

Fairfield Union Local Schools

May Newsletter



Global Eats Update

When we last left you at the high school we were on our last Global Eats trip to our southern neighbors of Mexico. The Torta de Jamon sandwich was a big hit! We gave coleslaw a little twist by adding cilantro and serrano peppers - those were a bit spicy! Then we re-introduced an old favorite for fun. . . the Fiestada Pizza. Yummy!



May is National Strawberry Month. We will be featuring a strawberry smoothie at the Health Fair at Pleasantville on May 22nd.

Fun facts about strawberries:

1. Strawberries are powerful teeth whiteners. They contain Vitamin C which helps fight plaque.
2. Strawberries are the only fruit with seeds on the outside!
3. Unlike some fruits, strawberries don't continue to ripen once picked.
4. Strawberries survive in a range of conditions and will grow happily in most places around the world.
5. There are about 200 seeds in every strawberry.
6. Eight strawberries have more Vitamin C than an orange, that's 140% of our daily recommended amount.
7. The strawberry plant, along with its good friend the raspberry plant, are members of the rose family.
8. Strawberries are full of a special substance called Ellagic acid which is thought to help fight some cancers.
9. There are over 400 different varieties of strawberries.

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chartwells
serving up happy & healthy

TID BITS

Seniors - don't forget to join your classmates for the last time at Senior Breakfast on Monday 5/20 at 7:45 a.m. We want to wish you all Good Luck and remember you're always a Falcon! Fly High!

8th Graders - be sure to join us for a free breakfast on Thurs., 5/23, as we celebrate your advancement to the high school.

Don't forget the celebration of all our 4th graders as we send them off with a special clap out parade.

Be sure to check the Fairfield Union website throughout the summer for updated information on where you can get a Free Lunch with a link showing different locations throughout the state of Ohio. Also, the 2024-2025 Meal Applications will be ready after July 1st.

BETTER TOGETHER! - May 3rd was a day to recognize your very own National School Lunch Heroes. They are a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than when they arrived. Here at the Chartwells/Falcon cafes, we all have the same goal - delivering the best food service possible. Meet your team members. . . They are the zest!



EMPLOYEE SPOTLIGHT!

We would like to acknowledge Missy Morgan - Head Cook/Kitchen Manager at Fairfield Union High School, for her 17 years of dedication. We wish her well as she starts another chapter in her life. With that, Taryn Anderson from Rushville Middle School will be the new high school kitchen manager. Be sure to stop in and say your goodbyes to Missy and hello's in August to Taryn. Nichole Holbrook, who joined Chartwells/Fairfield Union with several years of experience, will be the acting Head Cook at Rushville Middle School.