



Pendleton School District

April 2018

## Promote Student Success: Future Chefs 2018

Healthy eating isn't always a walk in the park but that didn't phase nine of Pendleton's own. Last month these elementary school students used their creativity and culinary skills to create and showcase healthy Asian fusion recipes as a part of the national Sodexo Future Chefs Competition.

Our competitors included Jaydon Hoffert, Aubrey Wadlington, and Payton Hoffert from McKay Elementary School, Jada Bosworth and Lilly Towers from Sherwood Elementary School, Victoria Morris, Grace Welch, Ever Wornell, and Nicole West from Washington Elementary School.

The event was supported by a wonderful group of volunteers this year. The Prostart Students and Sodexo staff lent their expertise in food safety, preparation techniques, general cooking and plate presentation to ensure our students would be safe and supported throughout the event. A Member of the school board, administrative staff & Spouse, and Wildhorse lent their taste buds for the



Pendleton School District Competitors

judging!

The competitors first learned about kitchen safety from Chef Carolos then prepared, cooked and plated their recipes before presenting them to a

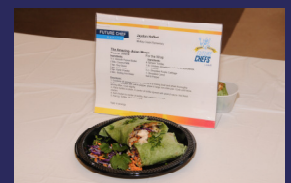
panel of judges. The recipes were judged on originality, healthy attributes, easy preparation, kid friendly, taste and plate presentation.

After hours of cooking followed by thoughtful judging it showed that every single student did an amazing job—all the scores were incredibly close in total points.

But there had to be a winner and our top three finalists were:

1. Jaydon Hoffert—The Amazing— Asian Wraps
2. Victoria Morris—Lentil Curry Soup
3. Aubrey Wadlington—Thai Lettuce Wraps

Jaydon's recipe has been entered into the regional contest where 40 competitors will be chosen by a panel of nutritionists and chefs!



The Amazing— Asian Wraps

From there, five lucky regional finalists will go on to become national finalists who compete for the public's vote on SodexoUSA.com.

The Sodexo Future Chefs Challenge is just one of the many ways that the company shares its health and well-being expertise with the clients, customers and the communities it serves. Follow more of the Sodexo Future Chefs Challenge at #SDXFutureChefs.

## Nutrition: Fresh Pick

This month in our fresh pick corner we are featuring a very different produce item: dandelion greens! They may not sound appetizing BUT dandelions have been used medicinally for thousands of years and they've been a staple in certain cuisines for almost as long.

The greens are high in calcium, iron, and potassium and very low in calories. Every part of the plant can be used, they're easy to grow and they're even attractive. All you have

to do is get past the negative associations with them.

The leaves are delicious in salads, fresh vegetable dishes and paired with bacon. The crowns are a delicacy when deep fried. The roots can be used as a coffee substitute after being roasted and ground.

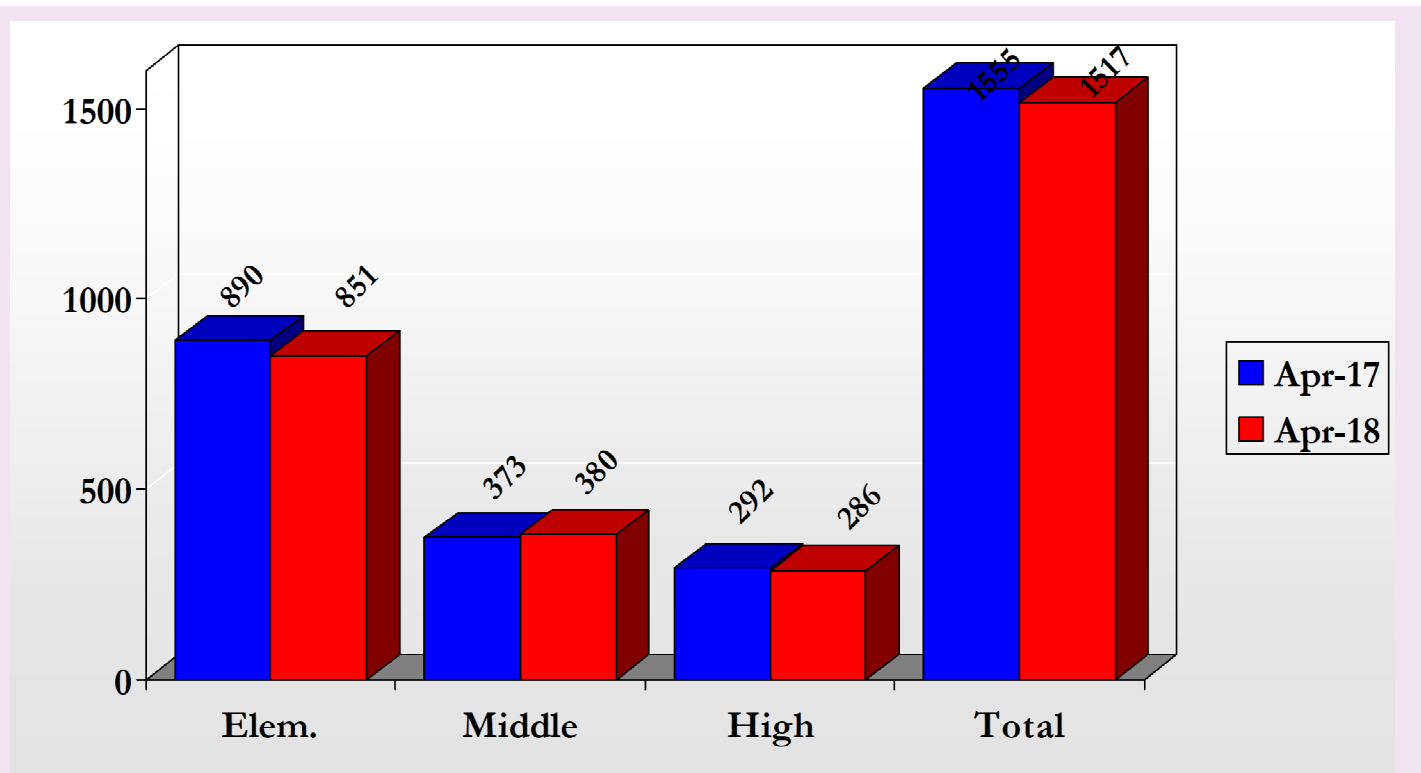
The flowers can be used fresh in salads and deep-fried in butter and the young buds are high in protein. Even unopened flower buds are

tender and tasty, and they offer a crunch in green salads.

So if you're willing to try something new, make it dandelions!



## Free/Reduced Totals



The data above displays the free/reduced numbers for April 2017 versus April 2018 at all schools in the district. Overall, the district saw a decrease in numbers in the 2017-18 school year.

During the remaining months of the school year we will continue to reach out to households and offer any assistance needed to qualify.