

September 2015

Dear Westport School District Students, Parents, and School Community,

As we begin the 2015-16 school year, Chartwells School Dining Services would like to welcome you and our students back to school and update you on our menu planning strategies for the school year.

Expanded Food Choices

Chartwells remains committed to serving nutritious breakfast and lunch meals to students in the 2015-16 school year. The following menu planning strategies will be implemented across all Westport schools:

- An abundance of fresh fruits and vegetables will be made available daily.
- Low-fat white, skim white and skim chocolate milk will be offered daily.
- Organic Milk, both white and chocolate will be offered daily.
- Flavorful entrees utilizing lean beef, chicken, turkey, low-fat cheese, or beans will be served on a regular basis.
- All grains offered in the school cafeteria will be whole grain.

For our high school students, we understand their more sophisticated pallets, so we've planned appropriate enhancements to meet their needs. We are very excited to be featuring several new food stations such as:

- Boars Head Deli-Custom, made to order sandwiches. With an additional station this year to help speed service.
- 2mato-fresh made pizza and hand held Italian specialties.
- Create-a variety of ethnic meals that appeal to a large variety of students.
- Grill'd-fresh grilled burgers, chicken, veggie burgers and more.
- On The Go-Fresh made salads, sandwiches and snacks prepared fresh every day for those busy days when you just don't have time to create your own masterpiece!

Be sure to see menus for details on these delicious offerings. Please note that our \$2.80 complete lunch meal is still available at all of our concept stations. In addition, we are offering daily a la carte specials that are priced between \$3.75 and \$6.00 on average.

Chartwells is excited to introduce our NEW program/app called "NUTRISLICE"! Check out the link on this Website at www.westport.nutrislice.com

Chartwells continues to offer breakfast for all Westport middle school students. Breakfast really is the most important meal of the day for all of us, especially students. Not only does it provide us the energy to start a new day, but breakfast is also linked to many health benefits and improved behaviors including: higher academic scores, better classroom conduct, and reduced tardiness. Our middle schools will participate in the National School Breakfast Program (NSBP) this year. This program offers enticing breakfast items including breakfast sandwiches served on whole grain bread products and assorted whole grain cereals and muffins. Our \$1.95 complete breakfast meal now comes with a choice of fresh fruit and fat free or low fat milk.

Nutrition Education

Chartwells is pleased to introduce our new **Simply Good** program, a year-long schedule of special events that are intended to encourage students to select complete, well-balanced meals. The Simply Good program continues to have a culinary emphasis that focuses on healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins.

Should you have additional questions, please visit our district website at www.westport.k12.ct.us

Thank you. We look forward to a successful year!

Deborah VanCoughnett-Director of Dining Services

David Nanarello-Executive Chef

Emily Mingrone-Chef Manager