August 9, 2019

Dear Parent(s),

Back to school is an exciting time for students and families, and we are thrilled to join you as we welcome you back to school and back to the café! Lourdes Academy and Chartwells K12 are excited to introduce to you and your student to our brand new partnership that includes a school café full of new flavors, events, and food and wellness education that surely to inspire a healthy and fun 2019-2020 school year!

**New Menus and Café Spaces**
Chartwells K12 chefs and dietitians have been hard at work testing and developing a fresh, new menu for the coming school year designed specifically for Lourdes Academy students that includes a wide variety of healthy and delicious options. These menus were created using student input from surveys, tastings and everyday conversations as well as local food trends, flavors and produce. The new menu includes:

- Fun lunch Option for Elementary Student
- Grab N Go items for MS/HS Students
- Pizza offered daily for MS/HS Students

**Lunch Price for 2019-2020 school year**
- Elementary-$2.95
- Middle & High School-$3.05

**Mobile Menus are in Your Hands**
We are really excited to introduce you to Nutrislice, our powerful mobile and web app that brings the combination of the school menu, nutrition and allergen information right to the palm of your hand! In addition to nutrition information, Nutrislice tells the café menu story with real photos taken by Chartwells chefs in schools, full menu descriptions as well as café event information, nutrition education and food stories helping students connect the foods they eat in the café to its origins and health benefits.

Nutrislice is available online through smartphones from the web! Download the free Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web: https://lourdesacademy.nutrislice.com/

**Refresh**
In addition to a great food experience, students will be eager to see the new café in their school that includes all new signage, new stations at the middle and high school.

**Simply Good & Chefs2Schools:**
All year long, students will have the opportunity to learn about healthier food options through fun and engaging activities that we have planned in the school cafeteria. *Simply Good* has a culinary emphasis that focuses on healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins. In addition, students will have the opportunity to meet and engage with real Chartwells chefs through fun, exciting culinary demonstrations and new food samplings. We will feature a variety of themes and events - look for more information on these special events coming soon.
From the Café to the Community
Chartwells K12 and Lourdes Academy are excited to share new and community programs for the coming year, including our shared commitment to anti-bullying awareness and prevention. As a part of this commitment, we are introducing anti-bullying training to all of our team members as well as sharing with students #JustStandUp! #JustStandUp is our student and family focused social campaign that challenges students to stand up for those being bullied. The video was produced in collaboration with Hampton Creek and Prevent Child Abuse America and aimed at promoting positive social behaviors among students both live and in the digital space. Students will continue to see positive social behavior modeled and discussed throughout the café and for more information to support discussions with your child, please visit ChartwellsK12.com.

Best Regards,
Cathy Steinert
Director-Dining Services-Lourdes Academy
Chartwells K12

To learn more about Chartwells K12, visit our website at www.ChartwellsK12.com.