

Tasty Tidbits

WHITEHALL CENTRAL SCHOOL DISTRICT
DEB MACKEY, FOOD SERVICE DIRECTOR APRIL 2019

NEW!!

- HAVE YOU CHECKED OUT THE COUNTRY CUPBOARD AT THE JR-SR HIGH? IT'S THE FREE SCHOOL STORE FOR ALL STUDENTS. STOP BY. WANT TO MAKE A DONATION?
- SEE MRS. MACKEY

Just for fun...



What's the worse part of being an

octopus??

Washing "all" your hands before meals!

School Café News— Parent Info

Why should your students buy school meals? Cafeteria meals are healthier than ever because of the updated National Nutrition Standards. Plus, if your student gets breakfast and lunch at school, Mom and Dad won't have to think about packing meals!

All students are offered five meal components; whole grains, protein, vegetables, fruits and milk. In order for your student's meal to be considered a reimbursable meal, three of the five components must be taken and one of those three must be a fruit.

What does "reimbursable meal" really mean? The (SED) State Education Dept (CN-Child Nutrition) and the Federal Gov't pay the school district for each reimbursable meal served. Students have meal eligibility determined in one of 2 ways. A student may receive SNAP or MEDICAID benefits and be a "directly certified" student and automatically receive free meals, or a parent/

guardian may fill out a Free/Reduced application and eligibility may be determined based on financial status. The number of persons in a household and all sources of income determine eligibility. By this application, a student may qualify for free or reduced cost meals. If income ratio to persons in the household fall outside the parameters, then the student is considered a fully paid student.

Each year the SED sets the reimbursement rates for school districts. At present Free meals are reimbursed at a rate of \$1.89 for breakfast and \$ 3.43 for lunch.

Reduced meals are reimbursed at a rate of \$ 1.65 for breakfast and \$ 3.17 for lunch.

Fully Paid meals are reimbursed at a rate of \$.31 for breakfast and \$.43 for lunch

Think about how you could serve the required components and cover all costs with the revenues we have to be sustainable.

It's a challenge for sure!

The USDA offers some "free" foods to all school districts. These are called commodities and the dollar amount that is awarded to each district is determined by the number of free and reduced eligible students that were in the district the previous year. This years meal rate is \$0.34 per eligible student.

The items managers are permitted to choose from include canned fruits and vegetables, peanut butter, cheese and a few meat items. Food Service Directors must preplan and calculate what they might need a full year in advance. The challenges are menu planning and incorporating commodity foods along with other items that students like and coming up with an approved menu.

It is crucial to the Food Service Directors to try to get feedback from students and parents about menu items that kids like. We are constantly conducting surveys and doing taste tests to make every accommodation to satisfy the students.

It is more important than ever for the Food Service department to manage their debt. Parents of students with negative meal account balances will be notified by robo calls and mailings to keep them informed. If you are struggling to pay a meal debt, please call and set up a payment arrangement.

518-499-1770 ext 2013

Free and Reduced meal applications may be submitted at anytime during the year.

If your families financial status has changed, contact Mrs. Mackey and fill out a new application.

We have Salad bars in BOTH schools now!



The Salad bar is included in all entrees purchased at lunch time and there is NO extra charge for it! If your student does not want the vegetable that is offered on the daily special menu, they may choose to go to the salad bar. We offer a variety of fresh crisp greens including, romaine, mesclun and baby spinach, tomato, cucumber, celery, carrots, red onion, radish, mushrooms, broccoli, and both fresh and canned fruits. Roll & margarine are also included!

Jr-Sr High Offers Daily DELI Bar

In addition to the hot entrée on the menu, and the daily Grab 'N Go entrees, we now offer a full made to order deli line. Students have choice of bread, Kaiser roll, sub roll, wrap or flatbread, roast turkey, baked ham the salad special of the day (chicken, egg, ham, seafood or tuna salads), choice of American, Swiss or provolone cheeses, lettuce, tomato & red onion. Mustard, mayo, cranberry mayo also offered!

Parent to Parent

Cut back on processed foods. Most prepackaged and processed foods have higher sodium and sugar than fresh ingredients.

