

Fairfield Union Local Schools Food Service February Newsletter

Lots to LOVE About School Dining!



**Fairfield Union
High School Cooks**



**Bremen Elementary
Cooks**
Not Pictured Nikki Hobson

Welcome to your monthly newsletter! We are excited to share our story with you! Recently, the Fairfield County Health Department awarded Bremen Elementary, Pleasantville Elementary and Fairfield Union High School the **Gold Medal Award**. This program recognizes high-performing food service operations and retail food establishments for consistently performing exceptionally well through the licensing year. Operations that finish the year with no critical or non-critical violations identified during routine inspections will qualify for the Gold Medal Award.



**Pleasantville
Elementary Cooks**

TID BITS



Discovery Kitchen Update:

Our December recipe for Corn & Pineapple Salsa was met with mixed reviews in the elementary cafeterias.



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

Fairfield Union Schools Wellness Initiative Kids Heart Challenge

Students at both elementary schools are participating in the Kids Heart Challenge. Students learn how to keep their hearts and brains healthy, get moving with fun activities and raise funds for the health of all hearts.

**NATIONAL SCHOOL
BREAKFAST WEEK** is March 4-8 – Fuel up every day with a heart-healthy breakfast in our school cafeterias.

chartwells
serving up happy & healthy



As you know, our high school students are taste testing foods from around the globe. Our first adventure after winter break was a visit to China.

MENU FOR THE CHINA VISIT:

Chicken Broccoli Stir Fry
Roasted Sesame Carrots
Fried Rice
Egg Roll

Following our visit to China, students were able to challenge their taste buds with flavorful recipes from India.

MENU FOR THE INDIA VISIT:

Chicken Curry
Roasted Cauliflower Tomato Onion
Basmati Rice
Mango Lassi Smoothie

Each of these tours into the culinary world were received with positive reviews from our high school staff and students.

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.



A Reason to Celebrate During the Month of February!

February 8: National Tater Tot Day

These Tater Tots are delicious bites of potato goodness. If you are a potato or Tater Tot lover, then it is a perfect day for you to have potatoes or Tater Tot for breakfast, lunch, and dinner.

February 8: National Potato Lover's Day

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite. Mashed, smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal — or as a meal! — making these starchy veggies a delicious and easy way to get iron, potassium and vitamin c.



February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us in this week's meal pickup! #nationalpizzaday

February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.



February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.

February 21: Mardi Gras

Celebrate Mardi Gras with Chartwells K12! Join us on February 21st for fun food!

Coming up next month . . .

Join us as we continue our Global Eats Tour when we visit. . .



Mrs. Diana Browning

Director of Dining Services

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[CONTACT ME](#)