

Regional School Unit #34 Food Service Alton, Bradley, & Old Town

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- Participation

	Breakfast	Lunch	Lunch %
September 2019 Daily Avg	428	686	45%
1st Week of Sept 2021**	418	772	52%
September 2021 Daily Avg	469	741	51%*
September Total	8,434	13,335	21,769

*51% participation is based on our enrollment and not on our attendance, so it is not an accurate representation of the percentage of students who are attending school and participating in school lunch.

September in Food Service

Applications, allergies, inventory, verification, trainings, meal counts, staff exiting, staff entering, ordering, tracking down food, substituting food, comparing prices, ordering food, changing menus, receiving deliveries, moving food and milk around, picking up paperwork, dropping off paperwork, gathering data, data entry, monitoring NOI, ordering commodities, filing claims, looking for local and buying local, learning programs, webinars, meetings, wellness, P-EBT for DHHS...and that was Monday, which was never good anyway... 😊

Staff Changes

We have added Lindsay Leblanc to our Food Service staff roster. She is working at OTHS.

Eligibility

Although all students can eat both breakfast and lunch during the school day without being charged, we still have to process meal applications just as we have in the past. About 100 students who were eligible last year either lost their direct certification with the state or did not apply this year and lost their eligibility status this week. Right now, our eligibility is at about 36%, which is quite low when compared to our typical 51%-52%.

Verification

Along with processing applications, we also still have to continue to verify the applications we receive, so that process is starting. USDA requires us to randomly select a percentage of the eligible applications that we receive and request backup documentation to confirm the information that has been submitted. The process usually takes 4-6 weeks to complete.

Harvest of the Month for
October is
BRASSICAS

Brassicas, also called cruciferous vegetables, include broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale & turnips, to name a few. Read the next page for Fun Facts and Recipes.



*Respectfully Submitted,
Stephanie Salley*

BRASSICAS

FUN FACTS

Brassicas are a family of plants that includes kale, broccoli, cabbage, cauliflower, Brussels sprouts, collard greens, mustard greens, kohlrabi, and more! They are hearty vegetables that grow well in all types of weather. Brassicas are very versatile and are delicious when braised, sautéed, roasted, and used in salads.



Most vegetables in the brassica family are a great source of vitamins A, C and K, folic acid, and potassium. Many brassicas are high in beta-carotenes, which are known to have anti-carcinogenic properties. They also are rich in phytonutrients, or plant-based compounds, that may help lower inflammation.

SOURCES: Britannica.com, Visual Food Encyclopedia, eatright.org

NUTRITION

RECIPE: BROCCOLI SALAD

INGREDIENTS

6 lbs broccoli
1 medium red onion
1 qt reduced-fat mayonnaise

1/2 cup apple cider vinegar
1/4 cup granulated sugar
1 qt + 1/2 cup raisins

YIELD: 50 - 1/2 cup SERVINGS



PREPARATION

1. Trim broccoli and cut into bite-sized pieces.
2. Trim and peel onion. Cut into small dice.
3. Whisk mayonnaise, vinegar, and sugar in a large bowl. Stir in the broccoli, onion, and raisins.

SOURCE: Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

3/8 cup dark green vegetable
1/8 cup fruit

RECIPE: KALE PESTO

INGREDIENTS

2 lb (1 gal) kale, packed
1 1/2 cups olive oil
1/2 cup grated Parmesan cheese
2 Tbsp lemon juice

1 Tbsp garlic, minced
1 Tbsp Kosher salt
1/2 tsp ground black pepper

YIELD: 64 - 1 Tbsp SERVINGS



PREPARATION

1. Remove thick stems from kale and tear into 2-inch pieces.
2. Fit a food processor with a steel blade. Make pesto in batches by filling the food processor 1/2 full with kale. Add a drizzle of oil. Process until smooth, adding a little more oil as needed. Transfer to a large bowl. Repeat with the remaining kale and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt and pepper. Add to the bowl and stir well to blend flavors.
3. Serve with whole wheat pasta, as a sandwich condiment, or as a salad dressing.

Adapted from Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

1/8 cup dark green vegetable

