



Eat. Learn. Live.

Chartwells-Thompson Dining Services @ St. Louis Public Schools

Newsletter October 2011

What's On Our Plates this Month? Chefs, Food, Nutrition & Fun in the Classroom

On September 20, Lexington Elementary 5th graders welcomed Chef Ralph Garcia for a special presentation on fruits and vegetables. As part of the Chartwells' Chefs 2 Schools program, Chef Ralph taught the students how to "play with your food" by making fun food art. Using a variety of berries, slices of apples, peaches and oranges, along with broccoli florets, leafy greens and a selection of fresh herbs among other items, students created their own edible artwork.

While faces, flowers and nature scenes emerged on each plate's canvas, Chef Ralph and Chef Willie McDaniel taught the students about the nutritional importance of each fruit or veggie. Although the designs didn't last very long, as students enjoyed tasting their handiwork as much as they did creating it!



Top row: Chef Ralph with students and the Chefs 2 Schools display; Bottom row: Funny faces, flowers and students creating their masterpieces!

Update on Fresh & Local Produce in Schools

Menus, signage and display tables all feature fresh local produce in schools this season. At display areas, students are able to see the whole fruit or vegetable and also see it sliced or cut open, as they read about the farm where it was grown and harvested. They are then able to touch and taste it before then tasting the menu item that features the local produce.

Featured in August and September:

- Peaches from Rendleman Farms (IL)
- Watermelon from Lee Farms (MO)
- Tomatoes from Theis Farms (MO)
- Eggplant from Lee Farms (MO)
- Okra from Theis Farms (MO)
- Apples from Miller Farms (IL)

Buying local means that you are often at the mercy of mother nature. Unfortunately, the Missouri bell peppers and onions did not fare as well this season, and will not be available. We do look forward to sweet potatoes, fall squash and more apples throughout October and November!

From Farm to Fork: Photos (from top left): Freshly harvested sweet potatoes from Lee Farms in Truxton, IL; Ole Tyme Produce delivering apples from an Amish farm in Illinois to an elementary school; a locally grown menu at a high school: Homemade Turkey Meatloaf (with hidden vegetables), Oven Roasted Potatoes (from Lee Farms), Herbed Local Zucchini (from Theis Farms) with Red Peppers and Caramelized Cinnamon Apples (from Miller Farms).



Congratulations to the following schools, for turning in 100% of their meal applications: Washington Montessori, Mann, Wilkinson, and Hodgen. Great job and thank you for your work!



Tiffany Beard: Associate Star of the Month for October!

Congratulations to Tiffany Beard! Her manager, Tami Mortland says that Tiffany exemplifies a "Can Do Attitude". After spending the first two weeks of the school year training new employees, Tiffany is now the lead at Blow and has pulled together a winning team. They, and she, receive continuous praise from the principal and staff. Tiffany takes great pride in her work and show true dedication to the students she serves everyday.



Cook With the Kids: Celebrating Fall with Fresh, Fun Foods!

Teaching your kids how to make their own healthy meals and snacks helps them make better food choices on their own and teaches them valuable cooking skills! Try the fun menu below of healthy, cost-effective versions of kid-friendly recipes with your family.

Panko-Crusted Chicken with Mustard-Maple Pan Sauce *Make chicken strips by cutting breasts into thirds.*



Using meat mallet or rolling pin, pound chicken in re-sealable plastic bag to 1/3- to 1/2-inch thickness. Whisk egg, parsley, and 2 teaspoons Dijon mustard in large bowl. Place chicken in egg mixture; turn to

coat. Sprinkle chicken with salt and pepper. Dip each chicken piece in panko; turn to coat. Heat oil in large non-stick skillet over medium-high heat. Cook chicken until brown and cooked through, about 4 minutes per side. Meanwhile, whisk broth, syrup, coarse-grated mustard and remaining 2 tablespoons Dijon mustard in glass measuring cup. Transfer chicken to plates. Add broth mixture to skillet; boil until reduced to 3/4 cup, stirring constantly, about 4 minutes. Add butter; whisk until melted. Spoon sauce along-side chicken.

