

Food for Thought

Everything you need to know about your school's meal program

Food Services works to feed & educate young Westies

News from the Cafe Staff

- Food Services received a grant to purchase equipment for hot breakfast meals, like oatmeal and hard boiled eggs.
- Sodexo, the company that manages Food Services, awarded a scholarship to a WHHS Class of 2014 grad who is studying culinary. More scholarships will be offered this year.

Bon appétit

Here's another peek at some of our menu items.

- Garlic and lemon roasted chicken
- Shepherd's pie
- Baked potato bar
- Pulled pork sliders
- Sweet potato fries
- Roasted Brussel sprouts



District schools have been receiving visits from the Food Services Department **smoothie station!** Staff members have been whipping up smoothies of spinach, banana, pineapple and yogurt. The best part? The fruit masks the spinach taste, and kids love them. It's a great way to show how tasty fruits and veggies can be. During smoothie station visits, smoothies are served during lunch for free to any kids who want them. The station first came to Washington Elementary School, then traveled to West Haven High School and will continue making the rounds at district schools.

West Haven High School moved its **culinary students** out of the classroom and into its cafeteria kitchen one day in October to work with food services Director Meg Kingston and staffer Dawn Reiss-Melillo to learn how to make butternut squash soup. (See recipe on back of page.) The students have been educated in cooking safety and wore special cut-resistant gloves. Bailey Middle Schools interested in culinary recently stopped by WHHS to see what the program can offer them.



Edith E. Mackrille Elementary School students got a chance this fall to see how produce from their teaching garden can be turned into tomato sauce and pesto in a cafeteria lesson that included a **taste test!** The Food Services Department showed students the ingredients that go into each and how they can be blended together to make a sauce. The teaching garden was installed last year with a grant from the American Heart Association. In the photo at the left, a student tries pasta with pesto.

Try one of our Food Services recipes: Squash Soup

This butternut squash soup has become a favorite of our students! We've transitioned over to a significant amount of from-scratch cooking and wanted to share this delicious recipe with our West Haven families.

8-12 servings



Ingredients:

3 pounds of butternut squash
 ½ cup unsalted butter
 3-4 tablespoons olive oil
 1-2 large sweet onions or white onions, chopped
 1/3 cup all-purpose flour
 1 ½ cups milk (skim is fine)
 3-4 cups of chicken broth or vegetable broth
 1/8 teaspoon cayenne pepper or more to taste
 Generous pinch of sea salt
 Freshly ground black pepper
 1/3 cup pure maple syrup
 ¾ cup of toasted pecans, coarsely chopped

Directions:

- *Preheat oven to 375°. Pierce butternut squash in several places with a fork and bake until soft for 45 minutes to an hour.
- *Remove squash from oven and let cool. Cut squash in half, remove seeds and stringy membranes. Put cooked squash into bowl.
- *In large pot, melt butter and olive oil on low-to-medium heat. Add onions, cook until golden, stirring occasionally.
- *Sprinkle flour over onions, turn up heat a bit and cook, stirring until mixture forms a roux. Whisk in milk and broth. Bring to a boil and stir often. Season with cayenne pepper, sea salt and black pepper. Add dash of nutmeg or cinnamon if you wish.
- *In food processor or blender, puree cooked squash with broth mixture until smooth. Return mixture to pot. Add maple syrup.
- *Let simmer for 10-15 minutes. Add more cayenne pepper if you wish. Serve soup sprinkled with toasted pecans.

**For more
information, visit
whschools.org.**



**West Haven
Public Schools**

*Schools committed to
excellence*

Superintendent of Schools
 Neil C. Cavallaro
 203-937-4300 X7116
 Neil.cavallaro@whschools.org

Assistant Superintendent
 Anne Druzolowski
 203-937-4300 X7125
 Anne.druzolowski@whschools.org

Food Services Director
 Meg Kingston
 203-937-4373
 Meg.kingston@whschools.org

Communications Director
 Susan Misur
 203-937-4300 X7114
 Susan.misur@whschools.org

On Twitter:
 Twitter.com/whschools
 Or follow @whschools

On Facebook:
 Facebook.com/whschools

FAQ: Snacks & charging meals to a student account

Q. Can a student use a My School Bucks account to buy snacks?

A. Snacks require cash or check only. Or, a parent can notify Food Services if they want the student to use the account for snacks.

Q. Can I notify the school if I don't want my child buying snacks at all?

A. Yes. You can put a "block" for snacks on your child's account. An alert will then pop up for cafeteria staff when they see your child's account.

Q. Can I track online what my student is buying?

A. Yes, you can on the My School Bucks website. You can also set up alerts for a low balance.

Q. Can a student "charge" a meal to an account if the student has no cash and his/her My School Bucks account is empty?

A. Yes. A student can charge up to three meals from the regular menu. After that, if his/her account is still not paid up, the student will receive a cheese sandwich with milk and a piece of fruit.

Q. When will a family be notified if a student has a balance on an account from charging meals?

A. Balance notices are sent home on Fridays.

Q. Are memos sent even if a balance is a few dollars?

A. Yes. We want to let families know early so that they have enough notice to pay.

.....
 :
My School Bucks website
 :
myschoolbucks.com
 :

| Buildings | Breakfast Price | Lunch Price |
|------------------|------------------------|------------------------|
| High school | \$1.25 Reduced 30¢ | \$3.25 Reduced: 40¢ |
| Bailey, Carrigan | \$1.25 Reduced 30¢ | \$2.75 Reduced: 40¢ |
| Elementary | \$1.00 Reduced: 30¢ | \$2.50 Reduced: 40¢ |