Food for Thought

Everything you need to know about your school’s meal program

Food Services works to feed & educate young Westies

District schools have been receiving visits from the Food Services Department smoothie station! Staff members have been whipping up smoothies of spinach, banana, pineapple and yogurt. The best part? The fruit masks the spinach taste, and kids love them. It’s a great way to show how tasty fruits and veggies can be. During smoothie station visits, smoothies are served during lunch for free to any kids who want them. The station first came to Washington Elementary School, then traveled to West Haven High School and will continue making the rounds at district schools.

West Haven High School moved its culinary students out of the classroom and into its cafeteria kitchen one day in October to work with food services Director Meg Kingston and staffer Dawn Reiss-Melillo to learn how to make butternut squash soup. (See recipe on back of page.) The students have been educated in cooking safety and wore special cut-resistant gloves. Bailey Middle Schools interested in culinary recently stopped by WHHS to see what the program can offer them.

Edith E. Mackrille Elementary School students got a chance this fall to see how produce from their teaching garden can be turned into tomato sauce and pesto in a cafeteria lesson that included a taste test! The Food Services Department showed students the ingredients that go into each and how they can be blended together to make a sauce. The teaching garden was installed last year with a grant from the American Heart Association. In the photo at the left, a student tries pasta with pesto.

News from the Cafe Staff

- Food Services received a grant to purchase equipment for hot breakfast meals, like oatmeal and hard boiled eggs.
- Sodexo, the company that manages Food Services, awarded a scholarship to a WHHS Class of 2014 grad who is studying culinary. More scholarships will be offered this year.

Bon appétit

Here’s another peek at some of our menu items.

- Garlic and lemon roasted chicken
- Shepherd’s pie
- Baked potato bar
- Pulled pork sliders
- Sweet potato fries
- Roasted Brussel sprouts
Try one of our Food Services recipes: Squash Soup

This butternut squash soup has become a favorite of our students! We’ve transitioned over to a significant amount of from-scratch cooking and wanted to share this delicious recipe with our West Haven families.

8-12 servings

Ingredients:
- 3 pounds of butternut squash
- ½ cup unsalted butter
- 3-4 tablespoons olive oil
- 1-2 large sweet onions or white onions, chopped
- 1/3 cup all-purpose flour
- 1 ½ cups milk (skim is fine)
- 3-4 cups of chicken broth or vegetable broth
- 1/8 teaspoon cayenne pepper or more to taste
- Generous pinch of sea salt
- Freshly ground black pepper
- 1/3 cup pure maple syrup
- ¾ cup of toasted pecans, coarsely chopped

Directions:
- Preheat oven to 375°. Pierce butternut squash in several places with a fork and bake until soft for 45 minutes to an hour.
- Remove squash from oven and let cool. Cut squash in half, remove seeds and stringy membranes. Put cooked squash into bowl.
- In large pot, melt butter and olive oil on low-to-medium heat. Add onions, cook until golden, stirring occasionally.
- Sprinkle flour over onions, turn up heat a bit and cook, stirring until mixture forms a roux. Whisk in milk and broth. Bring to a boil and stir often. Season with cayenne pepper, sea salt and black pepper. Add dash of nutmeg or cinnamon if you wish.
- In food processor or blender, puree cooked squash with broth mixture until smooth. Return mixture to pot. Add maple syrup.
- Let simmer for 10-15 minutes. Add more cayenne pepper if you wish. Serve soup sprinkled with toasted pecans.

FAQ: Snacks & charging meals to a student account

Q. Can a student “charge” a meal to an account if the student has no cash and his/her My School Bucks account is empty?
A. Yes. A student can charge up to three meals from the regular menu. After that, if his/her account is still not paid up, the student will receive a cheese sandwich with milk and a piece of fruit.

Q. When will a family be notified if a student has a balance on an account from charging meals?
A. Balance notices are sent home on Fridays.

Q. Are memos sent even if a balance is a few dollars?
A. Yes. We want to let families know early so that they have enough notice to pay.

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<th>Buildings</th>
<th>Breakfast Price</th>
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<tr>
<td>Redced 30¢</td>
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| Bailey, Carrigan   | $1.25           | $2.75       |
| Redced 30¢         | Reduced: 40¢    |

| Elementary         | $1.00           | $2.50       |
| Redced 30¢         | Reduced: 40¢    |