

Manchester Essex Regional School District Food Services Newsletter



October 2026



Autumn is in the air!

Welcome back to a new school year. We have settled in and look forward to a great year. We have some new and returning staff members and some new items and stations to introduce as well. October will be filled with nutritious and comforting menus for the weather changing. There is nothing like fall in New England!

Our online menus are available on Nutrislice:

<https://mersd.nutrislice.com/menu>

The payment portal can be found on MERSD.ORG under Foodservice.

Our team members at the MSHS are Laura, Jane, Julie, Mirna and Erin.

Memorial Team; Lindsay and Evodia Essex Team; Lillian and Maria

We're hiring! Applications are available on INDEED.



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Pizza Daze Craze

For our Fun Day event, we teamed up with Pizza Daze to offer specialty pizza at all of our schools. Elementary tried Sausage pizza, while the MSHS tried a Taco pizza. Our newest employee Erin, is showing the Taco pizza. October we will be adding it to our weekly menu.

chartwells 
serving up happy & healthy

Student Choice is back

This month at the MS/HS, we are featuring Love it or Lose it! Join us for lunch on October 9th and try a new selection from our recipe collection. We will be doing LOVE IT OR LOSE IT. Try our meal and then vote if we should add it to the menu in the future!



Introducing MOODYS

This month we are bringing MOOD BOOST into our elementary menus. We are starting off with Alert and each month we will introduce a new Moody helping us to show how what we eat effects our Mood. Try some new foods we are offering or an old favorite you have loved already.



UP NEXT FUN DAYS THIS MONTH:

October 2nd is World Smile Day. Let's all be sure and extend extra kindness in our Cafes.



October 12th-October 16th. Look for some fun in your cafes.



Elementary menus have some Halloween items on the menu as well.

