

Zionsville Food Service Cafeteria Chatter

February/March 2018



Add These Dates to Your Calendar

SGE Wellness Event	Thursday	February	15
President's Day	Mon	February	19
Teacher Work Day	Tuesday	February	20
PVE Wellness Event	Thursday	February	22
Daylight Saving's Time	Sunday	March	11
In-Service – Bake Off	Wednesday	March	21
E-Day (ZMS & ZWMS)	Thursday	March	22
BME Wellness Event	Thursday	March	22
Spring Break	Fri-Fri	March/April	30-6
In-Service	Wednesday	April	25
In-Service- End of Year	Wednesday	May	16
Last Student Day	Friday	May	25



PRODUCTION POINTS: Bake Off

By: Amy White

Dust off your apron, it's time to enter the 10th annual ZCS Foodservice Bake Off! This year's bake off is being held on Wednesday, March 21, 2018. 10 years is a cause to celebrate and no celebration is complete without a cake, so this year's theme is (drumroll please) **2-layer cakes!** Give us your best ORIGINAL recipe (no box mixes please) for a deliciously moist 2-layer cake with icing.

Watch for sign-up sheets and more information to come in the next couple of weeks.

If you would be interested in submitting your name as a possible co-chair for the annual bake-off contest, please contact Amy W. awhite@zcs.k12.in.us or 317.873.1232 x11620

CASHIER'S CORNER: Understanding What Makes a Meal

By: Lisa Bond

ELEMENTARY SCHOOLS/MIDDLE SCHOOLS: When Elementary and Middle School students come thru the café line they should be able to choose from the variety of entrées, fruits and vegetables we have to offer. The components for an Elementary/Middle School tray are as follows: 1 entrée, 2 serving's vegetables, 1 serving fruit and 1 carton of milk. The students may take all 5 components but if they do not want all 5 they may just take 3 out of 5 components (as long as one of the food items is a fruit or vegetable) that makes a reimbursable meal.

HIGH SCHOOL CAMPUS: (*The following applies to all 3 cafes at the High School*) When high school students come thru the café line they should be able to choose from the variety of entrées, fruits and vegetables we have to offer. The components for a High School tray are as follows: 1 entrée, 2 servings' vegetables, 2 servings' fruits and 1 carton of milk. The students can take all 5 components but if they do not want all 5 they can just take 3 out of 5 components (as long as one of the food items is a fruit or vegetable) that makes a reimbursable meal.

As an offer vs. serve school district, students may decline up to two food components, but in order to count as a reimbursable meal there must be at least a ½ cup serving of fruit OR vegetable on the tray. Review menus and production records to determine correct serving sizes and to know which entrees are served each day. Students must also have a full 2 oz. serving of grain to meet the grain component. For example, if Chicken Poppers with pretzel stick is on a menu and a student just takes the poppers but not the pretzel stick, there is not enough grain to fulfill the grain requirement. Assess the other food items on the tray to determine if a meal is present.

Sources: OVS USDA 2015-16

Next Cashier's Meeting: Thursday April 26th @ 2:15-3:15 @WMS in small board room



EAGLES IN TRAINING



Kelly Antcliff, ZMS Athletic Director, encourages us to be 'Strong in Every Way'. Look for information on the 'Eagles in Training' team for the Mini Marathon flier.

February

Roseann	UE	17
Trae	ZMS	23
Pat	UE	28
Nancy	EC	28

March

Julie	SUB	7
Kristin	WMS	14
Sarah	SUB	18
Charisse	EC	21
Iriny	PVE	28
CynGay	ZMS	30

April

Laura	BME	7
Mary	EE	9
Heidi	SUB	14
Lynne	EE	20
Frances	SGE	29

If we missed your birthday, please accept our apologies and know that we wish you a very happy birthday.



DIRECTOR'S NOTES

By: Jan Swander

Happy _____ Day! I will leave each of you to fill in the blank! It could be a Happy Valentine's Day; a Happy Wednesday, a Happy SUNNY day or another Happy WORK day! Whatever you call the day, it's my hope that you can put a "happy" spin on it to make it more enjoyable! Many of the ZCS Food Service Staff work approximately 4 hours each day and while that can feel like a fair chunk of time, especially during certain days, in the grand scheme, it is only one sixth of the day....8 out of 24 hours! My challenge to each of us (myself included) is how do we make the most of those 24 hours.... EVERY ONE of those 24 hours, regardless of how much time we work? As related to the job, I hope we can start by making work enjoyable and NON-stress producing! To do so, in my estimation, requires an open attitude, strength and TRUST and while some days those traits are in short supply for all of us, it's my hope that co-workers help remind each of us that such qualities are within our grasp... if only we remind ourselves!

