

Chartwells Newsletter

September 2022

Strong Bodies Edition

What's New at Poplar Bluff R1 School District?

It's hard to believe it's already September! Football games, cooler weather, and sweaters are just a few of the things we look forward to in the fall. We are also looking forward to sharing information and recipes on how to **"Power Your Performance."** This program educates students how to **fuel bodies and minds** in our school cafeteria and beyond. This innovative program brings together culinary demonstrations, **science - based nutrition education** as well as **healthy recipes** and **promotional materials** to help everyone perform at their best and stay ahead of the game.



September Fun Days

National Potato Month

9/5-Labor Day

9/9-National Pizza Day

9/15-National Cheeseburger Day

9/20 National Pepperoni Pizza Day

9/22 First day of Autumn

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making the
cafeteria the
happiest place
in school



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T W Y F S T F A A K B B N G K
 S A D E Y N Y R I A D F Y R E
 D C F T E E G V P N R T C A J
 D V B X N M H E I U V A K I S
 T S T P H E W E I L R K H N R
 Z H U A P V T T A B U I K S N
 A A S Z S O V X O L X U J D O
 E Y V E R M P H T X T U K R K
 T S M P S S Y V I Y V H E K P
 L V I J F D H O R B V A Y G V
 F Z O C R S E L B A T E G E V
 T F X A R W N X Y T B A V N W
 Y A T E Y E H Y D R A T E U N
 E E H B B Z X T F F U Q A F U
 S Q U R N M L E K L N Z V H Y

Find the following words in the puzzle

- | | | |
|---------------|---------|------------|
| CARBOHYDRATES | FUN | FRUIT |
| DAIRY | GRAINS | MOVEMENT |
| EXERCISE | HEALTHY | PROTEIN |
| FAT | HYDRATE | VEGETABLES |



Did you know that many professional sports teams have a Registered Dietitian and Chef on staff to prepare healthy meals for the athletes to help them reach peak performance? Chartwells has Dietitians and Chefs on staff to create recipes that help you reach your full potential.

Feeling sluggish during a long day of exercising? Fuel your body with a low sugar sports drink with electrolytes for 60+ minute workouts.

POWERUP!
Power Your Performance

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Don't let your fuel run out! Make sure to hydrate before and after workouts to keep your Power Up!

Roasted Red Pepper Hummus

- 3/4c lemon juice
- 1 1/8t ground pepper
- 6T chopped garlic in oil
- 1 1/8c roasted red peppers, canned, drained
- 8c garbanzo beans, canned, drained, rinsed

Combine all ingredients into a food processor and blend until smooth. Use as a dip for vegetables or pita bread.