

Mattawan Consolidated School November Nutrition Newsletter



The Happiest Place in School Welcomes You!



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Special Events – Global Eats Goes to Italy!

What's New in the High School Café!

chartwells 
serving up happy & healthy

This Month in Discovery Kitchen

November is Let's Get Cooking month in the cafes! Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends.

Enjoy this homemade recipe over the holidays!

Watch How to
Make Your Own
Apple
Cranberry Crisp

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KITCHEN
AT HOME



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LET'S GET COOKING



TASTY DISHES YOU CAN MAKE!



Reasons to Celebrate!

November 3: National Sandwich Day

Whether you stack it high or thin, National Sandwich Day on November 3rd recognizes one of America's favorite lunch items.



November 6: National Nacho Day

Since the time of the original nachos, the toppings have expanded. Today we add beef, chicken, and seafood along with a variety of seasonings. This snack even satisfies the pickiest eater. Whether you're a vegan to full-on carnivores, there's a nachos recipe for you.



#servinguphappyandhealthy

November 11: Veterans Day

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

November 13: World Kindness Day

An act of kindness is never wasted. That's why we're celebrating World Kindness Day in the cafeteria!



November 23: Happy Thanksgiving!



November 28: French Toast Day

Do you prefer them topped with fruit, syrup, or whipped cream? Try it whichever way you like as we celebrate National French Toast Day!



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Join us on a
food
exploration
celebrating
cultural
heritages

Global Eats



**Next Adventure, on to Italy,
where the main meal is lunch!
In Italian, lunch is 'il pranzo'**



What we know as Italian food often is an American interpretation. We're taking it back to Italy's roots with recipes such as Penne Pasta with Chicken all'Arrabbiata, Nonna's Meatballs Pizzalola, Roast Chicken with Creamy Mushroom Sauce.

Did you know?
Italians eat 60 pounds of
pasta per person per
year!



[Click Here to Visit
K12 Global Eats for
Interactive Travel,
Eat & Play](#)

What's New in the Café!

REFRESHED HIGH SCHOOL CAFÉ EXPERIENCE



Serving Room #1



Serving Room #2



[Click Here for Menus!](#)

High School Station Concepts:

Create

Wide Variety of Cuisines

Sono

Latin American Cuisine

So Deli

Made to Order

Subs & Wraps

Wild Greens

Made to Order Salads

Coming Soon

Grilled

Grilled Luncheon Fare

2.Mato

Italian Favorites like Pizza

On the Go

Grab & Go Meals