



# Hockinson Food Services Newsletter

September 2024



Check out school menus on your phone



- Filter for nine common food allergens.
- See menu information including a photo and nutritional info.
- Translate menus in five languages.

**Get started today!**

1. **Download** or open the app.
2. **Find** your district.
3. **Select** your school
4. **View** daily menus.



**chartwells**  
serving up happy & healthy

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## Milk Dispensers are Back!

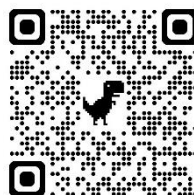
**HHES:** students will be using milk dispensers to fill reusable glasses during lunch. This initiative reduces milk carton waste and is also expected to help conserve district funds. We are eager to help our littlest students have an easy transition back to school and to enable them to spend as little time as possible in the lunch line. But remember only one glass. With all of the positive responses the Kitchen will continue to serve 4 daily choices. Composed Salad, Sandwich of the day, Hot Grill and our American Classic meal. Thank you for your support.

## Welcome Back!

As we head back to school and work this fall. It's the perfect opportunity to teach everyone, fueling their bodies with nutritious foods can help them Power up. Whether it's competing on an athletic team, staying active with friends, or our students serving up happy and healthy every day, Power Up! Educates everyone on how to fuel their bodies and minds in our school cafeterias and beyond.



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**POWERUP!**  
Power Your Performance



## September Food Fun Day National Cheeseburger Day 9/18

National Cheeseburger Day is celebrated annually on September 18th. While there is no historical significance to the day, it is a celebration of one of America's most iconic foods..

One of the most common ways National Cheeseburger Day is celebrated is by major and local fast-food chains offering free cheeseburgers to customers alongside other special offers.

Hockinson Middle School

Created Cheese Burger Bar with all of the fixings.



Help Us Celebrate!

**Cindy Blake**  
**Production Cook**  
**ES – 9/07/21**  
**3 years Service**



Hello! My name is Cindy Blake and I am a Cook at the HHES. I started out as cashier for the MS and was promoted to a Production Cook.

**What is your favorite place you have ever visited?**

Maui, Hawaii. A very beautiful, peaceful spot filled with relaxation.

**What is your favorite local place to eat?** Roots Restaurant- I love their Pan Seared Alaskan Halibut.

**What energizes you outside of work?** I Enjoy cooking with my Family and being with my animals.

## UP NEXT: Seed To Table

This October 4, consider the countless variations you can create using traditional meats or with seafood, chicken, beans, cheese, and eggs .



Get Ready!

**National School Lunch Week!**

It's no secret that there's lots to love about school lunch



**October 26th** National Pumpkin Day! is a festive celebration of one of autumn's most cherished symbols

