

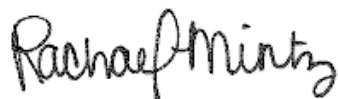
NUTRITION SERVICES

Parents of Parkway,

As we start the 22-23 school year, I want to take a moment to introduce myself. My name is Rachael Mintz, and I'm the Director of Child Nutrition for the Parkway School District. I've been with Chartwells and the district since January of 2022, and in that time, I've come to love working here!

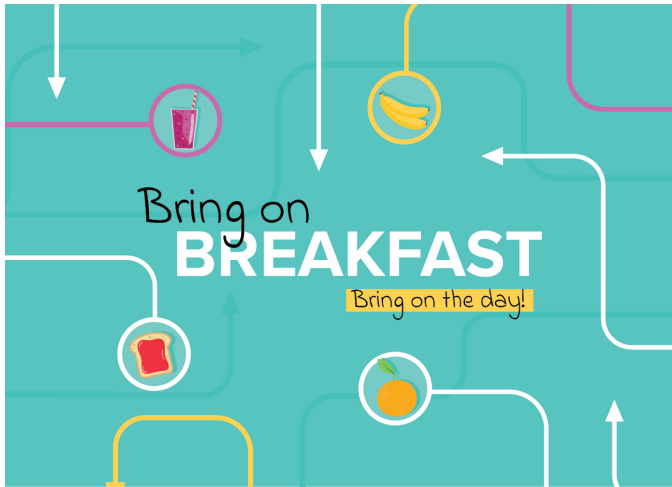
As a dietitian who spent the last decade specializing in eating disorders, I've worked with children and adults whose entire lives have been consumed by thoughts about their next meal. I've witnessed firsthand the negative impact of labeling foods good and bad. I've also witnessed the long-lasting effects of food insecurity. So, I chose to pursue the field of child nutrition to help ensure that all children have access to nutritious meals, and to teach them about balance, get them excited about food, and help them understand that food is so much more than just how we fuel our minds and bodies!

I've worked in several Missouri school districts over the years, but Parkway holds a special place in my heart because the Parkway community is where I'm raising my child(ren). As a dietitian, I recognize the importance of educating children about nutrition, and as a parent, I understand the intricacies of providing the proper nutrients for kids to stay healthy, strong and focused. That being said, I want you to know that I am committed to keeping the children of Parkway happy and healthy!



Rachael Mintz
Director of Child Nutrition

What's coming?



Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.

Studies show that breakfast can support a student's learning throughout the day, leading to increased focus, fewer absences and better test scores. Make breakfast fun through activities and fun flavors.

August

Monday	Tuesday	Wednesday	Thursday	Friday
22 First Day of School	23	24	25	26
29	30 Discovery KITCHEN	31		



Blender Bike Event at South High School

South High School Students will sample our Strawberry, Banana, and Peach Smoothies by riding our blender bike!

A build your own smoothie bowl station will be available in the cafeteria for breakfast on August 30th.



As students and associates head back to school and work this fall, it's the perfect opportunity to teach them that fueling their bodies with nutritious foods can help them to **Power Up!**

Whether it's competing on an athletic team, staying active with friends or our associates who are heading to work every day, Chartwells K12's "Power Your Performance" program educates everyone how to fuel our bodies and minds in our school café and beyond.



9/22 Pop Up Event: All High Schools - featuring *Curried Chicken Pasta Salad*

9/28 Pop Up Event: (TBD) Elementary School - featuring *Whole Grain Energy Bites*



vs



National Pepperoni Pizza Day

Pizza will be served at high school and elementary school on 9/20.



National Pancake Day



Build Your Own Pancake Bar will be available at breakfast for all grade levels on 9/26.



POWERUP!

Beats Your Best

September

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 No School	6	7	8	9
12	13	14 Early Release Day	15	16 STUDENT CHOICE FOOD YOUR WAY
19	 20 National Pepperoni Pizza Day (Fun Day)	21	22 Discovery KITCHEN	23
26	 27 National Pancake Day (Fun Day)	28 Discovery KITCHEN	29	30

21-22 Event Highlights

Green Trails Garden Event



Friday

The Green Trail Elementary students and Chartwells staff got their hands dirty in helping harvest and replant in their community garden! They picked radishes, lettuce, and lemon balm.

Monday

The following week, the Green Trails students sampled the food from their garden during lunch with a Discovery Kitchen cooking demonstration from our Resident Chef and our region Chef, Chef Rob and Chef Ted. The cooking demonstration featured a Strawberry Salad and Roasted Radishes!

Craig Pizza Event



We received a very well written and thought out letter from the Craig Core Student Representative group last December regarding pizza options. We met with this group to hear their concerns and to brainstorm ideas. We used their feedback to develop options for the upcoming school year and presented the options to them in the spring through a taste testing. They helped us determine what products to feature at the elementary level. The professionalism and maturity they showed was absolutely amazing so it was important to us to show them that if done right your voice can be heard!

High School Tiered Menu Items



Tiered Menu Items

The prices below are for tiered menu items showing a \$0.75 add-on to the usual price of a similar item.

Student Choice.	\$4.00
Walking Tacos.	\$4.00
Waffle Fries.	\$1.50

Chartwells is now offering tiered meal options at the High School level!

What are tiered meals? Tiered meals are enhanced menu options offered for an additional charge.

Why tiered meals? Tiered meals allow us to increase variety and offer higher quality items.

How much do tiered meals cost? Tiered lunches are \$4.00 and regular lunches are \$3.25

Students who participate in the free & reduced meal program can choose a regular or tiered lunch at no additional cost!

Accessing Our Menus

1. Download or open the **Parkway app**
2. Select "**Lunch Menus**"
3. Select your **preferred school** and favorite it.
4. View daily and weekly **available breakfast and lunch menus.**



Scan for
Nutrislice Menu



Contact Us

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