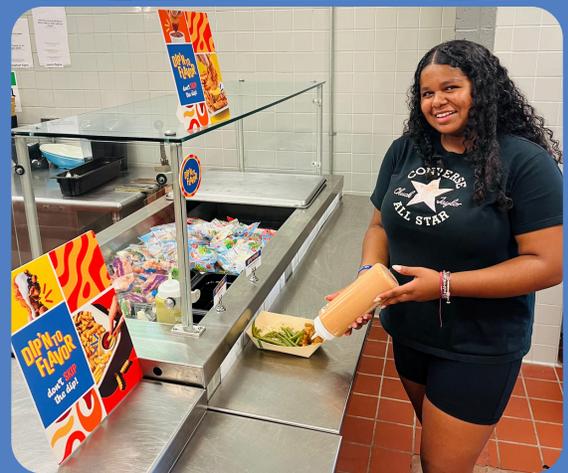


DIP'N TO FLAVOR

Chartwells spiced up school meals with Dip'n to Flavor, a limited-time campaign featuring fun, globally inspired dips. Students enjoyed trying Chartwell's Signature Dipping Sauce, Southwest Ranch, Blueberry Cream Cheese, and Honey Buffalo, paired with chicken sandwiches, tenders, fries, tacos, and bagels.

At the grill station, students enjoyed rotating dips like Korean BBQ, Chimichurri Ranch, Mango Jerk, and Sriracha Honey Mustard added even more variety.



NATIONAL PANCAKE DAY!



On September 26th, it was National Pancake Day—and it was a sweet success! All four middle schools and both high schools celebrated with a special lunch featuring fluffy pancakes topped with fresh strawberry and blueberry sauce.

The colorful topping added a burst of flavor and made this classic breakfast favorite even more exciting. Students lined up with big smiles, eager to enjoy the warm, tasty meal. The energy in the cafeterias was buzzing, and it was clear that this celebration was a hit—proving once again that food can bring joy, fun, and community to our schools.



MOOD BOOST



September was full of Mood Boost Fun at Ward and Underwood Elementary Schools!

Mood Boost is a 6-week program which helps students learn about healthy eating habits and their positive effects on mood and energy. Each week, we introduce a friendly monster to teach the benefits of different nutritious foods, paired with fun lessons and activities. Here's a recap of our September highlights:



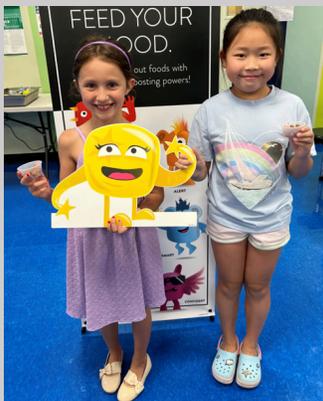
Happy Monster and Chickpeas: Students met the Happy monster and enjoyed samples of roasted chickpeas during lunch. They listened to a story about how Happy, a cheerful singing monster, regained her joyful spirit by swapping daily French fries for colorful fruits and vegetables. Students learned that chickpeas contain magnesium, a mineral that helps balance brain chemicals to boost happiness and energy.



Alert Monster and Chocolate: Students had the chance to sample raspberries and chocolate chips while learning from the Alert monster. Nicole, Chartwell's Student Engagement Manager, explained how chocolate contains theobromine, which provides a gentle energy boost and keeps your brain active, while flavonoids enhance blood flow to your brain, helping you think more clearly.



Strong Monster and Spinach: In the third week, students sampled spinach and cranberry salad; the Strong monster's favorite snack. Students learned how spinach, rich in iron, helps muscles grow and stay strong. Students also heard a story emphasizing the importance of eating healthy before and after physical activities to boost performance.



What is Next in October?

October 1st is National Vegetarian Day! At the Middle and High schools, Roasted Cauliflower Tacos with Corn & Pineapple Salsa will be served as the main entree! There will also be a **Discovery Kitchen** event at Oak Hill Middle School!

On **October 17th**, get excited for **National Pasta Day!** Look out for a special **Pasta Rotini Recipe** that will be on the menu for elementary, middle, and high schools!