

# Nutrition Service Update

**sodexo**  
Making every day a better day

November 2011



## Food Service Program Results

Participation percentages in the Food Service Program were right at budget for breakfasts and lunches in the month of October. Snacks continue to hold at 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 continue to focus on breakfast counts as this is the most important meal of the day and provides us with the greatest opportunity in the program. 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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## Fort Vannoy Scanner System

This month we installed a new bar code scanner system at Fort Vannoy. We printed and laminated meal cards for all students and staff. Cards are placed in a holder alphabetically, by teacher, at the entrance to the cafeteria. Students pick up their card, get their meal of choice and go to the Point of Sale terminal and simply scan their card. This implementation has drastically cut down on the amount of time each student is waiting in line to check out giving them more time to enjoy their meal and social time. Mrs. Hill has been very pleased with the system and how we have sped up the service for our students.



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

## **Nutrition Services Office Team**

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## Upcoming Events

Thanksgiving Holiday Meal - November 17th at all our schools. We will be serving our traditional Thanksgiving meal with all the trimmings.

December Holiday Meal - December 14th at all our schools. A great day of Holiday favorites for all students, staff, and parents.

Toys for Tots — November 8th through December 18th

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 Snap Pea. The modern-day garden pea is thought to have originated from the field pea that was native to central Asia and the Middle East. Because its cultivation dates back thousands and thousands of years, the green pea is widely recognized as one of the first food crops to be cultivated by humans. Peas were apparently consumed in dry form throughout much of their early history, and did not become widely popular as a fresh food until changes in cultivation techniques that took place in Europe in the 16th century. Peas are now grown throughout the world in nearly every climatic zone, and are widely consumed in both fresh and dried form.

## 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 October was:

Illinois Valley High School —for exceptional accuracy on MealTime data entry and a fantastic job on getting all accounting paperwork, food orders and inventory into our office in a timely manner with few or no mistakes. Nancy's outstanding effort makes it much easier to complete monthly closing paperwork for the program within the Food Service Office. Great Job Nancy!!!



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## Fresh Fruit and Vegetable Program

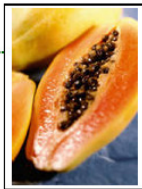
The month of October offered students a wide variety of fresh fruits and vegetables at snack time for the Fresh Fruit and Vegetable Program. Kiwi Fruit, Carrot Coins, Ginger Gold Apples, Papaya and Purple Cauliflower were just a few of the items we offered, several of which were purchased locally from Fort Vanoy Farms. The students have been excited about the program and very willing to try some of the items that are not generally available on a regular basis. In addition, we provide nutritional information and facts about each of the offerings at each serving location to better educate the students on the benefits of eating healthy. Teachers and Administrators are also provided this information to help promote the program and integrate into their lesson plans.



### Orange Bell Peppers

Nutritional value per 100 g (3.5 oz)

- [Vitamin A](#)
- [Thiamin](#)
- [Riboflavin](#)
- [Niacin](#)
- [Pantothenic Acid](#)
- [Vitamin C](#)
- [Folate](#)
- [Vitamin E](#)
- [Calcium](#)
- [Iron](#)
- [Magnesium](#)
- [Phosphorus](#)
- [Potassium](#)
- [Zinc](#)
- [Percent Daily Values](#)



### Papaya, held in cold storage, raw

Christopher Columbus called papaya the "fruit of the angels". He noticed that the Caribbean natives ate the fruit after huge meals and never encountered any digestive distress. And they were 'strong'.

Papayas are shaped like elongated melons or pears. The flesh is deliciously sweet with a musky undertone, and its texture has a soft melting quality. Ripe papaya flesh is a rich orange color with either yellow or pink hues.

The inner cavity contains a wealth of black round seeds, encased in a gelatinous-like substance. Some sources say that these seeds can be used as a black pepper substitute when ground, or that they have a deforming effect.

I advise that the seeds are not to be consumed as it is known to contain a toxic substance called carpaine. Carpaine, when consumed in large quantities, may lower the pulse rate and depress the nervous system.

### Nutrition Facts

Serving Size: 1 medium apple, 138 g, approx. 3 per pound  
Amount per Serving  
Calories 72

### Ginger Gold Apples



### Calorie Information

Amounts Per Selected Serving  
Serving Size: 1 medium apple, 138 g, approx. 3 per pound  
Calories 72  
From Fat 1.6 (6.7 kJ)  
From Protein 2.9 (12.1 kJ)  
From Alcohol 0.0 (0.0 kJ)

Amounts Per Selected Serving	%DV
Vitamin A	1531
IU	31%
Vitamin C	86.5
mg	144%
Vitamin D	--
	--
Vitamin E (Alpha Tocopherol)	1.0
mg	5%
Vitamin K	3.6
mcg	5%
Thiamin	0.0
mg	3%
Riboflavin	0.0
mg	3%
Niacin	0.5
mg	2%
Vitamin B6	0.0
mg	1%
Folate	53.2
mcg	13%
Vitamin B12	0.0
mcg	0%
Pantothenic Acid	0.3
mg	3%
Choline	8.5
mg	

\*Your daily values may be higher or lower depending on your calorie needs.

te flesh when cut and is great as a snack eaten out of hand. The Ginger

Ginger Gold apple will be firm with smooth, clean skin and have good

id as possible in the refrigerator. Apples do not freeze until the

rk spots. Also if the apple skin wrinkles when you rub your thumb

fresh apple available in the fall. However, this apple does not store



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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 15th and distributed on Saturday, December 17<sup>th</sup> 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 fourth 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 October:

Cooking Temperatures— Proper methods and rules for heating, re-heating and holding foods at a safe temperature

Evacuation Procedures— Rules for getting out of the building safely in the event of an emergency .

We will continue this school year with staff awareness, increased focus and informative 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!



## Sodexo Training Opportunities

Last month eight of our staff members traveled to the Kitchen Manager / All State Training in Salem where they were provided the opportunity to go through several training workshops. Attendees had the opportunity to learn about Cake Decorating, Master Gardening, and Getting Along With Co-Workers. In addition, Wren from the Food Service Office attended a training in Cannon Beach for Office Managers. This training provided Wren the opportunity to learn new office programs, accounting practices, inventory control and commodity procurement. Each year Sodexo invites and encourages the staff of all Districts in Oregon to attend these great learning and networking workshops.

