

CULINARY CORNER

Parent Guide

Being a parent can be so overwhelming in our day-to-day lives as we navigate the ever-increasing to-do lists along with living in 2025 with school-aged children. We would love to offer a small bit of helpful knowledge to try and take some of these things off of your plate (and help get some things on your plate at home). Please join and visit us at www.FYP365.com to see some great tips on things like Health, Wellness, and more Blogs and Podcasts!

If you navigate to the "Recipe" section, you can see some awesome recipe options to try out at home. Some of the cool options included currently are:

PB&Q Energy Bites
Apple Pie Overnight Oats
Chicken Pot Pie
Balsamic Roasted Carrots
Portobello Banh Mi
Tomato and Basil Penne
Apple Chutney
Jackfruit Carnitas

So please join us at www.FYP365.com to help us Feed Your Potential every day of the year!

April Service

9 Down, 2 to go!

We closed April strong, in spite of staffing issues (shout out to our awesome hard-working staffers). We have begun the process to update a closing menu for May and will soon begin work towards Summer program sign-up and adjustments.



GROWING MEALS



April Meals

Total Breakfast – 4,646
Total Lunch – 17,210
Total A la Carte** – 3,239
Total Adult (Meals) – 103
Serving Days - 22
Total (meals-per-day) – 1,145

March Meals

Total Breakfast – 2,578
Total Lunch – 10,366
Total A la Carte** – 1,963
Total Adult (Meals) – 87
Serving Days - 13
Total (meals-per-day) – 1,153

**ALC values are listed in meal-equivalent form at a rate of \$4.65 per DOE/Contract stipulation

Staffing

We are currently "fully staffed" and are not hiring for full-time positions at this time. Various staff are out with medical issues and in recovery.

We continue to look for anyone interested in applying for a position with WillSub as a substitute employee, as we do not have a steady option for substitute employees.

Equipment

Minor repairs to the MS steamer, MS Dish Machine, and HS Freezer are completed/scheduled utilizing General Parts service department.

Work is in-progress to get electricity fed to power a replacement oven in the MS kitchen and removal of malfunctioning old convection oven.



New Menu Items and Updates

Menu Highlight

Featured in the picture to the right:

Arroz con Pollo

A new offering requested by our own students:
Arroz con Pollo (a seasoned rice and chicken dish
with white queso cheese sauce).



LTO served in April

Our Limited Time Offer on March 13th:

Turkey Apple Bacon Melt

Whole Grain Flatbread, Bacon, Sliced Turkey,
Cheese, and Granny Smith Apples



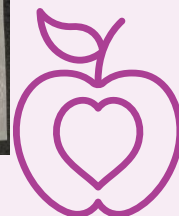
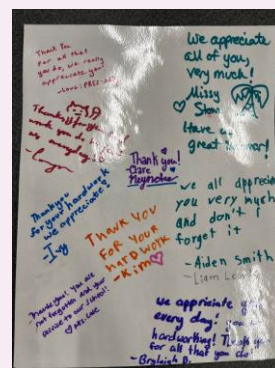
Our LTO program was featured on www.FoodServiceDirector.com !!
[How Aramark Student Nutrition creates LTOs that get students excited about lunch \(foodservicedirector.com\)](http://www.FoodServiceDirector.com)

Food Service Spotlight

Staff Celebration

Our TMS Builders Club, lead by their president Adalyn Cole, showed our cafeteria staff their appreciation for all their hard work in ensuring healthy, nutritious, and (most importantly) delicious meals for our students each day. They presented a wonderful card and some tasty popcorn and gifts in a bag for our staff during their lunch break.

Thank you so much for your thoughtful gift and show of appreciation!



BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and antiviral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY
+ KIWI + LIME



WATERMELON +
CUCUMBER
+ MINT



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.





A COMMITMENT TO WELLNESS

The Power of Food

Good tasting food and fun flavors can spark curiosity and encourage discovery. That's why our culinary and student nutrition teams work hard to serve healthy and tasty foods capable of getting students excited and engaged with school dining.



Beyond offering a satisfying culinary experience, we believe that food powers potential. The nutrition that students need from school food impacts their physical development, cognitive aptitude, and learning potential. That's why we have a carefully calculated and dietitian-approved way to provide better, more balanced nutrition. When students eat a school meal, we want to ensure that meal will help nourish their mind and body, and help them succeed throughout the day, every day.

Our Wellness Commitments

- 1** **Serve delicious and nutritious** meals that satisfy students and meet USDA requirements.
Promote the benefits of eating breakfast by offering the **School Breakfast Program** in a variety of settings including in the cafeteria and classroom as well as mobile cart solutions.
- 2** Offer **healthy, nutrient-dense snacks** and healthy meal options for after-school programs and special events.
- 3** Encourage healthy lifestyles by **linking nutrition messaging** with the foods we serve.
- 4** Offer frequent food sampling opportunities **to encourage students to try new, healthy foods.**
- 5** Buy locally, partner with organizations to procure sustainable foods, and support school gardens to **help schools become more environmentally friendly.**
- 6** **Provide excellent service** to our students and our customers with an engaged, committed staff.
- 7** Train and encourage staff to be **good stewards of water and energy** in schools; support composting, recycling, and green cleaning for healthy school environments, where possible.
- 8** Advance employee knowledge and sensitivity to **health and wellness education** through training and communication resources.
- 9** Engage in **legislative advocacy** on behalf of our nation's students.
- 10**

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As a part of our Healthy for Life® Initiative with the American Heart Association (AHA), we're committed to reaching out to students, parents, and community members with health and wellness ideas and information that can help you live a healthier life. That's what our Feed Your Potential (FYP) 365 campaign is all about. FYP365 is empowering millions of Americans to DISCOVER, CHOOSE, and SHARE the healthy foods that can help them reach their potential and accomplish their best. It comes to life through robust digital experiences—online and on social media, where people can get the knowledge, skills, and confidence they need to prepare healthy food for their families.

Visit [FYP365.com](https://www.fyp365.com) for

Budget friendly, globally inspired, healthy recipes

Cooking tips and tricks from chefs

Healthy lifestyle updates from nutrition experts

Meal-planning inspiration shared through electronic newsletters and social media



THANK YOU