

CSDB November Newsletter

Dear CSDB Students, Families, and Staff,

With fall firmly in place, we're excited to welcome meals that bring warmth, comfort, and a taste of discovery to the table. This month, our menu continues to explore global flavors with dishes that balance familiar favorites and new experiences.

Bánh Mì

This Vietnamese sandwich blends fresh ingredients and bold flavors. Traditionally served on a crisp baguette, it combines savory meat with pickled vegetables, cucumber, and a hint of spice. The Bánh Mì is a delicious reminder of how cultures influence one another—born from the mix of French and Vietnamese culinary traditions during the 19th century.

Meatball Sub

A hearty classic, the Meatball Sub is a staple of Italian American comfort food. It originated when Italian immigrants in the early 1900s adapted their traditional meatballs and tomato sauce into a sandwich—perfect for busy workers needing a filling, portable meal. Today, it's loved for its rich sauce, melted cheese, and cozy appeal.

Beef Lo Mein

This Chinese-inspired noodle dish is all about balance—soft noodles, tender beef, and crisp vegetables tossed in a savory sauce. Lo Mein has been enjoyed for centuries, with its name meaning “tossed noodles” in Cantonese. It's a flavorful way to enjoy a mix of textures and tastes in one comforting bowl.

Looking Ahead

As we approach the holiday season, our focus remains on serving wholesome, satisfying meals that spark curiosity and connection. Thank you for supporting our mission to provide nourishing food and cultural exploration for CSDB students.

Warmly,

The Nutrition Team