



Eat. Learn. Live.

Chartwells-Thompson Dining Services @ St. Louis Public Schools

Newsletter December 2011

On Our Plates this Month: Meal Applications

Congratulations to the following schools, who have returned 100% of their students' meal applications for this school year:

- | | |
|-------------------------------|----------------------------------|
| • Nottingham CAJT | • Hickey Elementary |
| • Central VPA | • Hodgen Elementary |
| • Busch AA Middle | • Laclede Elementary |
| • Long Middle | • Lexington Elementary |
| • Adams Elementary | • Mallinckrodt ABI |
| • Ashland Elementary | • Mann Elementary |
| • Bryan Hill Elementary | • Meramec Elementary |
| • Ames Elementary | • Mullanphy Elementary |
| • Clay Elementary | • Oak Hill Elementary |
| • Dewey International Studies | • Shaw Elementary |
| • Dunbar Elementary | • Sigel Elementary |
| • Farragut Accelerated | • Washington Montessori |
| • Ford CEC | • Wilkinson ECC |
| • Froebel Elementary | • Woodward Elementary |
| • Gateway Math & Science | • Stevens/Lyon Multiple Pathways |



A Day of Giving: the Fall Festival at Yeatman Middle School



On November 19, 2011, a team of volunteers gathered at Yeatman Middle School to serve a Thanksgiving-inspired meal to over 500 attendees. The Fall Festival was created by Yeatman's principal Eric Rowe and his staff in an effort to help provide support to community members in need. Aside from the complimentary meal donated by Chartwells-Thompson, the event featured a number of educational seminars, a vendor fair with giveaways, free haircuts, turkey raffles and fun activities for the kids.



Over 40 Chartwells-Thompson volunteers and family members cooked and served the traditional meal, which included Roast Turkey with Gravy, Cornbread Stuffing, Macaroni and Cheese, Green Beans, Maple Glazed Sweet Potatoes, Cranberry Sauce and Dinner Rolls. Dessert featured Apple and Pumpkin Pies topped with whipped cream and a selection of beverages were served, including punch and freshly brewed coffee.

Pictured (clockwise from top left): Volunteers serving the community members; Regina Webb and Loukisha Bradford dish up one of the pumpkin pies; volunteers pose before service time.

Opening in January: OutTakes at 801

A new café will be opening on the 3rd floor of the Board of Education building at 801 N. 11th St. in January. Open for breakfast and lunch, the café will feature salads, soups and sandwiches along with specialty coffee, baked goods and snacks. Look for more information next month about the Grand Opening!



Chef 2 Schools: Chef Terrell Goodwin Cooks with Hodgen Students



On November 15, Chef Terrell Goodwin from Morrison Management Specialists at Gateway Hospital in Collinsville, IL visited Hodgen Elementary as a Guest Chef. Chef Terrell and Sous Chef Ian worked with kitchen staff to prepare lunch that day, which featured Ten Spice Baked Chicken Drumsticks, Baked Sweet Potato and Apples, Turnip Greens and Cornbread Dressing.

Six students with an interest in culinary arts were also invited into the kitchen with the chefs for a special cooking demonstration. The students helped marinate the chicken, stir the dressing and season the sweet potatoes while they chatted with Chef Terrell about cooking schools, techniques and food safety.

The Chefs were invited to the school as part of the Chartwells Chefs 2 Schools program coordinated by Chartwells-Thompson staff at SLPS. This is Chef Terrell's third visit to the District, having been a Guest Chef at Beaumont in March 2011 and at the newly-opened Humboldt in October. He plans to return again in February for the Cooking Up Change competition at Clyde C. Miller Career Academy.



Clockwise, from top left: A Hodgen student shows off his lunch; Chef Terrell shows the students how to apply the spice rub to the chicken legs; SLPS Food Service Director Althea Albert-Santiago, Sous Chef Ian, Chef Terrell Goodwin and Principal Vasilika Tschlis.

Kids in the Kitchen

Teaching your kids to cook at a young age increases the variety of foods they taste and improves their motor, math and reading skills. The holidays provide the perfect time for practice, and there are tons of ways your children can help in the kitchen no matter their age. Here are some examples of age-appropriate tasks with adult supervision:

- Five and six year olds: Help prepare a salad by tearing lettuce and snapping green beans.
- Seven and eight year olds: Help prepare breakfast by cracking the eggs and toasting the bread.
- Nine and ten year olds: Help prepare dinner by kneading pizza or bread dough and cooking it in the oven.
- Children age ten or older: Help prepare snacks by microwaving popcorn, simmering soups or chopping vegetables.

For more information on ways your kids can help out in the kitchen, visit KidsEatRight.org.



Lighter Banana Bread

This recipe uses yogurt and whole wheat flour to give it an extra healthy boost!

INGREDIENTS

- 2 large eggs
- 3/4 cup sugar
- 3 medium ripe bananas
- 1 Tbsp vegetable oil
- 1 Tbsp vanilla
- 3/4 cup whole wheat flour
- 1 cup all purpose flour
- 1/3 cup plain yogurt
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

DIRECTIONS

Preheat oven to 325F. Grease loaf pan. Beat eggs and sugar for about 5 minutes, then mix in smashed bananas, yogurt, oil, and vanilla. Sift in dry ingredients. Beat until just blended. Transfer batter to pan. Bake for approx 1 hour. Cool on rack.



