

# CCSD Monthly Newsletter

## October 2023 Edition



**Carson City**  
School District

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

- **We held a Discovery Kitchen event for Elementary Students. Read on for more!**
- **As the monthly celebration of the hardworking teams of the district's nutrition program rolls on, we are featuring the team from Eagle Valley Middle this month!**
- **The special project in the works at the High Tech Center at CHS is in the final stages and will be launching soon!**

### IN CASE YOU MISSED IT:

**All enrolled students are eligible to get free a meal at breakfast and lunch periods for the remainder of the 23-24 school year.**

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Chartwells Director of Dining Services  
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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](#)

# Discovery KITCHEN

September's theme was **POWER UP!** The focus is on foods that give a healthy boost of energy when needed. Elementary students were given the opportunity to try a roasted sweet potato recipe as part of their lunch choices. One student at Fritsch Elementary told us upon coming up to the serving line that "It smells like the holidays!" and after eating the sweet potatoes came back to tell us that "It was better than candy!" The recipe is listed below if you'd like to try it at home!

## Roasted Cinnamon Sweet Potatoes

### INGREDIENTS:

- 1 ½ lbs. – peeled, diced sweet potatoes
- 4 tbsp. – orange juice
- 1 tsp. – ground cinnamon
- 2 tsp. – brown sugar
- 2 tbsp. – cooking oil
- As needed – pan spray

**Servings: 4-6**

### PREPARATION:

- 1) In a bowl, combine orange juice, cinnamon, and brown sugar.
- 2) Toss sweet potatoes and oil with the juice mixture and place on a well-greased baking pan.
- 3) Roast at 375 degrees until tender (about 20 minutes).



## POWER UP!

Power Your Performance



### Did you know?

Sweet potatoes are an excellent source of beta carotene, which can be converted to vitamin A and help support your immune system.

## Meet your local Nutrition Teams:

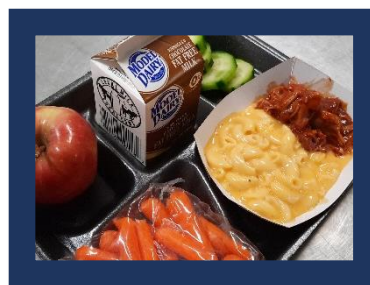
The Carson City School District is partnered with Chartwells to bring a quality food service program to the students of Carson City. The local nutrition teams are fully dedicated to making sure that the nutrition needs of the students are met everyday.



This month's featured team is from Eagle Valley Middle School. Denise and her team serve up some of the best food in the district. The students are given great options every day! The faculty often enjoy a great lunch during their workday too! The team is always friendly, smiling, and accommodating. They are always serving up happy and healthy!



**Kitchen Manager Denise Bruns with her crew: Roseanne Cusumano, Natalie Blaver, Tricia Walther, Denise Hettrick**



**BBQ Pulled Pork Mac & Cheese, a Student Choice winner!**



**Fresh, hot, delicious pizza, available every lunch!**



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