



OCTOBER 2017

Los Alamos School District *Nutrition Newsletter:*

Annie's Frozen Yogurt

Last month, Los Alamos High School and Middle School added Annie's Frozen Yogurt to their daily menus. As we celebrated homecoming, the Toppers were treated to a special green or gold concoction with LAMS adding a blue cotton candy to celebrate the Hawk colors. Our school spirit continues into October.

Our yogurt is available for just \$2.00 with your choice of two flavors or combine them for a swirl.

Add a topping for just 25 cents, selecting from chocolate, caramel, strawberry or raspberry.

Natural ingredients/non-fat



Our taste testers Elise Chavez, our Chef Mia Holsapple and Katie Wingo.

Food Allergies

If food allergies or certain dietary needs are of extra concern for your family, contact our Food Services Director and Chef Mia Holsapple. Additional protocols or serving options can be put into place with some additional information provided by care givers.

Holsapple can be reached at 663-2401, by cell at 409-877-3911, or via email at Mia.Holsapple@compass-usa.com.



SunButter

As a nut free organization, Chartwells utilizes SunButter in place of traditional peanut butter. During October, Chef Holsapple will work with Kristen Pyle's baking classes to create cookies available for students to purchase. Pyle's students will have the opportunity to provide input, utilize their talents and sample their efforts as they help to create the perfect bite.



Nutrislice! Download the App today for free!

The Nutrislice app will allow school lunch menus to be available anywhere, including on your phone, computer, or tablet. Features of Nutrislice will allow you to:

- View current menus
- Filter menu items for allergies or dietary needs
- See nutrition information for menu items
- Translate menus into other languages
- ...and more!