

Pocono Mountain School District Food & Nutrition News

Winter-Spring 2025-6



Chartwells Welcomes You

Happy spring! We are excited to share our recent promotions and outreach with you! Read on to learn more.



Chartwells Associate Jean Tullo works the register at WHS for Regional Odyssey in February 2026.

Calm Mood Boost: In December, Monique visited Clear Run Elementary Center dressed as a kale leaf to promote our special “Calm” Mood Boost recipe: Sauteed Kale!

Regional Odyssey of the Mind: Chartwells associates came together from all over the district to serve breakfast, lunch, and snack to the community on February 28th.

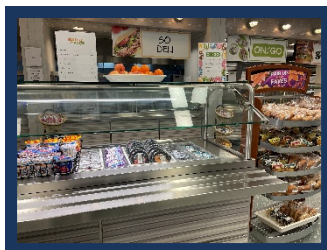
State Odyssey of the Mind: In March, we did our biggest catering of the year for thousands of people competing in the state science tournament at EHS, EJHS, and SIS!



Grade 7-12 students tried Blueberry Topping with their buttermilk pancakes in February.



Monique encourages K-2 students to try sauteed kale.



Our “On The Go” breakfast setup at WHS for Regional Odyssey included a variety of food options.



Meet Our Staff

Naomi Vega



Naomi started at the now-closed Barrett Elementary in 2006 as a sub. Soon after, she stepped into a full-time role, working at Swiftwater Intermediate School & East High School (EHS) before the pandemic hit in 2020. 4 years later, Naomi returned to EHS and was promoted to head cook at Swiftwater Elementary Center shortly after. The most fulfilling part of the job for Naomi is interacting with the students every day. Her favorite food on the menu is the pizza. In her free time, Naomi enjoys thrifting and spending time with her grandchild.

February Menu Special for Grades 7-12

Breakfast for lunch is one of our district's student's favorites! On **February 2nd**, we served it with a twist. Along with their buttermilk pancakes, 7-12th grade students at our JH & HS could choose to try our freshly made **blueberry topping!** Yum!

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Nutrition Corner: SBP

PMSD participates in the **School Breakfast Program (SBP)**, which allows students to receive meals at no charge. In order for us to provide meals for free, the meals must be considered **reimbursable** by the USDA.

What makes a meal reimbursable at breakfast?

- 3 food items must be taken
- 1 of those food items must be ½ cup fruit

1 Food Item = 1 oz grain OR 1 oz M/MA OR ½ cup fruit OR 1 milk

Our entrees generally include 2 food items—usually 2 oz grains or ≥2 oz total of grains & M/MA—so students only need 1 fruit for the meal to be reimbursable!

Still confused?

Any of our staff can help your child pick a reimbursable meal!



PA Harvest of the Month Coloring Contest

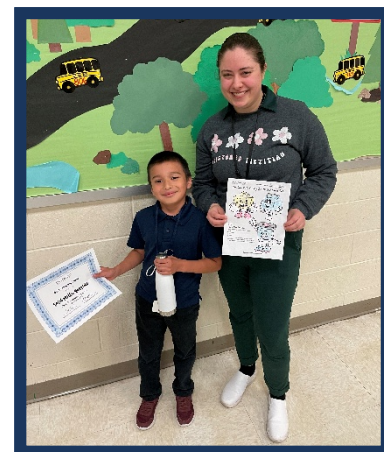
We were awarded \$1,278 in grant funds from PA HOM to teach K-3 students about fruits and veggies this school year.

K-3 students at 3 of our district schools have had the opportunity to enter a monthly coloring contest for the chance to win a prize from September 2025 to May 2026!

Each coloring page has featured the fruit or veggie of that month and a short educational snippet about nutrition, with one winner being chosen at each participating school. Check out the winners from November & March below!



Resident Dietitian Monique Mazaika poses with Tobyhanna Elementary Center's November 2025 contest winner, Janelle Gordon.



Clear Run Elementary Center's March 2026 contest winner, Said Milla Garrido, smiles next to his coloring page.



National Nutrition Month

Started by The Academy of Nutrition and Dietetics, **National Nutrition Month** is a time for Registered Dietitians (RDs) to encourage others to make **healthier choices**. Our very own RD, Monique Mazaika, visited Swiftwater Intermediate School to teach the grade 4-6 students about a career as a nutrition expert!



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Pocono Mountain Food Service Team Earns FARECheck Allergy Certification

Since food allergies affect 1 in 13 children in the US, Pocono Mountain and its foodservice partner, Chartwells K12, recognize the **critical importance** of taking a careful approach to support students & families who manage food allergies every day.

Pocono Mountain's team of foodservice associates recently completed **FARECheck**, a comprehensive food allergen training program certified by the **Food Allergy Research & Education (FARE) organization**--the world's largest nonprofit dedicated to food allergy awareness.

This comprehensive training & certification program prepares foodservice staff for responsible food handling regarding allergens & anaphylaxis. We are excited to have earned **FARECheck Certification**, further demonstrating our commitment to keeping our students happy & healthy!



Students showed their appreciation for our cafeteria staff at Swiftwater Elementary Center by coloring pages with phrases like, "Best Cafeteria Staff!"



School Lunch Hero Day

Friday, May 1st was School Lunch Hero Day (SLHD)! Recognized by the School Nutrition Association, SLHD recognizes and celebrates the valuable work of school food service staff. This year, students at Swiftwater Elementary Center colored thank-you notes (pictured left) for our cafeteria staff!

Students Honor Lunch Lady

We have an amazing team of food service workers at West High School (WHS)--and one particular individual has stood out to the 9th-12th grade students. In April, WHS' student council awarded Chartwells employee Estelle Williams "West's Best Staff Member of the Month" to show their appreciation--in the student's words--"for all of [her] hard work & dedication to the students." Congratulations, Estelle!



THANK YOU!

Chartwells Team Members w/ Special Milestones: Daysi Lacen (5 years), Lynn Ianni (20 years), Marlis Doleiden (20 years) & Evelyn Castro (20 years)!

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