August 14th is the first day of the 2018-2019 school year! We are excited to start this new school year on a great note.

Just a few reminders to get us started...

- Breakfast, Lunch and Supper meals are **FREE** to all students!

- Monthly menus are available at [www.nutrislice.com](http://www.nutrislice.com), the Nutrislice App or at [www.sips.org/menus](http://www.sips.org/menus).

- You can find nutrition facts, along with any allergy information on these websites as well!

### Nutrition Spotlight

#### Monthly Promotions

- Be on the lookout for **Peaches** on the salad bar on **August 22**!

- Creamy **Peach** Oatmeal will be featured on the menu **August 24**!

- **Try-it-Tuesday** will feature a Spicy Marinara & Spaghetti with Savory Meatballs on **August 28th**!

#### Fruit of the Month

**Peaches**

**Did you know:**

- Peaches are a great source of vitamins A and C

- A large peach has less than 70 calories and has 3 grams of fiber

- “The World’s Largest Peach Cobbler” is made every year in Georgia. It measures 11 feet by 5 feet

- There are more than 200 kinds of peaches
Breakfast in the Classroom

Thanks to the generous granting funding of $259,268.67 from the Partners for Breakfast in the Classroom, Saint Louis Public Schools will launch the Breakfast In the Classroom in 46 elementary schools.

The Food and Nutrition Services (FNS) Department along with Southwest Foodservice Excellence (SFE), will launch the Breakfast In the Classroom (BIC) Program on the first day of school, Tuesday, August 14th. The BIC Implementation Plan will be rolled out in three different phases:

The following elementary schools will participate in the first phase: Carver, Ashland, Columbia, Dunbar, Farragut, Hamilton, Lyon Academy at Blow, Oak Hill, Gilkey Pamoja @ Cole, Peabody, Adams, Ford, Jefferson, Monroe, along with Madison Therapeutic School. Phase 2 will start on October 1st and Phase 3 will began November 5th.

Breakfast in the classroom has been shown to increase student’s readiness to learn, reduce visits to the nurse and limit behavioral concerns in the classroom—along with reducing tardiness in schools.

We are excited to offer this program and look forward to seeing the additional benefits for each of our students and staff!

For more information about the BIC Program go to Food Research & Action Center Website: www.frac.org/programs/school-breakfast-program

Supper Program

We are excited that the Food and Nutrition Services Department will be offering the At Risk Supper Program Afterschool Program through the Child and Adult Care Food Program (CACFP). The CACFP provides funding for snacks and suppers in organized afterschool programs.

This year, 27 elementary and 8 middle schools will participate in the program. The Afterschool Programs will serve healthy and nutritious meals and encourage each student to participate in safe and fun activities that promote learning.
Returning Programs

- **Roving Chef Program** - This program is a hands-on cooking class for students of all ages. Last year, there were 190 roving chef classes.

- **Nutrition Education Program** - In this program, students learn about different health and nutrition topics. The students also have the opportunity to participate in hands-on activities and enjoy tasty treats during class. Last year, there were 50 nutrition educations across the district.

- **Café Displays** - These are mini-nutrition educations held across the district. The students have a chance to learn health information while participating in taste testing. Last year, there were 29 café displays.

- **Taste Testing** - These give the students a chance to try new foods that they may not have eaten before.

- **Focus Groups** - This is a group of 10-12 students that come together to discuss the food being served on the monthly menus. The FNS Department and SFE have used this feedback to create menus and recipes that the students have enjoyed. Last year, there were 24 focus groups held.

- **Foodapolooza** - These events teach children all aspects of food and where food originates from. Students learn about harvesting, what is needed for harvesting, and even get to plant their own vegetable or fruit to take home. There were three Foodapolooza events held this past year.

- **Farmers Markets** - This program is designed to give students an opportunity to try a variety of fruits and vegetables in a safe environment. The students will learn about new foods and watch their peers try new foods as well. There were five farmers market events held this past year.

- **Health Fairs** - Health fairs are designed to bring the schools and communities together in order to promote health and wellness. Three health fairs were completed in 2017-2018 school year.

FNS and SFE are excited that we have the opportunity to continue these programs for the students. It is our goal to not only continue these programs but also expand them in the 2018-2019 school year. That means, we are planning to offer even more exciting programs this year.
Back Pack 4 Kids at Carver

Back Pack 4 Kids is a program that was started by Nedrita Williams who saw a need in her school community.

The program began with Nedrita suppling meals for three students over the weekend. Over time, the program continued to grow and Nedrita partnered with her Church Community to supply 15 families with backpacks full of meals for the weekend.

With the end of the 2017-2018 school year Nedrita is looking ahead and says, “I look forward to the next school year—to be bigger and more kids in the program.” We are excited to see this wonderful program growing and helping the kids this school year.

Special Diets

Is your child eligible to receive special dietary accommodations?

Such special dietary accommodations can be provided for students with celiac disease, diabetes, food allergies, PKU, dysphasia, and other physician prescribed dietary needs.

In order to provide these accommodations, proper documentation must be provided. Proper documentation includes a form signed by a licensed practitioner stating the dietary needs and accommodation that needs to be met.

With this documentation, the Food and Nutrition Services Department will provide a special menu and special menu items for your student.

Hydration

Healthy Hydration

Drinking plenty of water is good choice, especially between meals. Fruits and vegetables are also a great way to get the fluids you need.
Meet the Management Team!

Althea Albert-Santiago  
SLPS Director of Food and Nutrition Services

Tenecia Williams  
SLPS Accountability Specialist

Erika Hollinshed SFE Catering Specialist

Mike Butler  
Associate Director of Area Operations

Carolyn Penn  
General Manager of Foodservice

Jackie Martin-Baker  
Assistant General Manager

Krystal Simmons  
Nutrition Coordinator II

Emily Philips  
Nutrition Coordinator I

Sarah Drayton  
Nutrition Coordinator I

Amanda Bast  
Nutrition Coordinator I

Lionel Franks  
Assistant General Manager

Javan Thompson  
Assistant General Manager

Angela Walker  
Assistant General Manager

Belinda Starks  
Assistant General Manager

Joseph Somai  
Assistant General Manager

Richard Griffin  
POS Support Analyst

Brandon Butler  
IT Support

Gary Johnson  
District Chef

John Robinson  
District Chef

Patsy Walker  
Accounts Payable

Ravvy Clayton  
Manager, Human Resources

Karen Lee  
HR & Payroll Administrator