

March 2014

Monthly Food Service Report

**WARREN COUNTY
SCHOOL DISTRICT**



We are proud to manage your food service program!

***Our Pledge of
Quality and Service
Commitment to You:***

It is our pledge that The Nutrition Group will offer the highest quality of meals and service to every customer, every day. If we fail to live up to your expectations, we ask that you first contact your resident Food Service Director to correct the situation. If you are not satisfied with the corrective action, please contact The Nutrition Group Regional Manager for your district. If you do not receive full satisfaction, please contact our Compliance Officer at 888.272.8106, extension 413.

*We are the company that
does what we say we will do!*

Visit Our Website:
www.thenutritiongroup.biz

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Spring Breakfast Giveaway

In celebration of National School Breakfast Week, The Nutrition Group provided a month long of special giveaways in March.

Every time any student purchased a breakfast they were entered into a drawing for a large filled basket full of holiday spring goodies. After a long cold winter we wanted to jump into Spring with some excitement right at the beginning of the day. The month long giveaway was designed to also boost breakfast sales.

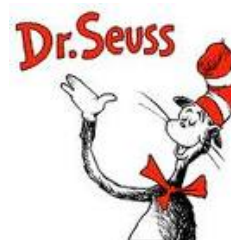


At the Middle and High School level their baskets contained subway gift cards along with some other prizes. The Elementary level baskets were filled with toys and goodies, including a Giant Sponge Bob or the immensely popular Olaf the talking snowman from the hit movie, Frozen. Once the baskets arrived, they were the talk of the breakfast crowd.



The administration at each school was invited to take part in the final selection of the winning ticket. Pictured here are our excited winners from WAEC and RES.

Also special for March was our Dr. Seuss Green Eggs and Ham lunch served in all Elementary Schools in honor of Read Across America Day. A Dr. Seuss Bookmark was given out with each lunch.



Go for the Greens

Being green takes on a whole new meaning when students celebrate *Go for the Greens* during the month of March. This event focuses on the importance of green fruits and vegetables as part of a healthy lifestyle and offers many varieties for students to sample. From a simple stick of celery to the exotic kiwi, there is something for everyone and for every taste. We celebrated by offering a variety of fresh fruits and vegetables like, tossed romaine salad, celery & carrots sticks, grapes, apples, bananas, oranges, broccoli & cauliflower florets, and the kiwi was a big hit among the students. Pictured here are some of our March 17th Go for the Greens selections at Beaty Warren Middle School.



Cafeteria Staff Winners

The Nutrition Group offers the WCSD Cafeteria Staff incentives to come to work. Starting in February each employee who did not miss any time during the month was entered into a drawing for a \$50.00 WalMart Gift Card. Our February winner was Linda Skelly. Linda works the breakfast session at WAEC and then travels to YHS for her lunch position. Our March winner was Deb Salapek. Deb is the YHS Cafeteria Manager. Congratulations to both our winners! There are still gift cards out there to be won for those employees who do not miss any days during April and May.

Special Dinners

The WCSD Cafeteria Staff and The Nutrition Group have been busy providing numerous dinners for the 21st Century Community Learning Center After School Program Family Nights. These dinners are for participating students and their families. This picture is from SGES where the students presented their handwritten books to the parents. Ian Eastman from Family Services also discussed "Constructive Use of Time" with the parents. The 21st Century Community Learning Center is funded with a grant provided by the Pennsylvania Department of Education."



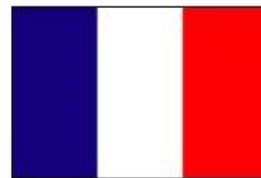
Take Nutrition Global

March's Featured Country is France



In March we traveled to France for a taste of French cuisine. French cuisine is rich and filling, with many dishes using cream-based sauces.

This month's menu offered either a French Onion Chicken "Pan-Bagnat", which is a French style sandwich, or Spinach Mushroom Quiche accompanied with Potatoes Au Gratin for the students to enjoy.



Taste the World Today!



