!



Our employee spotlight goes out to Mrs. Terry Baisden. Terry has worked with Chartwells for 2 years. She is dedicated to serving up Happy and Healthy meals everyday to our students. Thank you Terry for staying the course and gaining knowledge as you go. We appreciate all of your hard work!



## **Allison Dennis-Kitchen Manager/West Jefferson High School**

Allison continues her training within Chartwells. She has grown into a manager that I am extremely proud of. Your efforts and dedication to our students is appreciated!

## HEALTHY SNACKING DURING SUMMER

**MAKE SURE TO EAT HEALTHY SNACKS DURING YOUR SUMMER BREAK! Try to grow a garden so you can eat the veggies that grow. The body needs nutrients for fuel. Also make sure you drink plenty of water. Stay hydrated during those hot summer days.**