Ingredients (Makes 4 Servings)

- 2 8-ounce skinless boneless chicken breast halves, cut cross-wise in half
- 1 large egg
- 1 tablespoon finely chopped fresh Italian parsley
- 2 teaspoons plus 2 tablespoons
- Dijon mustard
- 1 cup panko (Japanese bread crumbs available in some super-markets and Asian markets)
- 2 tablespoons olive oil
- 1 cup low-salt chicken broth
- 3 tablespoons pure maple syrup
- 2 tablespoons plus 1 teaspoon coarse grained mustard.
- 1 tablespoon chilled unsalted butter

Panko is a variety of flaky bread crumbs used in Japanese cuisine as a crunchy coating for fried foods such as tonkatsu. Panko is made from bread without crusts, and it has a crisper, airier texture than most types of breading found in Western cuisine. Outside Japan, it is becoming more popular for use in Asian and non-Asian dishes.

Homemade Applesauce *Apples are in abundance right now!*



INGREDIENTS (makes about 3 cups)

6 cups (or 6 medium) apples, peeled and cut into 3/4-inch chunks
3/4 cup water
2 Tbs. lemon juice
1/2 tsp ground cinnamon

DIRECTIONS

Combine apples, water (you may add 1/4 c of sugar here as well, if you like a sweeter applesauce, but fall apples really do not need the added sugar) in heavy saucepan or pot. Bring to a boil and stir occasionally. Reduce heat, cover and simmer until apples are very tender (about 30-40 minutes).

Uncover and simmer until almost all liquid in saucepan has evaporated, about 10 minutes. Remove from heat. Stir in lemon juice and cinnamon.

Using fork or masher, mash apple mixture until coarse and chunky. For a smoother consistency, blend in food processor or blender.

Veggie Kabobs

INGREDIENTS (makes 4)

1 zucchini, cut into 3/4" slices
8 small fresh mushrooms, cleaned and halved
1 each red and green bell peppers, cut into 2" chunks
1 small red onion, cut into wedges
8 whole cherry tomatoes
4 ounces Italian dressing OR teriyaki sauce
4 wooden skewers, soaked in water



DIRECTIONS

Wash vegetables except mushrooms. Brush mushrooms clean. Cut vegetables according to recipe. Toss vegetables in dressing or sauce. Thread vegetables onto skewers in alternating pattern. Place on grill or stovetop grill pan over medium-hot heat. Baste occasionally with dressing or sauce. Grill 20 minutes or until tender.

Popcorn Balls *Sweets like these are great in moderation and popcorn is a whole grain!*

Ingredients (Makes 20 Servings):

3/4 cup light corn syrup
1/4 cup margarine
2 teaspoons cold water
2 5/8 cups confectioners' sugar
1 cup marshmallows
2 quarts plain popped popcorn

Directions: In a saucepan over medium heat, combine the corn syrup, margarine, cold water, confectioners' sugar and marshmallows. Heat and stir until the mixture comes to a boil.

Carefully combine the hot mixture with the popcorn, coating each kernel. Grease gloved hands with vegetable shortening and quickly shape the coated popcorn into 20 balls before it cools. Wrap with cellophane.



Healthy Fall Celebrations for Families



A Message from the SLPS Health and Wellness Council and the University of Missouri Extension

With a bit of creativity and moderation, children can enjoy Halloween with fun activities and healthy alternatives to candy.

Oftentimes, celebrations in the classroom or at home can consist of foods and beverages that may be low in nutrients, as well as high in both fat and sugar. These foods are fine in moderation, but when they are consistently offered at all celebrations, they can contribute to increased calorie intake and unhealthy behaviors. Helping children in moderating their intake, instead of forbidding these foods, can lead to healthy behaviors towards some common foods that are familiar to celebrations.

With Halloween approaching, there are plenty of ways to focus on moderation. On Halloween night, host a Halloween dinner or party; you can include a Halloween or autumn-theme with food, drinks, decorations and games. Seasonal items such as pumpkin-flavored breads and muffins, apple cider, or some kid favorites that can be turned "spooky" such as spaghetti (brains), grapes (eyeballs) and others are nutritious options.

When receiving trick-or-treaters you and your neighbors can offer alternatives to candy. Pencils, bracelets, rings, bubbles, stickers, jump ropes, and other items can be inexpensive and calorie-free substitutes.

All celebrations can include nutritious foods and a lot of fun with a bit of creativity. Try one of these ideas or one of your own this upcoming holiday!



- Celebrations can be fun and offer nutritious food and drinks with a bit of creativity.
- Decorating pumpkins, spooky movies, and costume contests can be a treat too!
- Alternatives to candy on Halloween include: pencils, bracelets, rings, bubbles, stickers, jump ropes, etc.
- Try pumpkin-flavored muffins, along with apple cider, for your Halloween celebration.
- Help children moderate their candy consumption; forbidding foods can lead to unhealthy behaviors.

