



George County

Food Services Newsletter

August 2025



Welcome to George County!

We are thrilled to serve our students in the upcoming school year. We've already received wonderful feedback on our new menu items, and we're excited to continue offering delicious and nutritious meals.

Recently, we served **Cilantro Lime Corn**, and it was a hit with both teachers and students!

We also served **Orange Chicken** as a preview of an entrée coming to next week's menu — and it was a huge success! Both students and staff couldn't get enough.



Jimmy May
DIRECTOR OF DINING SERVICES
769-798-1707
Jimmy.may@compass-usa.com

HIGHLIGHTS



Discovery Kitchen in George County!

This past week, we brought our **Discovery Kitchen** experience to two schools and it was a huge hit.

August 5 – Rocky Creek Elementary

We served **Cilantro Lime Corn**, and it was loved by both teachers and students!

August 7 – George County High School

We featured **Orange Chicken** to build excitement for an entrée appearing on next week's menu and both students and staff couldn't get enough!



NUTRITION WITH AMBER

Back to School Health Tips



Back-to-School Nutrition Tips for a Strong Start

As kids head back to the classroom, fueling their bodies and minds with nutritious meals is key to helping them stay focused, energized, and ready to learn. Here are some practical tips to support healthy habits at home:

Start the Day with a Smart Breakfast

A balanced breakfast boosts memory, attention, and mood throughout the school day. Think whole grains, protein (like eggs or yogurt), and fruit.

Power-Packed Lunches Matter

Make sure lunches include lean protein, fresh fruits and veggies, whole grains, and a calcium source to keep energy levels steady.

Smart Snacking After School

Healthy snacks help active kids stay fueled until dinner. Try options like apple slices with nut butter, cheese and whole grain crackers, or yogurt with fruit.

Stay Hydrated

Water supports focus and energy. Encourage kids to carry a reusable water bottle and limit sugary drinks.

Family Mealtimes Matter

Set aside time to eat together a few nights a week. It builds connection and models healthy eating habits. Let kids join in by helping cook or set tables.

SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 chartwells Discovery KITCHEN AT HOME Central	3	4 chartwells Discovery KITCHEN AT HOME High School	5
8	9	10	11	12  Chocolate Milk Day All Schools
15	16 chartwells Discovery KITCHEN AT HOME Middle School	17	18 STUDENT CHOICE FOOD YOUR WAY High School	19
22	23	24	25	26  Happy Pancake Day All Schools
29	30			