

East China School District Food Services Newsletter

October 2025



Try It! 
Tuesday



Try it Tuesday is back again this school year. For the month of September we featured energy bites for the students to sample, and they were a big hit! It was wonderful to see so many students excited to try them and enjoy a healthy new snack.



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!



I AM HAPPY

Energy Bites

Ingredients	Steps
½ Cup Sunbutter 1 tsp Vanilla extract ½ Cup Honey 1 Cup Oats 4 oz Craisins 1 pk Graham Crackers 10 servings	1. Chop craisins. 2. In a medium bowl, stir together room temperature sunbutter, honey, and vanilla extract until well-mixed. 3. Grind the graham crackers and oats in a food processor for 15-30 seconds. 4. Mix all ingredients. 5. Using a Tbsp, shape mixture into balls. 6. Enjoy on the go or freeze and snack on later.






DISCOVERY KITCHEN FUN

SEED TO TABLE

This month's Discovery Kitchen theme gives kids an up-close look to see where their food comes from and how it's grown. Seed to Table is all about fresh, seasonal, and local foods. We're proud to support local farms, celebrate seasonality, and help students and families have fun growing their own vegetables and herbs.

Enjoy a taste of Discovery Kitchen at:

St Clair Campus October 9th

MC Campus October 23rd

Featuring Roasted Honey Root Vegetables



Employee Spotlight: Erica Bennefield

This month's spotlight shines on Erica Bennefield. Erica has been part of our Chartwells team since 2022 and serves as our ECSD Food Service Van Driver. She works hard every day to keep things running smoothly, helps train new team members, and always goes above and beyond with a smile.

We're so thankful for Erica's dedication and positive attitude—she truly keeps our team rolling!

FUN DAYS THIS MONTH:

Apple Crunch Day:
Monday, October 20th



Taste the World: Students
enjoy recipes from around the
world.



Lucky Tray Day:
Thursday, Oct. 30th



This institution is an equal opportunity provider.