

East China School District Food Services Newsletter

September 2025



Chartwells Back to School Meeting



New this Year: Menus and Nutrition Facts at Your Fingertips

Chartwells K12 continues to bring technology to the forefront of the dining experience to help students and their parents prioritize healthy food choices and understand ingredients so they can help protect children from allergic reactions. Through Nutrislice, students, parents, and faculty have access to school menus, including nutrition information, allergens, and photos.

Nutrislice can be downloaded for free from the App Store (iOS) or Google Play (Android) and is available on desktop and mobile devices. Menus are also available at

<https://eastchinaschools.nutrislice.com/menu>

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**DIP'N TO
FLAVOR**

Dip'n to Flavor Continues

This fall, students can dive into bold new tastes with *Dip'n to Flavor!*—a limited-time cafeteria promotion inspired by trending TikTok flavors. Featuring craveable, student-approved dips like Honey Buffalo, Korean BBQ, Chimichurri Ranch, and Sriracha Honey Mustard, it's all about dip'n, snack'n, and lov'n!

DISCOVERY KITCHEN FUN

FIT

Whether it's competing on an athletic team, staying active with friends, or studying for a math test, FIT teaches kids how to fuel their bodies and minds in the cafeteria and beyond. This innovative program brings together culinary demonstrations, nutrition education, and interactive classroom activities along with healthy recipes to help everyone perform at their best and stay ahead of the game.

FIT.

fuel.ignite.thrive.



Culinary Masterclass

In August, Will, Bree, Brooke and Lacy participated in a culinary masterclass at Oak Park School District, where they enhanced their skills in food preparation, presentation, and innovation. The hands on experience not only strengthened their culinary techniques but also provided new ideas to bring back and apply in our schools.



FUN DAYS THIS MONTH:

Palms-Sept 9th
Belle River- Sept 16th
Pine River- Sept 30th



Load up your burger with
assorted toppings- National
Cheeseburger Day Sept. 18th



National Pancake Day
September 26th



This institution is an equal opportunity provider.