

CCSD Monthly Newsletter

November 2023 Edition



Carson City
School District

Hello Carson City,
October was a great month, and
we would love to share some
good news with you!

- The monthly celebration of the hardworking teams of the district's nutrition program rolls on, we are featuring the team from Carson Middle this month!
- Our Discovery Kitchen theme for October was Seed to Table read on to see what was served up.
- Are you interested in having an impact on the nutrition program? We are looking for participants in our Menu Advisory Committee. Scan or click on the code to sign up for more information.



John Worring
Chartwells Director of Dining Services
775-283-2171
john.worring@compass-usa.com

We want to hear from you....Click the link or scan the code to take a quick survey and let us know what you think.



[CLICK HERE TO TAKE A SHORT SURVEY](#)

QUICK LINKS:

[Our Menus](#)

[Chartwells K12](#)

[Discovery Kitchen at Home](#)

[Mood Boost](#)

[Student Choice](#)

In October, we served a new side salad made from broccoli, carrots, and onions. It was a big hit at our middle schools and will make it onto our menu rotation after winter break!!



Ingredients:

- ½ tsp Garlic Powder
- 2 Tbsp Chopped Red Onion
- ¼ C Shredded Carrots
- 1 Cup Chopped Broccoli
- 3 Tbsp Ranch Dressing
- 1 tsp Italian Seasoning

Preparation:

- Combine all the ingredients into a mixing bowl, mix thoroughly and chill at least 1 hour or more for best flavor.



Did you know?

One cup of broccoli has more Vitamin C than an orange. Broccoli can be steamed, boiled, or roasted but to get the maximum nutrition value, the best way to enjoy it is raw.

Meet your local Nutrition Teams:

The Carson City School District is partnered with Chartwells to bring a quality food service program to the students of Carson City. The local nutrition teams are fully dedicated to making sure that the nutrition needs of the students are met everyday.



This month's featured team is from Carson Middle School. Bev and her team at Carson Middle School are always serving up some of the best choices in the district. Their care and service to the students and faculty of CMS are always top notch. This team is always looking for ways to elevate their program.



Pictured:

- Felipe Quintana, Bev Heath, Zerick Harris, Cari Craighead, and Lisa Copeland

Not Pictured:

- Maria Meda, Debbie Arteno



CMS offers a variety of infused waters at each lunch!!



The very popular taco salad option at CMS



Carson City
School District