Food Focus: Whole Grains

Whole wheat gives you plenty of fiber and complex carbohydrates for energy. Eat more breads, pasta, bagels, crackers, muffins, waffles, and pancakes with "whole wheat" as the first ingredient to include more whole grain in your diet.





Celebrating Holidays From Around the World with Food!



Throughout the centuries, in countries around the world, food has been used to celebrate holidays, rituals and family gatherings. Holiday meals, many of them handed down for centuries from traditions and old wives tales, often make the deepest impact on our culture and memories. Though holidays around the world are celebrated in different ways, it is food, feast and family that bring us together. We hope you enjoy this opportunity to experience diverse foods with cultural flair!

Festive Recipe from Mexico: Enchiladas

Enchiladas, made with seasoned ground beef tucked inside flour tortillas, are truly tasty. This dish is equally amazing with leftover chicken, shredded beef, pork or turkey (and a great way to use up that traditional American holiday turkey!).

Ingredients (Serves 8)

- 1 tablespoon oil
- 1 pound ground beef
- 3 tablespoons flour
- 8 ounce tomato sauce
- 1 cup water
- ½ cup water
- 2 tablespoons chili powder
- Salt, to taste
- ¾ teaspoon garlic powder
- 12 corn tortillas
- 1 pound cheddar cheese or queso blanco, coarsely grated
- 1 large onion, finely chopped

Melt oil in heavy skillet. Add the ground meat and brown. Sprinkle meat with flour; mix in skillet. Add tomato sauce and 1 cup water.

Mix ½ cup water with the chili powder to form a smooth paste; add to the meat mixture. Add salt to taste and garlic powder. Cook over medium heat, uncovered, until it is of gravy consistency. Cover and simmer over very low heat. Add more water if the chili gravy becomes too thick.

Dip tortillas one at a time in the hot chili gravy with a wide metal spatula. The tortillas will become pliable almost immediately, which will make rolling the enchiladas easier. Soaking too long will cause the tortillas to fall apart.

Place a good sprinkling of grated cheese and minced onion and about a tablespoon of the meat mixture to one side of the center of the tortilla. Roll tortilla tightly around the filling and place loose side down in a casserole baking dish. (For best results place the enchiladas in a row with sides touching.)

When all enchiladas have been rolled, pour the remaining hot chili gravy over all, and sprinkle generously with grated cheese and chopped onion.

Bake at 350 degrees until the cheese is melted. Serve immediately.



For more great Holidays Around the World recipes from Thailand, Belize, Italy, South Africa, Argentina, India and more, check out our website at <http://chartwellsschooldining.com/slps>



World Holiday Food Trivia (answers on page 4)

The Chinese New Year is steeped in tradition, a time when many people feast on dishes associated with prosperity. Which of the following fruits symbolizes good luck?

- a. Apricots
- b. Lemons
- c. Tangerines
- d. Mango

2. While Southerners commonly eat black-eyed peas on New Year's Day, hoping for a dose of luck, people in Japan are more likely eating:

- a. Red snapper
- b. Rice
- c. Oranges
- d. Noodles

3. The iconic pumpkin pie is a familiar sight on many holiday tables. Which part of the nutrient-rich pumpkin is edible?

- a. Flowers
- b. Seeds
- c. Flesh
- d. All of the above

4. Kwanzaa, an African-American celebration of heritage and culture, includes a lavish feast on what day?

- a. Dec. 1
- b. Dec. 31
- c. Jan. 31
- d. Whatever day the participants prefer

5. As we look ahead to other holidays throughout the year, April Fool's Day includes a unique form of mischief-making in France, where pranksters tape pictures of the following on the backs of friends:

- a. Snails
- b. Cheese
- c. Fish
- d. French toast

6. Another holiday with a wee bit of mischief is St. Patrick's Day, and mouthwatering Irish soda bread, is a holiday favorite. Traditional Irish soda bread does not contain which of the following:

- a. Flour
- b. Raisins
- c. Buttermilk
- d. Salt

Thank you to our friends at Thompson Hospitality for providing the Holiday From Around the World information and recipes.



Stay Active to Stay Healthy this Winter!

It's tempting to slow down your pace as the weather turns cold outside. Winter activities can be an excellent way to get in some "fun" exercise though! The average 150 lb person burns approximately the following amount of calories per hour doing these fun winter-related activities:

ICE SKATING	450 cal	SNOWSHOEING	525 cal
SKIING	350 cal	SHOVELING	400 cal
SLEDDING	400 cal	HOLIDAY SHOPPING	150 cal



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Warm up afterwards with a small low-fat hot cocoa or hot apple cider for around 50-100 calories each. Many coffee shops also offer lighter or "skinny" versions of your favorite flavored mochas and lattes, so you can indulge without guilt!

December 2011 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Food Focus: Whole Wheat Bread			1	2	3
4	5	6	7 Chef Chad Crabtree at Carr Lane 	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
				NO SCHOOL: Winter Holiday Break		
25	26	27	28	29	30	31
	NO SCHOOL: Winter Holiday Break					

World Holiday Food Trivia Answers: 1) C 2) A 3) D 4) B 5) C 6) B

Our passion for good food isn't limited to the cafeteria. Together with balanced, delicious meals, we offer an exciting range of educational tools that help your students make wise, informed decisions.

"Eat. Learn. Live." is the foundation of all that we do in school foodservice education.



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