

October 2022 Chartwells Newsletter

Seed To Table



October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

October 11-15: National School Lunch Week

President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. We will celebrate all week long!

October 4: National Taco Day

The holiday was started in 2009 by the Del Taco chain, but the history of the food itself is a little murkier. Many claim that taco variations have existed for hundreds, if not thousands, of years. However, specific records of the food only date back as far as the late 1800s, with its first mention in American newspapers in 1905

October 29: National Oatmeal Day

A warm bowl of oatmeal starts a day off right. Add spices, fruit, nuts, or nut butters to add flavor. It's also a versatile ingredient. Add oatmeal to baked goods to create a delicious crumble. We use it to make granola, cookies, and bars.

October 27: Trick or Treat!

Celebrating Halloween with a Spooky Cookie at lunch.
Trick or Treat Pre K – 6 Oct. 17th – 26th



EVERYTHING
tastes fresher when
it's right from the
farm or garden!

chartwells
Discovery
KITCHEN