

Nutrition Service Update

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Making every day a better day

December 2012



Food Service Program Results

Participation percentages in the Food Service Program were right at budget for breakfasts and lunches in the month of November. We are tracking meal counts at all schools to identify where the greatest opportunities are. Our focus will be to drive meals counts in these sites with the greatest opportunities. Snacks continue to be above budget and are increasing as we find additional opportunities for service. Supper programs also continue to increase due to increasing enrollment in our Boys and Girls programs. We have introduced a new menu that incorporates more “home style” meals and the kids are loving it. The staff continues to work on providing excellent customer service to all our students creating a warm and inviting environment in each of our cafeterias.

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Healthy Hunger Free Kids Act

The Oregon Department of Education has approved Three Rivers School District for our additional .06 cent reimbursement per lunch. Our menus and meal planners were spot on during the review of our ODE Specialist making us the second District in the State of Oregon to be approved right behind Phoenix-Talent school District. In addition, the USDA has lifted the maximum amounts on Meat/Meat Alternative and Bread Equivalents for all menu plans for the 2012-2013 school year. This will allow more flexibility in our menus and provide us the opportunity to utilize products in stock that, in the past, exceeded the maximum limits. This will also give the manufacturer additional time to create products that meet the new regulations. (See attachment for official ruling)



Lift-Off!
Our
Nutritional
Ambassador

Nutrition Services Office Team

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Upcoming Events

December Holiday Meal - December 12th at all our schools. A great day of Holiday favorites for all students, staff, and parents.

M.A.C. Holiday Meal— December 13th at the Merlin Alternative Center

Toys for Tots — November 5th through December 20th

Farm To Market — Madrona Elementary, dates TBD

We extend an invitation to all to join us for lunch for our Holiday Meals!



Produce of the Month



This month our produce of the month is the Bosc Pear. Pears provide a natural quick source of energy, due largely to high amounts of two monosaccharides: fructose and glucose. Carbohydrates make up 98% of the energy provided by a pear. Carbohydrates are helpful in weight reduction diets, since they contain half as many calories as fat. A pear provides 30% more potassium than an apple. Potassium is necessary for maintaining heartbeat, muscle contraction, nerve transmission, and carbohydrate and protein metabolism. One medium pear provides 11% of the RDA for ascorbic acid (vitamin C). A pear, with skin, weighing 166 grams, provides 2.32 grams of crude fiber, and 4.5 grams of dietary fiber, of which 41% is pectin.

Kitchen of the Month

Each month at our monthly Manager meetings we recognize one of our kitchen teams for going above and beyond their job expectations. Our recognition for December is:

Fruitdale—for an increase in breakfast and lunch sales over last year of over 10%. Our ladies in the cafeteria promote the program extremely well and encourage every student to participate each day. They create a warm, inviting environment for all students and staff, making the cafeteria a fun place to visit. In addition, these ladies can always be counted to complete all paperwork in a timely and accurate manner. Congratulations to both Janet and Amy for an outstanding job!!!



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Toys for Tots

The barrels are in place in all of our schools as well as the District Office for this year's **Toys for Tots** campaign. New, unwrapped toys will be collected through December 20th and distributed on Saturday, December 22nd from 9 am to 2 pm at the Rogue Valley Young Marines Headquarters in Merlin. We are proud to be a part of this campaign for the fifth straight year, which benefits needy families in our community from Wolf Creek, Grants Pass, Murphy, Merlin and south to the Illinois Valley this Holiday Season.

Safety

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

Cooking Temperatures- Guidelines for keeping food at the proper temperature for service to our students

Evacuation Procedures - Plans for exiting the building in the event of an emergency.

Holding Hot and Cold Foods - Rules for keeping hot foods hot and cold foods cold.

We will continue this school year with staff awareness, increased focus and in-



Staff Birthdays

December

Ronda Sheldon—Madrona Elementary
Mindy Fate—Lincoln Savage Middle School
Sally Yarbrough—Lorna Byrne Middle School
Jennifer Fredrick - Illinois Valley High School

HAPPY BIRTHDAY!!!

 **STUDENT Well-Being** by sodexo
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