

# Quarterly Newsletter



**FARMINGTON  
PUBLIC SCHOOLS**

Empowering Global Citizens

Chartwells at Farmington Public Schools

## What's Been Happening In Our Schools!

Welcome to our quarterly newsletter! We are excited to share our story with you. Many exciting events have happened throughout our cafeterias during the first few months of school.



We returned to school with Free Breakfast for all students. If you filled out your lunch application and qualify for reduced lunches your lunch meal is also free this year. All other students are paid for lunch. For information concerning your School Meals Application please contact Dawn Driggs, at 860-673-8270, ext 7010.

## What's on the Menu?

Follow the link for our Online Menus and Nutritional information.

<https://fpsct.nutrislice.com/>



**chartwells**  
serving up happy & healthy



In this issue:

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**Spice It Up!**

**Mood Boost- Smart**

**Special Food Days**

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### Breakfast Menus Change for Healthier Options at Elementary Schools

Egg and Cheese Breakfast sandwiches and fruit and yogurt parfaits are now offered for breakfast at all Elementary Schools. Along with reduced-sugar cereals and bagels with cream cheese.



September is National Potato Month district-wide schools celebrate by featuring different Potato dishes from Baked Potato Bars to fries.



Our Discovery Kitchen theme for September is Power Up! Featuring lunches with lots of vegetables and protein to fuel your student's day!

Farmington High School, Irving Robbins Middle School, and West Woods featured Southwestern Grain bowls. These bowls featured brown rice and quinoa, chicken, and a variety of vegetables to help power our students.

The Elementary schools featured a Protein Power Pack Fun Lunch, with turkey ham, cheese cubes, and fruits and vegetables to power their day.



FEED YOUR MOOD.

### Mood of the Month

This year we are featuring a different Mood every month from our Mood Boost program. Menu items and extra-extra stations feature some food items that are connected to the featured Mood.

September, we featured Happy. Some of the Happy foods we featured this month were: Potatoes, Peppers, Cantaloupe, Chickpeas, and Tomatoes.





## Featuring Local Produce

Our partners at Sardilli stopped by FHS and Irving Robbins Middle School with Local Cider from Buells Orchard in Eastford CT, and a Kale Apple Salad with Fresh Local Apples from Bussa Orchards in Glastonbury CT.

We featured produce from many local farms throughout the district in October some of them include:

Tomatoes -Horton Farms in South Glastonbury,

Cucumbers, Green and Yellow Summer Squash-  
Deercrest Farm in South Glastonbury

Corn - Burnham Farms in East Hartford

Cantaloupe, - Baggot Farms in East Windsor



National Taco Day is celebrated on October 4th!



FEED YOUR MOOD.

October's Mood of the Month is Alert!  
Some of the Foods we featured in  
October were Apples, Carrots,  
Broccoli and Pineapple October



National Pasta Day is October 17th Menus District Wide featured different types of Pasta Dishes.

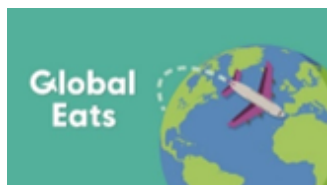




## Hispanic Heritage Month

From September 15th through October 15<sup>th</sup> district-wide we celebrated Hispanic Heritage Month. Recipes from our Global Eats program were featured with a focus on Mexico, the Caribbean, Puerto Rico, Central America, and South America.

Education on flavor profiles and famous dishes from Mexico, Puerto Rico, Central America, The Caribbean, and South America.



Pernil, Plantains, Sofrito Rice and Habichuelas



Pollo Guisado Sofrito Rice & Habichuelas

## Elementary Spanish Class Food Tastings

We partnered with Spanish classes at East Farms and Union Elementary Schools for a food tasting. The food items that were sampled were elotes style corn, chili-spiced mango, and rice, and black beans. In addition to trying some tasty new foods students received copies of all the recipes featured to make at home with their families.





# chartwells Discovery KITCHEN

## LET'S GET COOKING

November's Discovery Kitchen Feature is Let's Get Cooking. We featured recipes that can be made at home with families

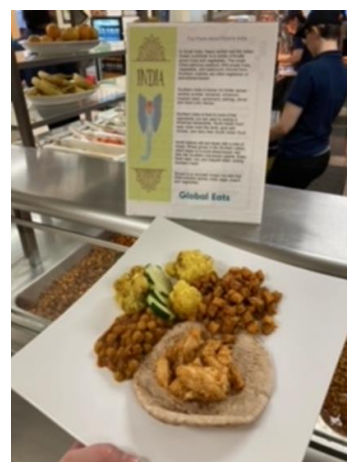


November 9th, we had our annual Thanksgiving Meal. Celebrating how thankful we are to be a part of the Farmington School Community

Turkey with Gravy, Mashed Potatoes, Corn, Cranberry Sauce and Dinner Rolls. West Woods, IAR, and FHS had Stuffing and Apple Crisp as well.



During the week of November 13th, We traveled to India with our Global Eats program. This was also the week of the Diwali Festival. Lunches at FHs, IAR and West Woods featured meal items from our Global Eats India Concept. Some of the Menu Items featured were Mango Lassi, Chicken Tikka Masala Tandoori Chicken and Tofu, Brown Rice, Flatbread, Chickpea Chan Masala and Curry Roasted Vegetables.



# MOOD BOOST

FEED YOUR MOOD.



## November

Some of the Strong Food items we Featured in November where: Cranberries, Celery, Butternut Squash Peas and Kidney beans



## November Student Choice

In November IAR hosted a Student Choice Event Featuring our Mac & Cheeselology Concept. With a Butternut Squash Mac and cheese. The Love It's Won by 1 point 39 to 38 Lose It Votes.

## December Student Choice

West Woods hosted their first Student choice event featuring our Build concept. Students received an email ballot to vote for their favorite new type of pizza. Buffalo Chicken, French Bread or Veggie Lovers Pizza. West Woods had the most voting of any school with over 100 Votes! Buffalo Chicken Pizza will be featured on the menu in December, Loses



## December

The brain-boosting foods featured in December were Blueberries, Winter Squash, Kale, and Oranges featured







December's Discovery Kitchen theme is Spice it Up!! During the month of December, we serve up dishes with bold flavors and explain what different spices are and what they do to make our food taste so good. Some of the Spices were curry Powder, Oregano, Cinnamon, Thyme Cumin, Coriander, and Cardamom.



## **FHS Transition Academy Delivers Holiday Meals to Teachers at Farmington High School.**

In partnership with the Transition Academy at Farmington High School Students created flyers and delivered Holiday Meal Orders to teachers throughout the building to spread holiday cheer.



All of us at Chartwells Farmington Public Schools wish you a Happy and Healthy 2024!

We look forward to serving you in the new year.