



Parents Guide to Food Service

Read All About It!

A Note from Kendell

Welcome back to a new school year 2015/16! The entire Food Service Dept staff is so happy to start another exciting year. My name is Kendell Paty, I am the Food Service Director, and I have 30 years of experience with schools. If you have questions or concerns you can reach me at the District Office ext. #5010.

The managers and I planned an exciting menu for August. We included most of the student favorites along with some new scratch cooking recipes we worked on. We hope that the students will enjoy our menu and the food that our staff prepare.



Food Service provides **BREAKFAST IN THE CLASSROOM** to all our students. Breakfast is full of whole grain items, fresh fruit, 100% juice and some protein. Our muffins are whole grain, reduced fat and very good. Donuts, breakfast bars, cinnamon rolls are much healthier than the names sound. We just do not tell the students that they are eating something that is good for them.

Our Breakfast and Lunch menus are entered into a nutritional analysis program. To ensure that we are meeting the USDA daily requirements, we monitor how many calories, % of fat, milligrams of sodium that we serve our students.

We try to plan menus that the students will like. We add something new about once a month to expose them to new flavors. We served Gumbo for Mardi Gras and made Chinese stir-fry with brown rice. Over the past year, we had our students eating okra, edamame, sweet potato, all kinds of new things.

We serve both Breakfast and Lunch at no cost to all our students.

If you have questions about the Food Service Dept, please call me at (623) 478-5010.

FREE/REDUCED MEAL APPLICATIONS

Union School District Food Service Department qualified for a program through USDA called Special Assistance. It is for districts with high Free/Reduced numbers. All of our students can eat Breakfast and Lunch at NO COST to the parents.

This school year we are collecting Free/Reduced applications from every family.

We ask that parents please fill out the form and return to school with your student. We usually get a form at each school site, to ensure speedy change of your child to the correct status in our computer system.

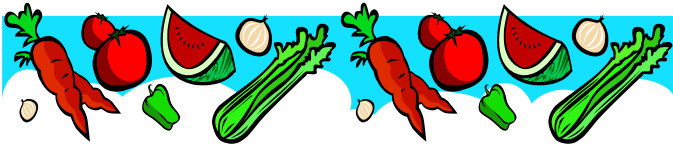
The Free/Reduced numbers affect the entire school district. Most departments use our numbers when applying for grants, E-rate, Title 1 and special events at the schools. If we get great numbers this year, then we will not have to collect applications for 3 more years. So please fill out a form at each school site. If you have any questions or need help, please contact Kendell Paty at 623-478-5010.

Special Diets/ Food Allergies

If your child has food allergies or requires a special diet, contact the school nurse. The nurse will have a form that needs to be filled out by the parent or possibly by a medical professional. The Food Service Dept wishes to feed all our students a safe and healthy meal that they will enjoy. We cannot make menu changes until we get information from our school nurse.

Please remember that no outside food is allowed to be brought in and fed to students, unless it is in a sealed package. Examples include bakery container of cookies, indiv bag of chips, etc. No staff or parent can make food at home and bring in to serve to students.

We have many students that have food allergies & food sensitivities that require us to be especially careful about what goes into classrooms. Everything needs to be sealed, with ingredient labels. Some classes are nut free rooms, where no tree nut or peanuts are allowed in the class.



Fresh Fruit & Vegetable Bars

At lunch, we offer a fruit and vegetable bar to our 2nd- 8th grader students. We discovered that our Kindergartner and First Grade students need some help at mealtime. The food service staff prepares individual servings of fruits and salads, put on the serving lines and helps our younger students make selections.

Second-eighth graders serve themselves at mealtime. We try to put things on the fruit/veggie bar that will compliment today's lunch. Jicama, salsa, chopped tomatoes will be offered on a tostada lunch. Bean sprouts, mandarin oranges might accompany an Asian lunch. My favorite Greek menu gets cucumbers, tomato and yogurt sauce.

Daily the students will have green salad and 2-4 kinds of fresh vegetables. We try to offer all colors, textures, flavors of vegetables. We offer two fruits every day; we try to offer fresh fruit when it is in season.

We are starting the year with yellow watermelon on our salad bars. When we offered it last year, the students were very hesitant to try it. They loved it, starting calling it "magic melon". Unfortunately, it is only available for a few weeks in July and August. Therefore, the kids have had to wait a whole year before they can eat it again.

We made a list of some fun and different things to put on our salad bars. I was smiling watching student's debate about eating a salad of black beans & roasted corn. One tiny bite and a decision if they wanted to eat any more. Surprisingly, the beets were eaten by about 1/2 of the students; the baby ears of corn were a hit once the kids figured out how to eat them.



Chef Laura the Manager at Hurley teaches cooking classes to children. Leslie and Julie are both mom's with several kids. I am a great-aunt of two 7-year-old girls. All of us get in the kitchen and involve our kids in helping to prepare food. We find that when the kids are involved that they will tend to try new foods and be more receptive to flavors and textures.

We are hoping to post some kid friendly recipes on our website. Things that you can make with your kids, it will be an adventure for everyone.

This is a favorite recipe with our kids. Most of the kids can make it by themselves, with very little supervision from us moms.



Yogurt Pie

- 2 (6oz) containers of fruit yogurt (same flavor)
- 1 container of Cool Whip, 12 oz thawed
- 1 graham cracker piecrust
- 1 or 2 drops of food color—optional
red for strawberry yogurt, blue for blueberry, etc.

Put 2 yogurts into a large bowl, give a quick stir. Add half the Cool Whip and stir together. Add food color dye if you want. Gently stir in other half of Cool Whip— think fluffy Grace says.

Pour into graham cracker crust. Let set in refrigerator for a couple hours. So good on a warm night.

- You can use non-fat yogurt, reduced fat Cool Whip, and reduced fat piecrust if you want to.
- Adults can help slice fresh strawberries to add to the pie if you want. Maybe wash a handful of fresh blueberries or raspberries.