



*Meet the Member*  
**STEPHANIE CHAMPEAU**  
 COOK  
**FRIDLEY HIGH SCHOOL**  
**FRIDLEY PUBLIC SCHOOLS**

*“My favorite thing is the students. I enjoy getting to know their names and seeing them smile when I’m serving one of their favorite meals”*



**How did you get involved in MSNA, and in what ways has your membership supported your career?**

*I joined MSNA when I began my career in school nutrition back in 2019. MSNA has helped me to improve my knowledge of school nutrition and continue my education in the field. Things continue to change in school nutrition, so there are always new things to learn.*

**What do you think people don’t realize about school nutrition that they should?**

*How much work goes into serving and preparing nutritious meals for our students every day. This job is very physical and fast-paced. We don't have a lot of downtime, which, personally, I love.*

**How have you been mentored in your school nutrition career?**

*I have been mentored through meetings with management where we have discussed ways to improve my performance, which has helped me to build confidence and grow professionally. I have also been mentored by watching my coworkers and learning from them. Seeing what works for them and adjusting to fit my duties.*

**What’s the most popular meal on your lunch menu, and do you have a personal favorite?**

*Any meal that includes chips. Such as, General Tso's chicken. Another big hit with our students is the burrito bowl, which also comes with chips. I have several favorites, but I would have to say it's a toss-up between our Carolina chicken chili and our homemade Chicken Alfredo Pizza.*

**Your role involves preparing meals for various programs - how does what you do change for students of different ages?**

*Although I don't get to spend a lot of time with the special education students, seeing them every morning brightens my day. Some of these students don't enjoy change and they like to have the same breakfast items daily. I try my best to make sure I always have what they want set aside and ready for them.*

*The preschool and childcare programs receive smaller portions than the high school and VISTA students. There are also some students with special diets in the preschool program. With these students, I take care to prepare and package their meals separately. I also make sure they don't receive any products they may be allergic to.*

**What do you enjoy most about your position?**

*My favorite thing is the students. I enjoy getting to know their names and seeing them smile when I'm serving one of their favorite meals. Knowing that there are students who look forward to seeing me every morning motivates me and inspires me to continue my work in school nutrition.*

- Stephanie Champeau, Cook at Fridley High School

***“Stephanie Champeau is one of the first people our students see each morning. She always has a smile for them and greets them by first name. She is patient with the students, especially our special education students. Stephanie takes great pride in her work and understands how important our meals are in our school community”***

*-Renee Arbogast, MSNA Education Chair*