



Food Service News

Elementary Parents,

Join Chartwells as we explore Food and Cultures this winter season. For the next three months the cafeteria is going to be taking a trip around the world. Each month we will feature a food from a different part of the world. Be sure you don't miss the chance to try some of your favorite foods made in a different way.

January 26 we will be celebrating the Chinese New Year with Egg Rolls, Rice with pork, Oriental Vegetables, and Chinese Fortune Cookies.

- **Rice trivia:** "Did you know that rice is mankind's largest food crop. People all over the world eat rice. In the United States, we each eat about 27 pounds of rice per year. There are three basic types of rice. Long grain rice is at least four times as long as it is wide. Medium grain rice is plump in shape and short grain rice is almost round. One of the most nutritious foods available today, rice is low in calories, is fat, sodium and cholesterol free, and it provides you with lots of energy."

WHAT' NEW IN THE CAFETERIA:

Beginning January 20 the Cafeteria will offer a fourth entrée alternative. Students may select a **Peanut Butter Jammer Sack Lunch** w/ fresh carrots and a cheese stick. This lunch also comes with a cold bar selection and choice of milk.

FOOD ALLERGIES:

Parents: please submit a Medical Statement to the School Nurse if your child has a Food Allergy. All Food Allergies are shared with the Food Service Department. The Food Service Staff is trained to identify Students with allergies and prevent them from selecting foods that would give them an allergic reaction.

**CHEF SALADS ARE OFFERED DAILY IN THE ELEMENTARY CAFETERIA
AS AN ENTRÉE CHOICE.**

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