

# healthy for life™

The Child Nutrition Department's Monthly Newsletter



April 2018

## Financial Performance and Operations Excellence

We increased in participation again in April. In the 20 days of April, we served 24, 581 meals which is 11 more daily meals than in March and brought in \$21, 623.10 in total ala carte and adult meal sales which was an increase per day from March. We are gearing up to finish the year strong with participation and reducing food cost. We opened a new Tortilla Line at the high school for lunch in April which was a huge success.



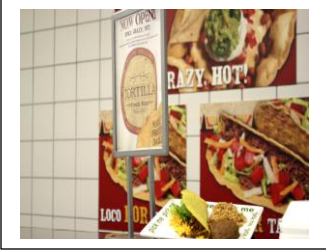
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	March 2018 Total 2,446
<b>Service Days</b>	20
<b>Meals Served</b>	24,581
<b>Meals per Day</b>	1,229
<b>Federal Reimbursement</b>	\$43, 939.83
<b>Local Sales</b>	\$21,623.10

## Meal Participation

### Tortilla Line is Now Open!!!!



Staff and Students are enjoying the made to order Tortilla Line that includes crispy tacos, soft taco, burrito and Nachos with rice and beans and loaded up with condiments including salsa, sour cream and jalapenos.

**Coming Soon!**  
Summer School Breakfast and lunch at Monaco Elementary

#### ***Our Mission***

The mission of the Aubrey I.S.D. Chaparral family is to *inspire, nurture, and empower* all students to realize their potential and to succeed in an ever-changing world.



## Nutritional Education

### The Goodness of Whole Grains

#### Ways to Boost Your Family's Brain Health

**Do Breakfast ...** Everyday your body is like a car on empty in the morning. After you've slept through the night it's time to "break" your "fast" by eating. Your brain relies on carbohydrates first and then protein for energy, while certain fats are critical for overall brain health.

Studies show students who eat breakfast tend to do better academically, have better brain function in school, and are absent less. But if breakfast at home isn't always an option for your kids, check out your school's breakfast program that provides a delicious, nutritious meal to fuel them up for the start of their day.

**Eat More Fish.....**Omega-3s are essential fatty acids that help feed the brain and keep it healthy. One of the best sources of omega-3s is seafood, such as salmon, albacore tuna, halibut, and shrimp. Aim for at least two (4-6 ounce) servings a week.

**Exercise.....**We know exercise is important for our physical health, but did you know it can help keep our brains healthy too? Studies show regular physical activity can increase brain activity in students and put them into a better position to learn.

**Get Enough Sleep.....**Lack of sleep can affect your mental health – such as problem-solving and attention to detail skills – as well as your physical health. Experts recommend school-aged children get 9 -11 hours, teens 8 -10 hours, and adults 7-9 hours each night.



Our mission is to deliver experiences that enrich and nourish lives at the moment of truth.



# Employee Appreciation



We celebrated the Cafeteria Workers in April. They received a gift which included an Aramark tumbler, goodies inside, and a note attached for our appreciation to them. They also received a specialty cupcake for a little treat to say thank you for all your hard work this year.



**Helping Give Back!!!!**  
The Child Nutrition Department donated sun butter and jelly sandwiches and juice to the Blood Drive that was sponsored by the high school.

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