



## Nutrition's Chef Visits Lehighton

Nutrition's Corporate Chef, Myra Fink, came for a training day to the Middle School on October 9. She showed the team some new tricks for making pizzas and introduced new recipes for "Pizza Roll-ups." The



ladies had a great day with Myra and enjoyed learning



the new recipes. The students loved the Pizza Roll-ups as a choice for lunch.



### OUR MISSION STATEMENT

To provide personal, professional and ethical management service with a sincere focus on our clients. Our success is in exceeding our customers' expectations and cultivating long term relationships. We achieve this by providing a high quality, customized, nutritionally sound food service operation in a fiscally responsible manner through our friendly, knowledgeable leaders and long standing dedicated management members. The cornerstone of our success is our people.

## Wellness Wednesday

On October 22, we did our first Wellness Wednesday at the Elementary Schools. This month the focus was on fruit and vegetables. The recipe was a Pineapple Salsa, and we served it with tortilla chips. The students really liked the dish and some even asked about the recipe to make it at home. The pineapple salsa recipe, an activity sheet (with information on fruits and vegetables), and a word search were distributed with the samples. A lot of the students and some of the Shull-David staff commented on how much they liked the opportunity to taste new items that are healthy for you. The students are looking forward to future Wellness Wednesdays!



**Lauren Williams** Food Service Director 570.956.2762 [nutritiongroup@lehighton.org](mailto:nutritiongroup@lehighton.org)  
**Bill Budd** Regional Manager 570.233.3814 [bbudd@thenutritiongroup.biz](mailto:bbudd@thenutritiongroup.biz)

# LEHIGHTON AREA SCHOOL DISTRICT



Our Regional Meeting was held in Hazleton on October 21. Three times a year, The Nutrition Group conducts these training/informational meetings with Food Service Directors in the eastern region of Pennsylvania. The meetings cover new food items and recipes, paperwork reviews, personal development, and regulatory updates. At this meeting, we picked up new promotional items for special events in our cafeterias. Looking at the picture, it appears that a Safari special event will be coming to Lehighton in the future.

## NEW LED LIGHTS

This month we continued to enhance our appearance at the High School Café. The Maintenance Department helped out by installing LED lights above the serving lines to create a brighter appearance for the students at lunch.



## Happy Halloween!



For Halloween, the food service team was in the holiday spirit. At the High School most of the ladies dressed up as football players for the last home game. At Shull-David the ladies dressed up in Halloween-

Themed shirts, and all of the elementary schools had little Halloween characters decorating the trays of fruits and vegetables. Our students were excited to see the decorations, and they enjoyed the fun atmosphere in the cafeteria!



# FOOD SERVICE REPORT



## Breakfast and Lunch Participation ...

Operating Days 22	Budgeted Month	Actual Month	Budgeted	Actual YTD
<b>Breakfast Participation</b>				
Paid	748	878	1564	1751
Reduced	418	325	874	658
Free	4004	4433	8372	8598
<b>Total Breakfasts</b>	<b>5170</b>	<b>5636</b>	<b>10810</b>	<b>11007</b>
<b>Lunch Participation</b>				
Paid	12496	11471	26696	23329
Reduced	2288	2003	4888	4171
Free	13376	14468	28576	29761
<b>Total Lunches</b>	<b>28160</b>	<b>27942</b>	<b>60160</b>	<b>57261</b>
<b>A la Carte Sales</b>				
Student A la Carte Sales	\$9614	\$7812	\$20539	\$15804
Adult A la Carte Sales	\$1408	\$2771	\$3008	\$4788
<b>Total A la Carte Sales</b>	<b>\$11,022</b>	<b>\$10853</b>	<b>\$23547</b>	<b>\$20591</b>

### This Month's Corporate Support...

- Regional Manager Bill Budd has been very supportive and active at the Lehigh Area School District.
- Director of Operations Patty Baresse has also been available for questions and assistance when needed.

### 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, everyday. 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.

## Red Ribbon Week

October 27-31 is Red Ribbon Week at the Lehigh Area School District. The students all decorate posters and participate in daily events during the week. At the Franklin and East Penn schools, we were happy to provide special lunches requested by Mrs. Howland for her Student Ambassadors at each school. This recognition is special for the students because they are being honored for being role models for other students and friends. At Franklin, we did a Red-Ribbon themed lunch for the students. A Stromboli was made in the shape of a ribbon and red fruits and vegetables were offered (cherry tomatoes, strawberry applesauce, red peppers, and apples). At East Penn, Stromboli was the entrée served with a variety of fruits and veggies including baked beans and apples. The students really enjoyed their lunch and wrote "Thank You" cards to both cafeterias.





# THE SCOOP

## ON NUTRITION



*From Basil Chef of Nutrition*

Volume 5 Number 1

October 2014

## The Importance of Fruits and Vegetables

When it comes to fruit and vegetables, more matters! It's recommended that children get 5 or more servings daily. While juice can offer the same nutrients, whole fruits and vegetables, whether fresh or frozen, are the best option to get all the nutrient-rich fiber they offer. An added bonus is that your child will feel full for a longer period of time.

Fruits and vegetables come in a rainbow of colors. Each color offers a unique set of nutrients, making it important to get a little of each color every day to maximize the nutritional benefits. Red fruits and vegetables like raspberries, tomatoes and watermelon are rich in antioxidants. Most orange and yellow fruits and vegetables provide beta-carotene, a nutrient that converts to vitamin A which supports healthy bones, skin and teeth, and improved vision. Next are greens, which promote healthy eyes, bones and teeth. Greens are rich in vitamin C and E, which lower the risk for chronic illnesses. Blue and purple fruits and vegetables have powerful antioxidant properties. White fruits and vegetables, like pears, apples, cauliflower and cucumbers, are high in fiber and packed with antioxidants.

Imagine how bright and appealing your plate will be with all the colors you can choose!

*Your school's cafeteria offers a variety of fresh fruits and vegetables daily. This allows your child the option to choose his or her favorite with their lunch.*



## Chef Basil's Wellness Wednesday

Pineapple Salsa is Chef Basil's featured recipe. Did you know pineapple is good for soothing colds and coughs? Pineapples are packed with Vitamin C and all the flu fighting goodness you'd expect to get from oranges, except pineapples have something EXTRA special! Bromelain, an enzyme which is found in pineapples, is excellent for digestion.



## RECIPE

### Pineapple Salsa

- 2 1/2 Cups pineapple tidbits
- 2 1/2 Cups favorite salsa
- 2 tsp of cumin
- 1 tsp lime juice
- 2 tsp of chopped fresh cilantro

Mix ingredients in a bowl and stir until blended and refrigerate until ready serve. Serve with corn chips, pita chips, or as topping for grilled chicken or fish.