



## JACKSON COUNTY FOOD SERVICE NEWSLETTER

### Chocolate

#### Did You Know?

- ~ Eating Chocolate began in 1674 when the first chocolate cake was baked.
- ~ Americans eat chocolate at the rate of 11.7 pounds per person per year.
- ~ 71% of American chocolate lovers like milk chocolate the best.
- ~ The melting point of cocoa butter is just below human body temperature- this is why chocolate melts in your mouth.
- ~ Dental studies report that eating chocolate does not cause cavities.
- ~ Repeated studies have shown that chocolate does not cause acne, or make it worse.
- ~ Chocolate is poisonous for your pets!!!

Valentine's Day is Sunday, February 14<sup>th</sup>, 2010!!!

Happy Valentine's Day!!!



**TOKAY'S**

**TIDBITS** 

**HAPPY BIRTHDAY TO:**

**LINDA ADKINS-  
FEB 3<sup>RD</sup>**

**SHELLA**

**February**

- ~ February is the second month of the year.
- ~ February is the only month without 30 days.
- ~ Once every four years you add an extra day for Leap Year.
- ~ We add an extra day to February every four years so that we can realign the seasons with the months.
- ~ February holidays in the U.S. are:  
Groundhog Day on Feb. 2<sup>nd</sup>, Valentine's day on Feb. 14<sup>th</sup>, and Presidents Day on the third Monday of the month.

### Pay Student's Meals Online

Tired of writing checks or sending cash for your child's meals? You now have the option of paying online. Using the web page, [www.mealpayplus.com](http://www.mealpayplus.com), you can set up an account for your students and you can make standard payments or auto-payments right from your computer. You will need your student's ID number. If you do not know your child's student's ID number, you can contact the child's school or the Food Service Office. With meal pay plus you can keep track of your balance and set it up to notify you by email when the balance of each of your students' account goes below the set limit.





**Valentine's Day Special**



Happy V-Day

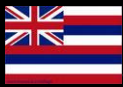
Around the world, there are hundreds of ways to say "I Love You". Here are just a few:



- Bulgarian – Obicham te



- Dutch- Ik hou van jou



- Hawaiian- Aloha wau ia oi



- Japanese- Aishiteru



- Portuguese- Amo-te



- USA- "I LOVE YOU"

No matter how you say it, it always means the same thing! Be sure to let everyone you love know how much they mean to you this Valentine's Day!

Happy Valentine's Day from  
Sodexo and Jackson County  
School Board Food Services!!!

What's happening in a school near you?

~ Coming in March 2010: National School Breakfast Week March 8-12, 2010! We will be featuring Mighty Muffin Squares, Souped-Up Cereal, French Toast, Breakfast Burritos and Granola & Yogurt!  
~ Please come and join your child for Breakfast during this exciting week!



**S.S.S.**



**Sodexo Staff Spotlight**

Kym Carmadella

Kymberly, or Kym as she is known to the Food Service Family, has been working with Food Service for two years. She has been a manager at Sneads High School for a year and a half. Kym has two children, Ashley and Taylor Logan, and treats the children at Sneads High like her own. Kym strives for excellence everyday as a manager for Sodexo Food Services and expects her staff to do the same. She always greets each child with a smile to help brighten their day. Kym and her wonderful staff strive to serve nutritious, quality food that the students as well as teachers and staff will enjoy eating. She also treats her co-workers with respect, just as she would want to be treated by them. We enjoy working with Kymberly on a daily basis as a manager and a friend and we hope that there are many more years to come! Thanks for everything you do for Sodexo Food Services, Kymberly!

- **School Menus available online at [www.sodexhoeducation.com](http://www.sodexhoeducation.com)**
- **Use [www.mealpayplus.com](http://www.mealpayplus.com) to pay for your Child's Lunches**
- **Free & Reduced Application are available to all students**
- **Kids check out Lift Off's website at [www.liftoffsplayground.com](http://www.liftoffsplayground.com) for great activities and fun!**

**EXTRA! EXTRA!**

**For help with surviving Valentine's Day, visit:**

<http://www.history.com/content/valentine/survival-guide>

**Or for a fun Valentine's Day game, visit:**

<http://www.history.com/content/valentine/game-dating-through-the-ages>

**For some great ideas for activities you can do with your child, visit:**

<http://www.dltk-holidays.com/valentines/index.htm>

**For more information about chocolate, visit the Hershey website at**

<http://www.hersheys.com/kisses/home.asp>