

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!

May Service

10 Down, 1 to go!

May service is complete, and we are prepped-and-ready to get summer school underway. We noted a slight decline in overall meals served (due to student absences from the lunchroom, field trips, and other issues) but overall held close to our goal thanks to income from catering.



GROWING MEALS



May Meals

Total Breakfast – 4,225
Total Lunch – 15,532
Total A la Carte** – 2,791
Total Adult (Meals) – 49
Serving Days - 20
Total (meals-per-day) – 1,129

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

**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 items and maintenance completed. MS oven and the required electricity were successfully installed. We have continued improvements underway for the summer periods.



New Menu Items and Updates

Menu Highlight

Featured in the picture to the right:

The Classic Hot Dog

Sometimes you just cannot beat the simple and classic hot dog! Shown to the right, a popular lunch choice from our students corporation-wide, the classic Hot Dog



LTO served in May

Our Limited Time Offer on May 15th:

MOJO Chicken Bowl

Mojo Seasoned Chicken over Rice and Charro Beans with Shredded Cheese, Plantains, and Lime

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

Appreciation Day

Staff Appreciation Day brownies were placed in the teacher's lounges in High School, Middle School, and Elementary School on May 6th. They were very well-received, and we are thankful for such a thoughtful gift!

Thank you so much for all you do for our students, families, community, and staff!



JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

***DO NOT attempt to chop ingredients or cook without adult supervision.**



MEALS TO SMILE ABOUT

Serving nutritious and delicious meals

Some of the healthiest food your children can eat is served at your child's school for breakfast and lunch. The federal government passed the Healthy Hunger Free Kids act in 2010 to ensure children eat balanced and nutritious meals, that provide the fuel they need to grow and thrive, both inside and outside of the classroom. As your school's food service provider, ensuring that students are well fed throughout the school day is our top priority.



Believe in the Power of Food

Can food have a role beyond fuel in schools?
Can taste spark curiosity within the classroom?
Can global flavors provoke discovery and discussion?
Can a friendly hello change the course of a student's day?

We think so. At Aramark Student Nutrition, we believe eating nutrient-packed, delicious food powers potential.

Powering Potential in Student Nutrition

We have an extensive database of recipes available to our schools, with a large variety of flavor profiles! To help ensure that schools are offering an assortment of nutritious and delicious meals, we introduce multiple promotions each month to help focus attention on different foods. These include recognized food days, such as national taco day or world vegetarian day; school-specific events, such as Spirit Day, with a focus on local favorites; or national events such as Earth Day, with a focus on fruits and vegetables.

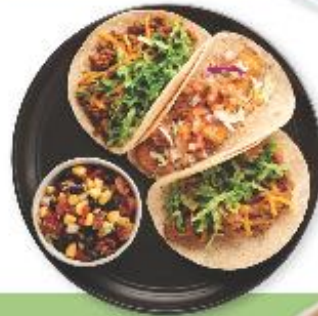
One week per month, we introduce special promotions which provide a fun opportunity for students to try new foods that were developed by our chefs and dietitians. Our calendar of events includes delicious recipes influenced by global cuisines such as Asian, Greek and Mexican, along with on-trend sweet and spicy flavors.

With all promotions, the option to taste-test is a key component offered at every school. Students, including those that might not typically eat a school meal, are encouraged to try a sample of a daily or weekly special.

Students who eat school breakfast have been shown to achieve

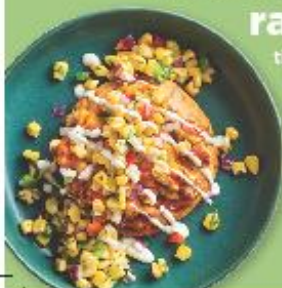
17.5% HIGHER SCORES on standardized math tests.*

*No Kid Hungry, Hunger In Our Schools. 2017.

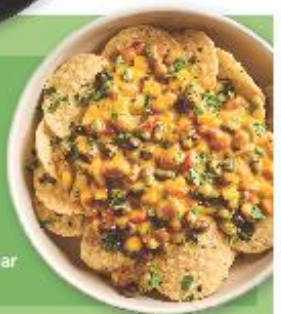


To ensure that students have access to food they enjoy, our dining program offers a diverse **range of menu choices**

that include a variety of fruits and vegetables and age-appropriate entrée options. Our dining professionals design healthy menus that exceed USDA regulations, while also taking into consideration the community needs, feedback from student surveys, and district resources.



Aramark chefs have created **7,000+** K-12 RECIPES including over 250 new recipes each year



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the FEED

Tipton Community School Corporation

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THANK YOU