

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

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Participation

	Breakfast	%age**	Lunch	%age**
September 2021 Avg. Daily Participation	467	32%	749	52.6%
October 2021 Avg. Daily Participation	535	37.6%	824	57.9%
September Meals	8,414		13,476	
October Meals	10,166		15,647	

***This is the average percentage of enrolled students that ate school breakfast and school lunch. It is not the percentage of attending students. If we could capture that number our actual participation Percentage would be even higher.*

October in Food Service

Applications are in. Students who were eligible from last year and who did not complete applications this year have reverted to paid eligibility. Our percentage of students who are eligible for F&R meals is holding at 36%.

Staff Changes

We have added Ally Fuller to our Food Service staff roster. She is working at LMS.

Verification

Our verification of four family's applications is just about complete. One family stayed qualified, one withdrew the application, two others have until the end of this week to verify.

Deliveries

For three of the last four weeks our trucks have arrived prior to the end of the workday. My fingers are crossed that this problem is over. Shortages continue to be a growing issue. I work with brokers on a regular basis to find out what they have and if our suppliers aren't carrying it then we work on making that happen. Think scones!

Harvest of
the Month
for
December is
**MAINE
WINTER
SQUASH**

Harvest of the Month

Maine WINTER SQUASH, including acorn, butternut, buttercup, Hubbard, and spaghetti squash, is our Harvest of the Month for December. I'm hoping to see some Butternut Squash Soup offered to the students in a taste test. I've put it out there. We'll see what happens!



*Respectfully Submitted,
Stephanie Salley*



FUN FACTS

Winter squashes come in all shapes and sizes and are harvested when they are fully ripe, which makes their skin inedible. They are great storage crops, making them a popular vegetable during the winter. Common varieties of winter squash include pumpkins, butternut, acorn, and delicata.

SOURCE: Visual Food Encyclopedia



Winter squashes are an excellent source of potassium and vitamin A, and are a good source of vitamin C, folic acid, and copper.

NUTRITION

RECIPE: THREE SISTERS SOUP

YIELD: 50 - 3/4 cup SERVINGS

INGREDIENTS

2 lbs butternut squash, peeled, seeded, 1/2-inch dice	1 tsp ground cumin
1/4 cup olive oil	1 tsp dried thyme leaves
1 1/2 qt chopped onions, small dice	1 tsp ground black pepper
1 qt chopped celery, small dice	2 qt corn kernels, fresh or frozen
2 cups chopped carrots, small dice	1 qt fresh or frozen chopped trimmed green beans (1-inch pieces)
2 Tbsp minced garlic	3 qt Great Northern beans, canned, rinsed and drained
1 gal low-sodium chicken broth	2 cups low-sodium salsa
2 Tbsp table salt, divided	
1 tsp ground coriander	

PREPARATION

1. Heat oil in large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring, for 1 minute more. Add broth, the squash, 1 Tbsp salt, coriander, cumin, thyme and pepper. Bring to slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30 to 45 minutes.
2. Add corn, green beans, Great Northern beans, salsa and the remaining 1 Tbsp salt. Return to a simmer and cook until the green beans are tender, about 5 minutes more.

SOURCE: Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

3/8 cup other vegetable
1/8 cup starchy vegetable
1/4 cup beans/legumes OR 1 oz M/MA

RECIPE: DELICATA SMILES

YIELD: 50 - 1/2 cup SERVINGS

INGREDIENTS

14 lbs delicata squash
1/2 cup vegetable oil
2/3 cup brown sugar, packed



PREPARATION

1. Preheat convection oven to 350°F or conventional oven to 400°F. Coat 3 half sheet pans or 1 full sheet pan and 1 half sheet pan with cooking spray.
2. Cut off ends of squash. Stand each on one flat end and cut in half lengthwise. Remove seeds and stringy flesh with a metal spoon. Place the squash halves cut side down on cutting board and cut into 1/4-inch slices ("smiles").
3. Arrange the squash smiles on the prepared baking sheets. Brush with oil. Sprinkle with sugar, distributing as evenly as possible.
4. Bake until the sugar is just melted and the smiles are just golden, about 12 to 15 minutes in a convection oven or 20 minutes in a conventional oven.

Adapted from Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

1/2 cup red/orange vegetable