



## Welcome Back to School Students and Parents!

As the beginning of the school year quickly approaches, we want to extend a warm welcome back to school and back to the café! Chartwells K12 and Crawfordsville Community Schools are eager to welcome you and your student back to the school café with new flavors, events, and food and wellness education that surely to inspire a healthy and fun 2017-18 school year!

### New Menus and Café Spaces

We have been hard at work developing a fresh, new menu for the coming school year designed specifically for Crawfordsville students that includes a wide variety of healthy and delicious options. These menus were created using student input from surveys, tastings and everyday conversations as well as local food trends, flavors and produce. The new menu includes:

- **Denver Breakfast Bowl**, a hearty hot breakfast of fluffy scrambled eggs, sautéed vegetables, ham, and fresh home fries, topped with cheddar cheese and served up to you in a bowl
- **Beef Macho Nachos** is perfectly seasoned beef taco meat served up with cheddar, lettuce, tomatoes, and whole grain tortilla chips
- **Korean BBQ Riblet**, a spicy Korean style BBQ pork with mouth tingling flavors, with Orange Rice Pilaf and side of vegetables

### Mobile Menus are in Your Hands

We are really excited to continue to put the power of the school menu, nutrition and allergen information right to the palm of your hand via Nutrislice! In addition to nutrition information, Nutrislice tells the café menu story with real photos taken by Chartwells chefs in schools, full menu descriptions as well as café event information, nutrition education and food stories helping students connect the foods they eat in the café to its origins and health benefits. You can even print off the menus right from the website.

Nutrislice is available online through smartphones the web! Download the free Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web: <http://cville.nutrislice.com/>.

### Food & Nutrition Education

Throughout the year, students will have the opportunity to learn about their food and healthier food options through fun and engaging activities that we have planned in the school cafeteria. Students will learn about healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins. In addition, students will have the opportunity to engage in exciting culinary demonstrations and new food samplings. We will feature a variety of themes and events - look for more information on these special events coming soon.



**Want to Know More?**

We are here to help you and your student have a healthy, happy school year. To stay up to date on all the events check out Crawfordsville Community School's Facebook page as well as the Food Service's tab within Crawfordsville Community School's webpage (<http://www.cville.k12.in.us/>).

We are looking forward to an exciting new year!

Warm Regards,

*Diana Wilbert*

Diana Wilbert  
Foodservice Director  
Chartwells K12