



August 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 Monroe Career & Tech are eager to welcome you and your student back to the school café with new flavors, events, and food and wellness education that surely to inspire a healthy and fun 2018-19 school year!

New Menus and Café Spaces

Chartwells K12 chefs and dietitians have been hard at work testing and developing a fresh, new menu for the coming school year designed specifically for our students that includes a wide variety of healthy and delicious options. These menus were created using tastings, everyday conversations as well as local food trends, flavors and produce.

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 showcases, full menu descriptions as well as café event information, and nutrition education. 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://monroecti.nutrislice.com>

Simply Good

Throughout the year, students will have the opportunity to learn about healthier food options through activities that we have planned in the school cafeteria through our *Simply Good* food and nutrition education program brought to the café by Chartwells chefs and dietitians. *Simply Good* has a culinary emphasis that focuses on healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins. Our monthly *Simply Good* newsletters are available on Nutrislice.

Payment Information

MCTI is cashless during lunch, this means we no longer accept cash/checks during lunch service. Checks and cash are still accepted at breakfast or in locked drop boxes, checks must be made payable to MCTI cafeteria. For your convenience you can add money to your child’s lunch account or see their purchases at <http://www.myschoolaccount.com>

Please be sure to submit your application for the free or reduced lunch program to your home school.

Meal Prices

	Breakfast	Lunch
Paid / Reduced	\$1.40 / \$.30	\$2.80 / \$.40

Fat free milk, chocolate or white, and low fat white milk is available with all meals. Students must take a serving of fruit or vegetable to qualify for the meal price.

Best Regards,

Gwyn Jones

Foodservice Director
Chartwells K12

To learn more about Chartwells K12, visit our website at <https://www.monroecti.org/> -resources- cafeteria

