



# Saint Louis Public Schools Food Services Newsletter

September 2025



## What's For Lunch?

Saint Louis Public Schools, in partnership with Chartwells K12, uses Nutrislice to publish school menus to an interactive website and free smartphone app.

### Get started today!

1. **Download** or open the app
2. **Find** your district
3. **Select** your preferred location and favorite it
4. **View** daily menu items

**nutrislice**



## It's Your Lucky Day! 😊

On lucky tray day, a sticker is randomly placed on student's lunch trays. The lucky student with the sticker on their tray wins a prize!

**chartwells**  
serving up happy & healthy

## DISCOVERY KITCHEN FUN

### FIT

#### Try this recipe!

- 1 – 10-inch flour tortilla
- 1 – banana
- 1/4 cup – sunflower butter

#### Method:

1. Evenly spread sunflower butter on tortilla
2. Placed peeled banana on top of sunflower butter
3. Roll up tortilla with the banana
4. Cut into 1-inch pieces



## WELCOME TO MEXICO

We brought Mexico to the cafeterias this month with our Global Eats program! Elote Style Corn was the featured recipe, and it was a big hit with the students. Students also took home recipe cards, stickers, bookmarks and coloring sheets.

## Global Eats

## UPCOMING FUN DAYS:

October 1<sup>st</sup> – Vegetarian Day  
3-Cheese Grilled Cheese



October 7<sup>th</sup> – Taco Day  
Beef Taco



October 8<sup>th</sup> – Apple Crunch Day  
Apple Cinnamon Parfait

