



# SCHOOL DISTRICT OF MONROE

---

## New Programs from School Nutrition Services!

The Child Nutrition Services Department is made up of a team of food and nutrition professionals who are dedicated to students' health, well-being and their ability to learn. They are taking the lead to promote nutrition and fitness for our students. Check out our district's interactive and user friendly School Nutrition website: [www.cheesemakercafe.com](http://www.cheesemakercafe.com) and learn how you can eat right and stay fit! Good nutrition leads to great academic performance. When your nutritional needs are met it is easier to focus and learn. When you are physically fit you are more alert, more positive and enjoy a better quality of life. Combine good nutrition with physical activity and you will have a winning combination to succeed in school.

Director of Nutrition Service, Eric Ekum, and his team are **Educating and Inspiring Excellence** for our students by promoting health and fitness as well as our district's Wellness Policy. Along with information about meal components, menus, meal applications, and online payments, you will find interactive nutrition lesson plans, nutrition videos, nutrition games, fitness calculators, fun activities, and healthy recipes...and it is all updated quarterly!

Now finding nutritional information right from our menus is a cinch! Hovering over menu items reveals the item's nutritional information, allergens, and allows students to rate menu item. Our goal is a 5 Star rating for our meals focused on meeting and exceeding USDA guidelines.

## Check out nutritional information and our Nutrition Services Mobile App on the go!

New!  
Free Mobile Menu App



Download our NEW- FREE Mobile App for Interactive Nutritional Menus at your fingertips, make online payments and more!



App Store



Google play

Eating healthy is a life choice that should be taken seriously. The incidence of overweight children, Type II Diabetes and other health concerns are constantly on the rise in America and are directly related to poor eating habits and lack of exercise. Learn what you should be doing about it on our website or check out our parent newsletters, nutritional information, and more on our Mobile App!

At the School District of Monroe, it is **Cool to Eat at School** and Child Nutrition Services is committed to helping you form the healthy habits today that will last a lifetime!

---

[www.CheeseMakerCafe.com](http://www.CheeseMakerCafe.com)