In The Kitchen: Rice Bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook Brown rice and divide into bowls for each person.

Breakfast—top rice with scrambled egg, peppers, and cheese

Lunch—top rice with diced chicken and veggies like corn, peas, carrots....add some low sodium soy sauce or teriyaki and sesame oil

How about Rice Bowl Taco? Add seasoned beef, beans, cheese and salsa



How Much Juice is TOO much?

Should you limit the amount of juice your kids drink? The answer is YES!

Believe it or not, a 12 ounce glass of apple juice can contain as much as 10 teaspoons of sugar! (the same as in a can of cola) and. . . A glass of grape juice can have as much as 15 teaspoons of sugar! Encourage your kids to eat fruit rather than drink juice.

They will consume fiber along with more nutrients. Limit juice to one glass a day

Choose varieties that are marked 100% juice and stay away from those called "fruit drink" or from concentrate. The best choices are orange juice and grapefruit as they have more natural vitamin C and less sugar!



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Do You Know Our Fabulous Lunch Ladies?

Gail Lavoie—Cook Manager in the Jr Sr High School

Deb Dunbar— Assistant Cook

Betty Terry—Food Service Helper

Becky Westerman—Food Service Helper

Misty DiResta—Food Service Helper

Welcome to Charity Davis NEW Food Service Helper

Christine Stark—Cook Manager in the Elementary School

Brandy Barbur NEW-Assistant Cook

Danielle Holman—Food Service Helper

Jessie Westerman—Food Service Helper

Heather Daniels—Food Service Helper

Aya Greenough—Food Service Helper

We also have a great group of on—call substitutes!

Mary Ellen Ellis

Joyce Leipfert

Patti Perry

Candy Robinson

Kathy Greenough

Gail Long

Deborah Mackey, Food Service Director

Would YOU or your student like to be part of a menu planning committee?
See Mrs. Mackey or call 518-499-1770 ext 2013

Something NEW! After School Snack Program

The Jr Sr High School has been approved by the State Education Department to offer an After School Snack Program for any students staying after school for any type of enrichment. That means, sports, clubs, study groups, drama club etc., and the BEST part? **It's FREE for all students!**

The menu changes daily and offers a snack and a beverage.

KUDOS to the National Honor Society students who man the After School Snack Program and make

This offering a possibility. They're doing a great job and we all appreciate their commitment and efforts.



Move MORE!!

Run, Walk, Run!

Running is a great whole body workout.

Lace up your sneakers and get movin'!

Find a partner and make it even more fun.

Run for 30 seconds, then walk for 30 seconds, then run again! Build up your stamina with a short run each day and build speed as you go.





Something NEW!!

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Did you know the Food Service Department offers catering services? For any kind of meeting, classroom party or event. We can custom design a plan to suit your budget. Give a call 518-499-1770 ext 2013 to schedule your event.

Did you know you can prepay and monitor your student's meal account? Sign onto to www.MySchoolBucks.com and get going!

Did you know that The Tri County Food Service Directors have launched a brand NEW \$500 scholarship starting this year? Any 2019 graduate who intends to further their education in the field of food service, hospitality, nutrition, healthcare food service is eligible to apply. See Mrs. Mackey or a guidance counselor for an application!

Iron Chef Competition– April 12th

The Food Service Team is hosting a contest to design The BEST Grilled Cheese Sandwich! You may enter alone, or as a team and design something spectacular. Your entry cannot be a plain 'ol grilled cheese sandwich Think outside the box!!

Add meat, veggies, fruits, nuts, a different kind of cheese, or more than one cheese....and some really great bread, roll, croissant, or flatbread

Judging will be blind and based on 3 categories; Originality, Appearance and Taste!

The Winner will receive a \$ 50 gift certificate for The Granville Lanes to be used for bowling, shoe rental and food!!

Sign up today!

Want to be a judge? See Mrs. Mackey

We host iron Chef competitions throughout the school year. Our goal is to engage our students in nutrition and make it fun. The winning entries are placed on our menus and the students are acknowledged for their entries. If you would like to be part of a student team or be a judge get in touch with Mrs. Mackey!