Principals, Teachers and School Staff:

FREE, fun and educational Nutrition Presentations are available to all SLPS classrooms and student groups from our Nutrition and Culinary professionals! Contact Kelly Myers at kelly.myers@compass-usa.com or 314-381-4155 to

schedule
one at your
school!



Food Focus: Dark, Leafy Greens

Dark green leafy vegetables are good sources of many vitamins (like vitamins A, C, and K and folate) and minerals (such as iron and calcium). They are also great sources of fiber. Research suggests that the nutrients found in dark green vegetables may prevent certain types of cancers and promote heart health. It is recommended that teenage girls eat 3 cups of dark green vegetables per week, or about $\frac{1}{2}$ a cup every day. Some examples of Dark Leafy Greens are:



Arugula has a peppery taste and is rich in vitamins A, C, and calcium. Arugula can be eaten raw in salads or added to stir-fry, soups, and pasta sauces.

Broccoli has both soft florets and crunchy stalks, and is rich in vitamins A, C, and K, folate, and fiber. Broccoli can be eaten raw, steamed, sautéed, or added to a casserole.

Collard Greens have a mild flavor and are rich in vitamins A, C and K, folate, fiber, and calcium. The best way to prepare them is to boil them briefly and then add to a soup or stir-fry. You can also eat collard greens as a side dish. Just add your favorite seasoning and enjoy!

Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium. They are best when steamed or eaten raw in salad.

Kale has a slightly bitter, cabbage-like flavor and is rich in vitamins A, C and K. Kale is tasty when added to soups, stir-fries, and sauces.

Mustard Greens have a peppery or spicy flavor and are rich in vitamins A, C, and K, folate, and calcium. They are delicious when eaten raw in salads or in stir-fries and soups.

Romaine Lettuce is a nutrient-rich lettuce that is high in vitamins A, C, and K, and folate. It is best when eaten raw in salads, sandwiches or wraps.

Spinach has a sweet flavor and is rich in vitamins A and K, folate, and iron. Spinach tastes great eaten raw in salads or steamed.

The Dining Services Team at St. Louis Public Schools is Walking to Fight Diabetes!

We are taking part in Step Out: Walk to Fight Diabetes to support the American Diabetes Association for the second year! Our team raised over \$1,100 for the cause in 2010 and is hoping to double that in 2011. As the dining services provider for St. Louis Public Schools, and as the industry leader in school nutrition, we are proud to join the fight to significantly reduce the rate of Type 2 diabetes in our children.

October 22, 2011 • 9:00a.m. • Creve Coeur Lake [Visit our team page: http://main.diabetes.org/goto/CompassSTL](http://main.diabetes.org/goto/CompassSTL)

We will be joining thousands of walkers to help stop diabetes. Diabetes is a disease in which the body does not produce or properly use insulin. It is a disease that has deadly serious consequences, and there is no cure. You can join our team, **Compass Group St. Louis / Chartwells SLPS**, and raise funds to help the American Diabetes Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure. You can also make a donation online in support of one of our team members by visiting our Team Web page using the link above.

If you would like more information, please contact **Kelly Myers at 314-381-4155 x642** or send an email kelly.myers@compass-usa.com. Thank you in advance for your help and support. Together we can stop diabetes. One step at a time.



October 2011 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Locally grown produce featured throughout the Fall!		Food Focus: SPINACH			1
2	3	4	5	6	7 ADA Dollar for Denim Day	8
9	10 National School Lunch Week	11 DeShaun and LaMore's Upside Down Taco Salad featured!	12 Chef Anthony at Adams and Chef Jose at McKinley	13 Chef presentations and wing specials at lunch in secondary schools!	14 ADA Dollar for Denim Day	15
16	17	18	19	20 ADA Dollar for Denim Day	21 NO SCHOOL Parent Conferences	22 ADA WALK DAY
23	24 WORLD FOOD DAY	25	26	27	28	29
30	31 Halloween	<p>Did you see us in the St. Louis Post-Dispatch? The October 3rd issue featured a great front-page story on the healthy improvements of SLPS menus, entitled "Schools in St. Louis area returning to healthier, made-from-scratch meals." Featuring Lexington Elementary! Check it out in the archives at: www.stltoday.com.</p>				

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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