

## Petition from VES And Noah Hernandez

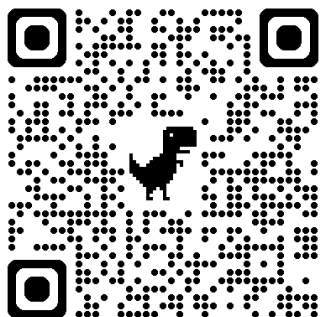
I got a letter and petition from Noah Hernandez recently asking to add French fries to the menu. It seems like all the 4th graders and other students signed it!

I always love hearing from the students about what they'd like to see on the menu. And I do my best to make their requests happen, if it fits within the guidelines we are required to follow.

The good news is, we can include French fries in the menu in the future. The USDA says that potatoes are considered a counted vegetable, so we can go ahead and add them! The menu for February was already planned before I received the request, but I'll make sure to include French fries occasionally this month.

Please refer to Nutrislice to see the dates where French fries are included.

Thank you,  
Noah

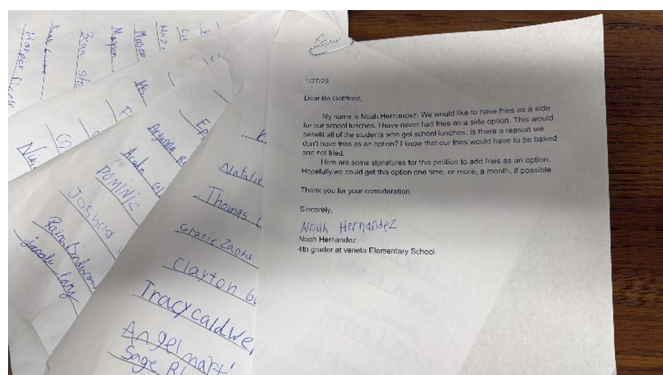


## November Cheers winner Melissa Gannon.

**Melissa is an absolute Rockstar at the High School Kitchen! She's taken on the tough job of cashier, and she's doing an amazing job. She makes sure the students get USDA-compliant meals, and she does it with a smile on her face.**

**The high school kitchen staff is mostly newbies, so Melissa has had to teach them all the ropes. She's shown them how to meet all the USDA requirements, and she's made sure they understand everything they need to know.**

**Melissa is a true asset to the kitchen, and we're so lucky to have her.**



### Nutrition Fun Fact:

Many fruits and vegetables are available in fresh, frozen and canned varieties. Frozen is sometimes more convenient and just as nutritious and fresh. Choosing frozen can be a good way of enjoying fruit or vegetables that are not in season locally.



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For questions or comments, please contact Chartwell's serving the Fern Ridge School District at 541-935-8218. This Institution is an equal opportunity provider.