Thanks for doing what you do AND for encouraging others to do what they can do! It's been an "interesting" year and whether you realize it or not, it's brought many new approaches to our department. The ability to see things from another viewpoint can be most useful, yet sometimes it requires a "push" to do so...and this year we've received our share of pushes! ☺

HYDROPONICS!

Hydro – WHAT???? Hydroponics, according to www.dictionary.com, is the "cultivation of plants by placing the roots in liquid nutrient solutions rather than in soil; soilless growth of plants".

Is anyone in the ZCS Food Service Department familiar with this concept? If you work at a ZCS elementary location, you ideally ARE familiar as the elementary locations have what's referred to as Tower Gardens. Could this be the wave of the future and could it impact the ZCS Food Service Department? Watch for developments in this "field" (slight pun intended)!



A FEW FUN FACTS REGARDING VALENTINE'S DAY

- Based on retail statistics, about 3 percent of pet owners will give gifts to their pets on this day.
- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."
- Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pinning for lost love.
- Richard Cadbury produced the first box of chocolates for this holiday in the late 1800s.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.

Source: <https://list25.com/25-interesting-facts-valentines-day/>

Overnight on Sat/Sun
March 10th /11th
SPRING FORWARD
SEE YOUR CLOCK



NEW STAFF

Julie	SUB	No Set Location
Raul	SUB	No Set Location
Sylvia	Monitor	Z'West
Tamatha	Cook III	PVE

FREE FLU VACCINES

Available to all ZCS employees. Go to the St. Vincent @ Work - ZCS Wellness Center at any time during open hours to receive your flu shot. (Monday, Wednesday, Friday: 7:00am – 11:00am & Tuesday, Thursday: 2:00pm – 6:00pm).

No appointment is necessary at the clinic if you are only in need of a flu shot.

CRYSTAL APPLE AWARD

Congratulations to Steve White, ZCHS lunch monitor AND the 2018 Crystal Apple Award winner as a school employee who exemplifies a positive attitude. Steve was unanimously chosen by the thirteen Mr. Zionsville contestants & when the award was presented at the Mr. Zionsville event on Thursday, January 25, 2018, the audience responded loudly and most enthusiastically!

This is the second time in four years that Steve has received this award, the first time was in 2015 when this year's senior class were freshmen! Without doubt, Steve has been busy connecting with many ZCHS students since his hire date of February 3, 2014! Way to go, Steve!



UNION ELEMENTARY (UE) WELLNESS NIGHT FEEDBACK

By Kathy, UE Food Service Manager



Here is a "taste" for how the first ZCS elementary wellness night went on Thursday, February 1st when Kathy, assisted by Nancy (Stonegate Elementary Food Service Manager) provided information to parents and students.

Prior to the event, Kathy had reached out to Purdue University's Extension Office for some great materials which she had initially seen at the Indiana School Nutrition Association's 2017 Annual Conference in French Lick, Indiana. The following is information directly from Kathy!

"Whew.... what a night! For the first 10 minutes I thought Nancy and I were going to have to break out a deck of cards, but then the masses showed up and it was non-stop until 7:30 pm. It was determined that we had 830 students, parents, grandparents, guardians moving through the building, so I'd say the event was very well attended!

OVERALL NOTES

- We had 4 iPads with a Quick Response - QR app installed that a Kindergarten teacher lent us.
- Cards representing the most commonly grown fruits, veggies and herbs in the state of Indiana were displayed on a table.
 - Using the iPads, the kids had fun capturing the code and watching the description "pop up".
- For those that seemed really interested, I explained a little more about what Purdue was trying to accomplish with this program and that you will be seeing these "scan cards" at a lot of our local Farmers Markets this summer.
- Everyone loved the blueberry samples we served.... except the floors 😊.
- Nancy did a great job educating the older kids about how to buy a lunch when they get to middle school. It was surprising how many middle school students didn't know that either.

Thanks to Kathy and Nancy for creating a GREAT, initial night with such positive customer interaction! Kathy and Sheila, Eagle Elementary Food Service Manager, participated in the Eagle Wellness Night the following Thursday and the remaining three ZCS elementary sites are scheduled in upcoming weeks! Many thanks again to ALL!

SOURCE: Purdue Extension Food Link <https://extension.purdue.edu/foodlink/index.php>

This institution is an equal opportunity provider.

This is a publication by and for the ZCS Food Service staff. If you would like to submit an article or idea for the next publication, please contact Amy W. 317.873.1232 x11620 or awhite@zcs.k12.in.us