

# Nutrition Service Update

February 2010

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## Giving the Secondary Menu a New Look!

We have revamped the Secondary menu offerings by creating theme days. This allows us to prepare and serve a variety of different offerings daily such a fiesta bar featuring tacos, burritos, nachos and taco salads or a pasta bar with choices of Marinara, Alfredo or Meat Sauces available for the students to choose from. Staff is excited about the menu change as this will lighten the work load of daily food preparation and make serving easier. We continue to look for menu options that will entice our Secondary Students to participate in the meal offering and eat a healthy breakfast and/or lunch each day.

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## Upcoming Events

Merlin Alternative Center—February 10th—Made to order breakfast including pancakes and sausage.

Evergreen Multi-Cultural Night—March 4th—Demonstration cooking of culinary delights from around the world.

Williams Elementary—March 30th—Made to Order Brunch for the students including ham, sausage, scrambled eggs and pancakes.



**Lift-Off!**  
**Our**  
**Nutritional**  
**Ambassador**

## Nutrition Services Office Team

Michael Morris, Food Service Director  
[michael.morris@threerivers.k12.or.us](mailto:michael.morris@threerivers.k12.or.us)

Peggy Barry, Admin Assistant  
[peggy.barry@threerivers.k12.or.us](mailto:peggy.barry@threerivers.k12.or.us)

Donna Davis, Food Service Manager IV  
[donna.davis@threerivers.k12.or.us](mailto:donna.davis@threerivers.k12.or.us)

phone - 476-4183 or fax - 471-2461

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## Illinois Valley High School

Students at Illinois Valley High School will be provided lunch at no charge the entire month of February. With free and reduced percentages reaching above 80%, we are attempting to run a test this month to see if the Food Service Program can maintain financial stability if we move to a Provision II status. School Administration has advertised in the local media and throughout the school to increase parent and student awareness with results of increased participation. The first day has shown an increased participation, serving 281 students compared to an average of 203 lunches served per day in the month of January. With promoting student awareness and community exposure, we anticipate an even higher participation percentage as we continue through the month. In addition, to create more interest from the students we opened Chopsticks on February 3rd on a remote serving station out in the commons area, introduced new milk barrels and added some impulse offerings that will be available for students to purchase to accompany their meal.



## Produce of the Month



This month our produce of the month is Carrots. Although we offer baby carrots each day on our offering bar, we are mixing it up by offering different shapes such as carrot sticks and coins. Baby carrots are a low-calorie snack. Three ounces supplies just 35 calories, and there's no fat in carrots as well they are low in saturated fat and cholesterol, high in Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium, Niacin, Vitamin B6, Folate and Manganese.

## Staff Birthdays

February

Kathy Manfull— Evergreen  
Danene Lee— North Valley High School  
Karma Flick—Hidden Valley High School

**HAPPY BIRTHDAY!!!**



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## What's New:

Student Well-Being defined Student Well-Being is a state of health and success nurtured through an awareness of choices in nutrition, achievement, environment, community and activity. These five areas are what we call the “pillars” that we are all about. Sodexo believes that these five pillars have the greatest impact on Student Well Being. It is in these areas where our programs, services and strategic industry partnership are focused. Here are lists of some of the items we feature in each pillar:

**Nutrition:** Age-specific menus at breakfast and lunch, nutrition education, exhibition cooking, culinary celebrations, kids cooking events.

**Achievement:** Healthy habits programs, menu messages, staff training, elementary student lesson plans, classroom activities.

**Environment:** Smaller carbon footprint, green cleaning, less water/energy/waste, energy management, indoor air quality, school gardens.

**Community:** Backpack program, summer food program, Read for the Record, support for local farmers and WMBE partners, STOP hunger scholarships, Farm to Market.

**Activity:** Tween and teen wellness messages, healthy tips from sports celebrities, organized wellness activities and educational materials.

It's important to note that the most of the items listed above have really been in place for years!

We're pleased to announce that we have this way to bring attention to what we already do. It's not a new “program,” however a way to highlight what we're all about. Stay tuned as we continue to expand on these highlighted pillars in the upcoming months and years.

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## New Plates in the High School and Middle School

To continue our efforts to reduce our carbon footprint, we are moving to a new plate for our secondary schools.

### **Features and Benefits**

Lower Cost

Offers the quality of a molded fiber product at a price similar to mid-weight paper plates.

Superior Environmental Benefits: ~Made from 100% recycled material. Plates do not contain chlorine.

Fully Compostable: ~Product will biodegrade swiftly and safely during municipal, commercial or household composting.

~Certified compostable by Biodegradable Product Institute.



## Safety

As a continued focus on Safety, Food Service Staff reviews 5 minutes safety topics each month. Below are the topics for February:

Reheating Food - Rules for reheating food product properly and safely.

Chemical Hazard Communication - Information about handling chemicals safely.

Receiving and Storing— Guidelines for accepting food and proper storage.

Preventing Burns - Safe working practices and proper use of personal protective equipment.

We will continue this school year with staff awareness, increased focus and informative safety training throughout the school year. Food and Nutrition Services continues to provide a safe working environment in all our schools as well as incorporating safe work place practices district wide by keeping SAFETY top of mind!