

# Chartwells at School Town of Munster

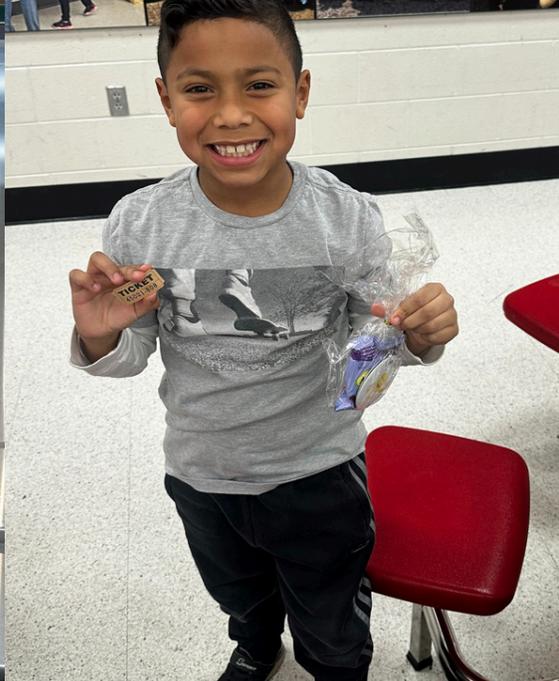
*As we approach the holiday season, we like to reflect on all of the amazing things that happened in our district this quarter. This quarter, Chartwells served over 107,000 meals! One of our favorite meals offered this quarter was the turkey dinner during Thanksgiving. We were happy to know that over 600 students were able to enjoy a traditional Thanksgiving meal before break.*

*All of us at Chartwells, I wish you and your families a Happy Holiday and we are eager to start the New Year making sure our students are happy and healthy.*

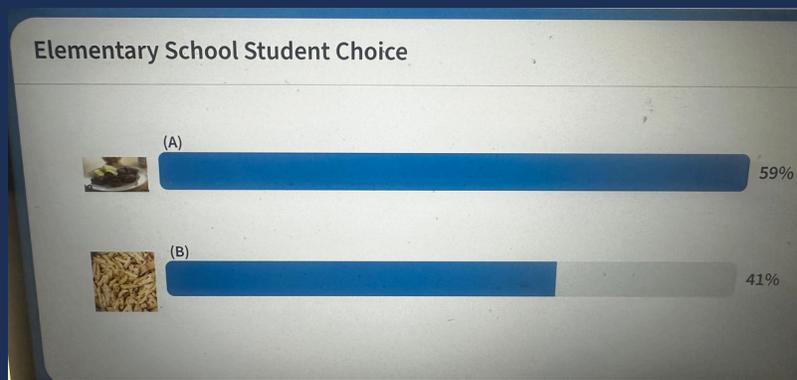


**Who doesn't like to get a little messy!? Our dietitian, Erin, took to the classrooms to do a fun Halloween cooking demo. The students were able to make Monster Oat Balls that consisted of oats, sun butter, and chocolate chips. Erin explained the importance of protein and fiber in the diet while the students got their hands dirty making the treat. The kids loved getting to make a healthy snack and realized that they actually do like sun butter!**





**Chartwells offers an awesome program called *Mood Boost*, that explains how different foods can affect our moods! Students this quarter got to try a new Cucumber & Tomato Marinated Salad. The mood that this salad represents is Happy and we know everyone wants to be happy! The students learned tomatoes contain lycopene which fight cellular conditions associated with depression. Stay tuned to find out the remaining MOODS!**



**Chartwells believes students should have a choice on what is on their menus since they are the ones eating it! Our elementary students had the opportunity to choose what would be on their menu. The students sampled beef teriyaki and chicken alfredo. The schools were split on their decisions! Frank Hammond voted on beef teriyaki while Eads and Elliott chose chicken alfredo. The students were able to enjoy their choices on the December menu and hope to see their choices again in future menus!**

**Not only does Chartwells love feeding our students, but we also love feeding our teachers, staff, and community members through our various caterings! This quarter some of our catering events consisted of breakfasts for our community ambassadors, Thanksgiving lunch for our middle school staff, and Christmas breakfast for the high school staff!**



*This institution is an equal opportunity provider*

# WHAT'S NEXT!?

*Chartwells is excited to bring a Celebrity Chef to our High School!*

*On January 23rd, the high school students will be able to watch this chef prepare one of our Global Eats recipes. The students will also get free samples of the dish during their lunch period! Stay tuned to see who this Chef is going to be!!*

