

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



December 15, 2021

• 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%
November 2021 Avg. Daily Participation	631	44.3%	966	67.7%
September Meals Served	8,414		13,476	
October Meals Served	10,166		15,647	
November Meals Served	10,101		15,455	

*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.

Food Service Update

Verification has been completed. I had to verify four applications. One responded to verify. One responded to withdraw her application. Two did not respond.

Up to this point we have had very little absenteeism in our kitchens this year. However, we are working with the bare minimum that we need for staff, and we do not have subs. The last couple of weeks have proven that we do need subs, so if you are aware of anyone who would like to try us out without committing permanently yet, this would be a great way to do it. Getting on our sub list gives them a chance to check out the kind of work we do without committing to a permanent position. All I need is a phone call and I will take care of the rest!

Local Produce Fund is now Local Foods Fund

Back the fall of 2020, Maine DOE Child Nutrition, Maine Food Corps, Maine Farm to School Network, and Full Plates Full Potential partnered to create a survey to collect data about the state of the Local Produce Fund. At that time, the fund was supposed to support Maine schools to purchase minimally processed local produce. However, the stipulations were creating barriers and the Local Produce Fund was being underutilized. This past summer the Maine Legislature passed LD 636: An Act to Encourage the Purchase of Local Foods for Public Schools. LD 636 established the Local Foods Fund and addressed the barriers that existed within the former Local Produce Fund. LD 636 expanded the program to allowed schools to source more local foods via other sources, instead of only directly from farms. Because I was one of the directors who spoke out about the barriers and did not use the Local Produce Fund to its fullest extent, I am working hard to do a better job now that the barriers, such as access to farmers, and food that is so minimally processed that we do not have the labor to handle the processing necessary to get the food from farm to table, have been removed. We have found a source that has a much wider variety of produce that comes directly from Maine Farmers, and they deliver it directly to our school(s). Squash can now be purchased peeled and cut, if necessary, and potatoes are no longer caked in dirt, taking us hours to clean. The prices are often a little higher, but so is the quality, and we are fortunate because this legislation provides us with a 33% match to what we spend on minimally processed, Maine grown produce (up to \$5,500.00/year). It's a win-win for everyone and I am excited about the benefits to our students and to the farmers in our state.

Harvest of the Month for
December is
Maine Winter Squash

Maine Winter Squash: Pumpkins, Butternut Squash, Acorn Squash, Spaghetti Squash...the list goes on! Read the flip side for Fun Facts and Recipes.

*Respectfully Submitted,
Stephanie Salley*

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Harvest
of the
Month

WINTER SQUASH



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