

# Casa Grande Union High School District November Newsletter



## Welcome Fall

Welcome to your monthly newsletter! It's the month to Give THANKS! Here at the Casa Grande Union High School District, we want to show our thanks through food!



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chartwells   
serving up happy & healthy

## A Reason to Celebrate!

### November 3: National Sandwich Day

When was the first ever sandwich?

In 1762, John Montagu, the 4th Earl of Sandwich®, invented the meal that changed dining forever.

Sandwiches are still going strong out of one of CGUHD's favorite stations, the So Deli station.



### November 9: National Greek Yogurt Day

Eating 1 cup of yogurt can provide almost half of your daily calcium needs. It also contains other vital nutrients. Humans have consumed yogurt for hundreds of years. It's very nutritious and eating it regularly may boost several aspects of your health. Come by and pick one up in the snack bar. Come early we sell out of our parfaits every day !!



### November 12: National Pizza with the Works Except Anchovies Day

Our Pizza station is another student favorite. Our pizza Chef Frank makes sure we have a variety of flavors to cater to all students' pallets. Pizza usually is the first choice for lunch in the Tomato station, and finish before lunch is even halfway through!!



### November 14: National 'Guac' Day

#### WHO doesn't like GUAC?

Avocados found their origin in Southern Mexico, where they naturally grow. Because of this, guacamole was inherently created by the Aztecs who inhabited that region of Mexico. Avocados contain a lot of health benefits, natural fats, and nutrients. Try Guacamole in your burrito or tacos from the Sono line.



### November 23 : THANKSGIVING





# Better Together

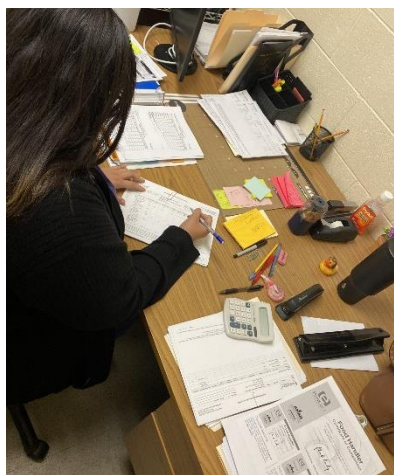
At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet our kitchen manager from Vista Grande High School Miss Tiffany Torres!!

**Miss Tiffany showing an employee the ropes**



**Tiffany Hard at Work !!**

Tiffany always makes sure production is where it should be



**Tiffany is that manager that gets in there and helps her crew**



Tiffany has been with Chartwells for 5 years. She started out in the Vista Grande High School kitchen as a food service worker. She handled Snack Bar, So Deli, and prepping!! She worked her way up to Kitchen Supervisor and now is our Kitchen Manager! She goes above and beyond to ensure production lines run smoothly for students and staff. Tiffany is not only a leader but a team player.

“We all Love Miss Tiffany!”

# What's on the Menu

This month we will be showcasing different Thanksgiving dinners for our students.



We will serve Ham with pineapple tidbits, mashed potatoes, gravy, and buttered carrots (Nov. 7)

The Classic Turkey Dinner ! (Nov.16)



*The Chartwells Way*