

Montesano School District

January Nutrition Newsletter



Welcome Back! Cheers to a Happy and Healthy New Year

Welcome to your monthly newsletter! We are excited to share our story with you! January is the Great American Road trip month in the cafes. The Great American Road trip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.

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chartwells
serving up happy & healthy

What's Happening on the Menu?
January 4: National Spaghetti Day
January 11: National Milk Day
January 28: National Blueberry Pancake Day

Days to look out for:
January 1st -Winter Break
January 15th- No School
January 26th – Early Release



● A Reason to Celebrate!

January: National School Board Recognition Month

Thank you, School Board Members! On behalf of all our Chartwells team members – and our 16,000 fellow associates across the country, we can't thank you enough for supporting our mission of serving up happy and healthy every day.

January 1: Happy New Year

New Year's Day is a holiday that is observed on the first day of January on the Gregorian calendar – which is January 1st. For many people, it is seen as the end of the holiday season, and it is also a day in which many people start their New Year resolutions.

January 4: Trivia Day

Test your knowledge on Trivia Day! Join us in the cafeteria.

January 19: National Pop Corn Day

Popcorn is one of America's favorite snacks, and what better way to honor this wholesome snack than by dedicating an entire day to it?! Join us in the cafeteria to celebrate National Popcorn Day

January 20: National Cheese Lover's Day

Get ready to 'Havarti' a 'Gouda' time, because it's National Cheese Lover's Day!

January 21: National Granola Bar Day

Granola bars are made from rolled oats, dry fruits, and honey, which makes them a good breakfast food or snack. They are popular among hikers and anyone else who needs food that delivers a quick energy hit.

January 22: Lunar New Year

Celebrate the traditional dishes of the Lunar New Year!

