



8/7/2019

Dear Parents,

As the 2019-2020 school year begins, the chefs and registered dietitians of Chartwells K12 foodservice team at Cowan Community Schools are looking forward to welcoming students into the cafeteria. They have been busy in the kitchen this summer testing new recipes that feature foods kids love. From tacos and flatbreads to parfaits and salads, this year's menu will incorporate fresh ingredients that make them wholesome, nutritious and delicious.

### **Food Forecast**

Throughout the school year, chefs and dietitians will showcase menu innovations filled with global flavors and authentic ingredients. Cowan Community Schools current food forecast includes:

- **September:** Breakfast Bowls and Flavorful Flatbreads
- **October:** Breakfast Overnight Oats and Perfect Pasta
- **November:** Breakfast Sandwiches and Satisfy Your Sandwich Craving

### **Beyond the Café with Discovery Kitchen**

At Cowan Community Schools, we're not only passionate about creating and serving delicious meals. We also know how important it is to teach our students about good nutrition to grow their minds and bodies. Discovery Kitchen is our way of bringing creative food education through activities and events for the entire school community. It's all about encouraging students, families and the school community to discover new foods in a fun way! Events range from sampling a wide variety of new fruits and vegetables to hosting monthly activities such as those for National Nutrition Month and Earth Month. Some upcoming Discovery Kitchen programs include:

- **Performance Nutrition:** Learn how the food you eat transforms into energy and building blocks for our bodies
- **Seed to Table:** Celebrate locally grown food, Farm to School month, & learning to grow indoors
- **Let's Get Cooking:** Featuring homemade recipe classics and empowering kids to join in family cooking at home

### **Power of Nutrislice**

As technology evolves in the classroom, Chartwells K12 continues to bring technology to the forefront of the dining experience to help students and their parents prioritize healthy food choices. We understand you want to know about the food students eat – where it comes from, how it's prepared and the ingredients featured. Nutrislice, an innovative software platform, provides easy, up-to-date and immediate access to Cowan's daily lunch menus. This includes food descriptions, original photography and nutrition and allergen information. Everyone is encouraged to 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 at [www.cowan.nutrislice.com](http://www.cowan.nutrislice.com).

We look forward to a wonderful year and can't wait to see students in the cafeteria soon!

Best regards,

Clara López

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Chartwells K12