Commodities

Commodities received this month include, frozen vegetables & fruit cups, canned fruit, diced chicken, deli turkey breast, chicken fajita meat, ground beef and pork leg roasts. All of the commodities are incorporated into the menu.



This Month's Corporate Support...

Bob Martz, Purchasing Director, provided training at Titusville Area School District on commodities and helped place orders for next year. Tony Pollock, IT Specialist, helped with phone and internet lines for our new offices.

Breakfast and Lunch Participation ...

Operating Days 20	Budgeted Month	Actual Month	Budgeted YTD	Actual YTD
Breakfast Participation				
Paid	2580	3012	16770	18002
Reduced	1220	1174	7930	7083
Free	11420	12810	74230	76732
Total Breakfast	15220	16996	98930	101817
Lunch Participation				
Paid	17540	13230	114010	87741
Reduced	3980	3546	25870	22899
Free	23840	25153	154960	162030
Total Lunch	45360	41929	294840	272670
A la Carte Sales				
Student A la Carte	20380	18974	132470	117049
Adult A la Carte	3260	2774	21190	20514
Total A la Carte	23640	21749	153660	137563

National School Breakfast Week

We know that choosing a healthy breakfast is the best way to start the day. National School Breakfast Week is celebrated in March and was inspired by the idea that eating a healthy, balanced breakfast at school helps all students shine. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar helps to boost students' attention span, concentration, and memory — which they need to succeed in school. These students tend to manage their weight, have lower blood cholesterol levels and fewer reported school absences. Our customized breakfast programs are geared to meet the needs of the students and are perfect for those who may not have time to eat breakfast at home.





THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

March 2014

Volume 4 Number 7

Creating a Healthy Plate

March is National Nutrition Month. This month, the Academy of Nutrition and Dietetics encourages us to eat healthier by focusing on the daily recommended amounts of fruits, vegetables, grains, lean proteins and dairy products.

A healthy plate is easily achievable when half of your meal is fruits and vegetables. Be sure to include whole grains, lean protein and a glass of low-fat milk. Here are some tips to help your children enjoy a healthy plate:

- Add extra vegetables to your favorite pizza like spinach, broccoli, tomatoes and peppers
- Try fresh vegetables with a low-fat dip instead of chips
- Use brown rice and pasta instead of white
- Add extra veggies or fruit to your salad such as spinach leaves, kale, cabbage, mandarin oranges, sliced apples or strawberries
- Make a healthy sandwich or wrap using lean protein and whole wheat bread or tortilla
- Make a whole wheat pita pizza using sauce, cheese and fresh veggies
- For a sweet treat try fresh fruit drizzled with dark chocolate

For more healthy tips visit these websites:

www.eatright.org www.kidseatright.org www.choosemyplate.gov

This month's
taste testing
in your child's
cafeteria

**Chef Basil's
Wellness
Wednesday**

with Chef Basil features couscous. This whole-grain food is native to northern Africa and is commonly found in Middle Eastern cuisine.

Couscous is small pasta made of semolina, a form of wheat. It can be eaten as a side dish, salad or dessert, and you can use it in place of rice or quinoa. Couscous provides you with essential nutrients to help maintain your overall health. Adding vegetables provides other healthy and necessary vitamins and nutrients while creating a very interesting, flavorful dish!

This Month's Featured Recipe **VEGGIE COUSCOUS**

Ingredients:

2 1/2 oz dried couscous (1 package)
1 Cup broccoli florets
1 Cup carrots, peeled and chopped
1 Cup cucumbers, diced
1 small red bell pepper, diced
1/3 Cup salad oil or olive oil

2 Tbsp fresh lemon juice
Zest of 1/2 lemon
1/2 tsp salt
1/4 tsp garlic powder
1/2 tsp dried oregano

Directions:

Cook couscous in salted water according to package instructions, drain well in a colander. Set aside. In a separate bowl, combine oil, lemon juice, salt, garlic, oregano, lemon zest and whisk well. Add couscous, and remaining vegetables and mix together. Cover and refrigerate until ready to serve.



For more information visit www.thenutritiongroup.biz