

## **Chartwells School Dining Services Partners with ESM**

Dear ESM Parents/Guardians:

Chartwells School Dining Services is honored and excited about the opportunity to serve the students, parents and administration of the East Syracuse Minoa Central School District.

As the new school year is fast approaching, we want to introduce ourselves and let you know that Chartwells has some great plans and new ideas for your school meal program.

Our mission, through our philosophy of EAT.LEARN.LIVE, is to ensure that we not only serve healthy and well balanced meals, but foods your children will want to eat.

We strive to make the dining experience special, so we are planning enhancements designed to appeal to students of all ages. We understand that although change can be positive, it is not without its challenges, so we will do our best to address any questions and concerns as they arise.

Our menus have been developed by our K-12 Chartwells team that includes registered dietitians and executive chefs. Meals exceed the USDA nutritional guidelines and we emphasize whole grains, fresh fruits and vegetables (especially seasonal, local produce), low fat milk, beans/legumes and lean meats. Reducing sodium and sugar is accomplished through our cooking techniques and the limitation of sweet desserts with meals.

All menus and program information will be available at [www.esmschools.org/food](http://www.esmschools.org/food) and updated frequently. Our goal is to provide a variety of age appropriate options and to entice your children to make healthy choices.

As we gain more insight by working with ESM's students, parents and administration, we will continue to enhance our services. Please contact us at 315-434-3304 or e-mail [esmfoodservice@esmschools.org](mailto:esmfoodservice@esmschools.org) with any questions or concerns.

Sincerely,  
Rose Montanaro  
Chartwells Director of Dining Services