

# Royal ISD

## February Nutrition Newsletter



**Lots to LOVE About School Dining**

**Mood Boost Kickoff at ECC on February 13<sup>th</sup>.**



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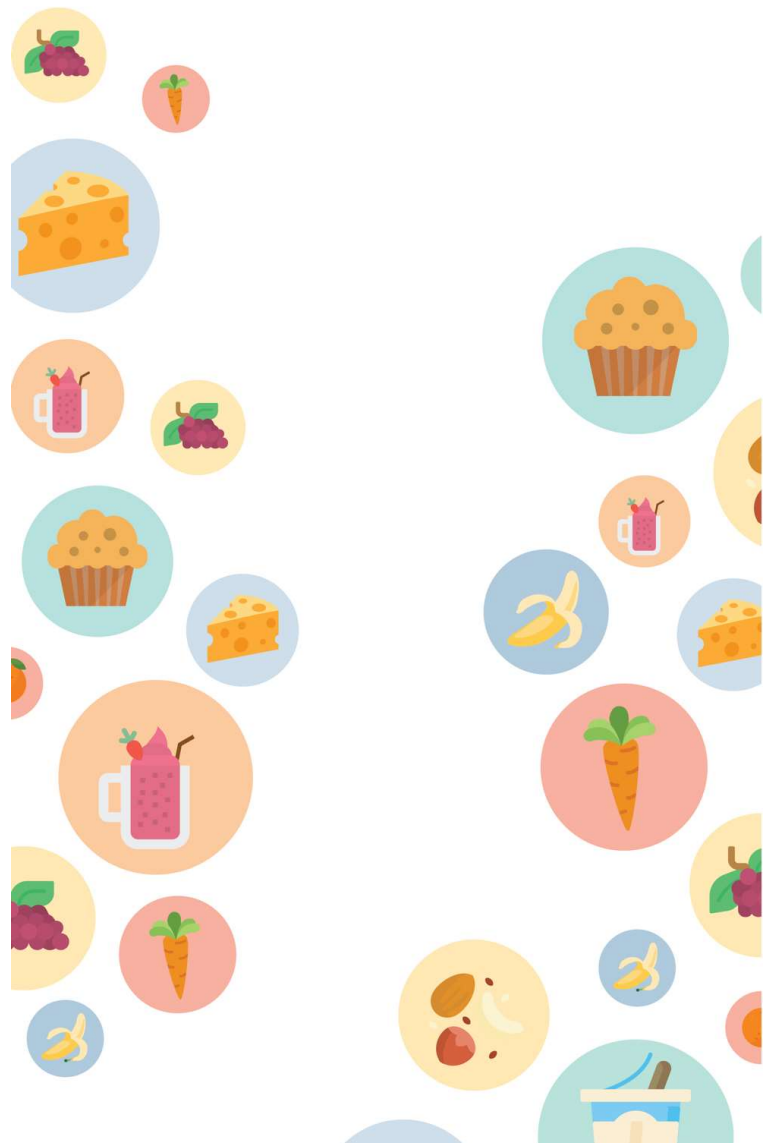
## This Month in Discovery Kitchen

As you know, each month we bring our Discovery Kitchen program to the cafeteria to provide students with an experiential learning activity. This month, our Discovery Kitchen theme is Smart Snacking.

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.



chartwells  
**Discovery**  
KITCHEN



## A Reason to Celebrate!

### February 8: National Tater Tot Day

These Tater Tots are delicious bites of potato goodness. If you are a potato or Tater Tot lover, then it is a perfect day for you to have potatoes or Tater Tot for breakfast, lunch, and dinner.

### February 8: National Potato Lover's Day

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite. Mashed, smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal — or as a meal! — making these starchy veggies a delicious and easy way to get iron, potassium and vitamin c.

### February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us in this week's meal pickup! #nationalpizzaday

### Superbowl Sunday

Talk about super bowls! Join us in the cafeteria for game fun and treat!

### February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.

### February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.

### February 21: Mardi Gras

Celebrate Mardi Gras with Chartwells K12! Join us on February 21st for fun food!

## GLOBAL Eats-Italy....Next stop....China!





# Better Together

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet some of our team members from across the district.



Our Cheers Winner for the month of January is Ms. Leyda. This excellent employee currently can be seen at Royal Middle School where she does a great job of serving our kids. Leyda has been with the Food and Nutrition Team for almost 3 years. So next time you see her congratulate her on her award. Kudos to Leyda for all her hard-work and dedication.