



August 2022

Dear Parent(s),

Back to school is an exciting time for students and families. We'd like 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 and food and wellness education that are sure to inspire a healthy and fun 2022-23 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 school menu, nutrition and allergen information right to the palm of your hand! In addition to nutrition information, Nutrislice showcases full menu descriptions and nutrition education. Nutrislice is available online and on smartphones! 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>

Discovery Kitchen

Throughout the year, students will have the opportunity to learn about healthier food options through our *Discovery Kitchen* food and nutrition education program. *Discovery Kitchen*, created by Chartwells chefs and dietitians, has a culinary emphasis that focuses on healthier meal options that include fruits, vegetables, whole grains and lean proteins. Our monthly *Discovery Kitchen* newsletters are available on Nutrislice.

Payment Information

For your convenience you can add money to your child's lunch account or see their purchases at <http://www.myschoolaccount.com> MCTI is cashless during lunch to help students move through the line in a timely manner. This means we no longer accept cash/checks during lunch service. Checks and cash are still accepted at breakfast or in locked drop boxes located outside of the main office and the back entrance to the school; checks must be made payable to MCTI cafeteria.

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

Meal Prices

	Breakfast	Lunch
Paid / Reduced	\$1.50 / \$.30	\$2.90 / \$.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.

We look forward to seeing your students in the café!

Best Regards,
Ellen Heller
Foodservice Director
Chartwells K12

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