

August 2, 2017

Dear Parent(s),

Chicago International Charter Schools and Chartwells K12 are excited to introduce you and your student to our brand new partnership that includes a school café full of new flavors and food and wellness education that are sure to inspire a healthy and fun 2017-18 school year!

### New Menus

Chartwells K12 regional chefs and dietitians have been hard at work testing and developing a fresh, new menu for the coming school year designed specifically for CICS students that includes a wide variety of healthy and delicious options. The new menu includes:

- 🍷 **Pineapple Parfait with Granola** - Layers of vanilla yogurt, sweet pineapple, and homemade granola create a delicious breakfast parfait.
- 🍷 **Fajitas Chicken Rice Bowl** - Grilled Fajitas chicken strips served over brown rice, seasoned black beans, salsa scallion and fresh cilantro.
- 🍷 **Sweet and Sour Chicken** - Chicken bites in a tangy sweet and sour sauce, served over steamed brown rice.

### Food & Nutrition Education:

Throughout the year, students will have the opportunity to learn about their food and healthier food options through fun and engaging activities that we have planned in the school cafeteria. Through our Discovery Kitchen: Powered by Simply Good food and nutrition education program, brought to the café by Chartwells chefs and dietitians, students will learn about healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins.

We look forward to an exciting new school year with the opportunity to provide the best service to your student.

For questions about your students new food service program please contact:

Keleigh Green-Patton - Resident District Manager, Chartwells K12  
at **708-334-0997** or **Keleigh.GreenPatton@compass-USA.com**

**COMING TO:  
CICS IRVING PARK  
AUGUST 16, 2017**

**NEW  
MENU APP:  
NUTRISLICE**

Interactive  
Desktop or Mobile  
Allergy Info  
Nutrition Education  
[CICS.nutrislice.com](http://CICS.nutrislice.com)

**DELICIOUS  
NEW MENUS**

Chef Inspired Recipes  
Freshly Prepared Meals  
Fresh Fruit & Veggie Bars  
Fun Grab & Go

