



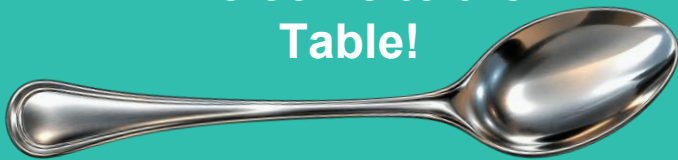
Language Academy of Sacramento Food Services Newsletter

September 2026

Serving Up a Great School Year!

Fresh flavors, happy students, and more to come. ♥

Welcome to the Table!



We're excited to be serving the LAS community this school year! Our Chartwells team is here each day preparing breakfast, lunch, snacks, and supper for our Jaguars. We hope everyone has been enjoying the menus so far, and we're looking forward to bringing new menu items, fun promotions, and more throughout the year. Thank you for welcoming our team into the LAS community!



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Pizza Daze Craze

Our Jaguars have been going crazy for pizza, so we're making it official! Every Wednesday is now Pizza Day! Students can look forward to favorites like classic cheese and pepperoni, along with a specialty pizza featured each week. Keep an eye on the menu to see what we're serving up next!!

Have a
Question
for our
kitchen?

chartwells
serving up happy & healthy



**Scan Me
Now!**

Wondering what's on the menu?

Nutrislice makes it easy to view our school menus online anytime! Families can see upcoming meals, explore menu items, and view helpful nutrition and allergen information all in one convenient place.

Check Nutrislice regularly to see what's being served and stay up to date on our latest menus!

Coming to a salad bar near you!

QUICK PICKLED CUCUMBERS

**A PINCH
OF FUN**

INGREDIENTS:

- 2 large cucumbers, thinly sliced
- 1 small onion, thinly sliced
- 1 cup white vinegar
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 teaspoon mustard seeds
- ½ teaspoon celery seeds
- ¼ teaspoon turmeric
- Pinch red pepper flakes (optional)
- 2 garlic cloves, sliced
- Pinch black pepper

STEPS:

- 1 PREP:** Slice cucumbers and onions thinly and place them in a large bowl.
- 2 MIX:** In a small bowl, whisk together vinegar, sugar, and salt until dissolved.
- 3 SEASON:** Stir in mustard seeds, celery seeds, turmeric, garlic, and pepper flakes.
- 4 COMBINE:** Pour the mixture over the cucumbers and onions.
- 5 CHILL:** Let sit in the refrigerator for at least 30 minutes to develop flavor.
- 6 SERVE:** Enjoy cold as a crunchy topping for sandwiches or as a refreshing side.



FUN DAYS:

September 25th we celebrate the hardworking team behind the meals that keep our Jaguars fueled and ready to learn!



September 26th
Keep your breakfast stacked!

NEXT MONTH:

**Gear up for a pizza packed
National School Lunch Week!**



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