



July 1, 2017

Dear Parent(s),

As the beginning of the school year quickly approaches, we want to extend a warm welcome back to school and back to the café! Chartwells K12 and Pattonville are eager to welcome you and your student back to the school café with new flavors, events, and food and wellness education that surely to inspire a healthy and fun 2017-18 school year!

School Lunch Prices

Our breakfast meals continue to be free to all students. Join us for a nutritious start to the day at no charge. Lunch meal prices are 2.40 for Elementary Programs and 2.60 for Secondary Schools. Hot and cold lunch choices are available daily featuring a wide variety of produce options.

New Menus and Café Spaces

Chartwells K12 chefs and dietitians have been hard at work testing and developing a fresh, new menu for the coming school year designed specifically for Pattonville students that includes a wide variety of healthy and delicious options. These menus were created using student input from surveys, tastings and everyday conversations as well as local food trends, flavors and produce. The new menu includes:

- Global Flavors
- Smart Snacking
- Taco Tuesday
- On the Go Lunches

Fresh Produce and Local Partners

Infusing fresh and local flavors into the school menu is a priority for our chefs, and we are proud to support local farmers and companies, bringing students the freshest possible produce while supporting the Missouri and Illinois Farmers. Local produce and products on the menu this year include:

- A different local produce featured each week with signage and taste testing for all
- Including squash, corn, peaches, zucchini, watermelon, potatoes, apples and more

Gardens

In addition to sourcing fresh ingredients from local farmers and suppliers, we are thrilled to introduce fresh, seasonal ingredients grown in our Pattonville Youth Garden. Students who have a hand in planting, tending and harvesting garden produce are more likely to try what they grow and are also more likely to try new fruits and vegetables in general. We are committed to supporting edible education throughout the district, and students will see garden produce throughout the menu including:

- Cruciferous Vegetables
- Root Vegetables
- Kale and other Dark Green Leafy Vegetables

Mobile Menus are in Your Hands

We are really excited to continue to put the power of the school menu, nutrition and allergen information right to the palm of your hand via Nutrislice! In addition to nutrition information, Nutrislice tells the café menu story with real photos taken by





Chartwells chefs in schools, full menu descriptions as well as café event information, nutrition education and food stories helping students connect the foods they eat in the café to its origins and health benefits.

Nutrislice is available online through smartphones the web! Download the free Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web: <http://psdr3.nutrislice.com>

Food & Nutrition Education:

Throughout the year, students will have the opportunity to learn about their food and healthier food options through fun and engaging activities that we have planned in the school cafeteria. Through our *Discovery Kitchen: Powered by Simply Good* food and nutrition education program, brought to the café by Chartwells chefs and dietitians, students will learn about healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins. In addition, students will have the opportunity to enjoy new food samplings. We will feature a variety of themes and events - look for more information on these special events coming soon.

From the Café to the Community

Chartwells K12 and Pattonville are excited to share new and continued community programs for the coming year, including an enduring commitment to anti-bullying awareness and prevention. Last year we partnered with Prevent Child Abuse America and high school student Natalie Hampton to bring the Sit With Us app to schools. Sit With Us helps to create a more inclusive school café by encouraging students to set up and sign up for open table lunches. All students are invited to participate and the app is free to download from the Apple and GooglePlay stores.

We are looking forward to an exciting new year!

Warm Regards,

Bridget Jordan
Foodservice Director
Chartwells K12

To learn more about Chartwells K12, visit our website at www.ChartwellsK12.com.

