



August 14, 2018

Dear Parent(s),

Back to school is an exciting time for students and families, and as the beginning of the school year quickly approaches, we want to extend a warm welcome back to school and back to the café! Chartwells K12 and River Dell are eager to welcome you and your student back to the school café with new flavors, events, and food and wellness education that is surely to inspire a healthy and fun 2018-19 school year!

Chartwells has always been especially diligent in keeping food costs low to our students and offering the same high quality food we have been serving over the years, but due to rising operational expenses and statistics showing that food costs have risen 27% in the last decade, as our suppliers have raised our prices, we are forced to raise our entrée pricing to \$4.50. Please note prices lists on the café portion of the River Dell website.

#### **New Menus and Café Spaces**

Chartwells K12 chefs and dietitians have been hard at work testing and developing some fresh, new menu ideas for the upcoming school year designed specifically for River Dell students that include a wide variety of healthy and delicious options. These menus were created using student input from surveys, tastings and everyday conversations as well as local food trends, flavors and produce. The new menu includes:

- *Specialty Salads*
- *Vegetarian Specialties*
- *Many Ala Carte items: seafood specialties. See menu board for daily specials*
- *Sandwich specialties*
- *Breakfast specials at the high school*

#### **Fresh Produce and Local Partners**

Infusing fresh and local flavors into the school menu is a priority for our chefs, and we are proud to support local farmers and companies, bringing students the freshest possible produce.

#### **Gardens**

In addition to sourcing fresh ingredients from local farmers and suppliers, we are thrilled to introduce fresh, seasonal ingredients grown by our students through the Middle School gardens. Students who have a hand in planting, tending and harvesting garden produce are more likely to try what they grow and are also more likely to try new fruits and vegetables in general. We are committed to supporting edible education throughout the district.

#### **Mobile Menus are in Your Hands**

Nutrislice brings the power of the school menu, nutrition and allergen information right to the palm of your hand! In addition to nutrition information, Nutrislice tells the café menu story with real photos taken by Chartwells chefs in schools, full menu descriptions as well as café event information, nutrition education and food stories helping students connect the foods they eat in the café to its origins and health benefits.

DISCLOSURE: Menus are subject to change if there's a delivery issue or school closing and such.

Nutrislice is available online through smartphones the web! Download the free Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web: <http://www.riverdell.nutrislice.com>.



**Discovery Kitchen & Chefs2Schools:**

Throughout the year, students will have the opportunity to learn about healthier food options through fun and engaging activities that we have planned in the school cafeteria through our Discover Kitchen food and nutrition education program brought to the café by Chartwells chefs and dietitians. *Discovery Kitchen* has a culinary emphasis that focuses on healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins.

If you have any questions or concerns, feel free to contact me at any time.

Best Regards,  
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