



November 2017

So Thankful:



The Chartwells staff is thankful for the many students and staff that we serve each day.

During November, each school will have the opportunity to dine with their family members.

Our menu will include;
roasted turkey, mashed potatoes, green beans, a roll, vegetarian gravy and pumpkin pie.

Prices are \$5 for adults and \$4 for students. RSVPs can be done at each school. We ask that you have exact change or load the funds onto your school café account. Checks can also be made to Chartwells.

Aspen Nov. 14 Barranca Nov. 17th
Chamisa Nov. 13th
Mountain Nov. 17th Pinon Nov 16th
Middle/High School Nov. 15th
Check schools for RSVP dates!

Los Alamos School District

PUMPKINS



Pumpkins are rich in potassium, vitamin A and can be utilized from stem to seed.

November is Native American History Month and many Native American history refers to corn, squash and beans as The Three Sisters. Some in our local schools will even celebrate Rock Your Mocs Day or week, November 13th through the 17th.

If you would like more fun facts or recipes for pumpkins, visit www.allaboutpumpkins.com for more information.

Holiday Catering

Our Chartwells staff can assist you with any event from 4-400. Call Chef Mia Holsapple for information. 505-663-2401

