

# food evolution

a smart approach to changing the way we eat | October 2014



National Farm to School Month is a time to celebrate the connections that are happening between schools and local food. Farm to School is a means to improve child nutrition, support local economies and educate children about the origins of food.

Farm to school connects schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition,

providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

This month Westside Community Schools has been proud to partner with Morris Family Orchard, Clinch Farms, Iowana Farm, and Grandview Farm. We also purchase all our milk from a local dairy, Prairieland Dairy.

We have enjoyed locally grown apples, tomatoes, melons, zucchini, cucumbers, squash, broccoli and sweet potatoes. The locally grown menu items are marked on the menu by **Locally Grown**.



The benefits of Westside's **Farm2School** program are:

1

**Farm2School**

Increases school meal participation

2

**Farm2School**

Raises awareness about local food systems.

3

**Farm2School**

Helps students understand how food is grown, harvested and eaten.

## DIRECTOR'S DISH

By Diane Zipay, Director of Nutrition Services

### The Politics of Nutrition – An Issue With Many Opinions but Only One Goal

Recently a local TV station featured a story about the new USDA regulations for the National School Lunch Program. This story created a lot of conversation about who supports the new regs and why – even suggesting this is a political issue.

Most everyone has an opinion about child nutrition and why the obesity rates have risen – creating a generation that might not live as long as their parents. Unfortunately, there is no one solution to this problem. As a matter of fact, child hunger may be a bigger issue facing our children. Many children are overweight due to the quality of their diet rather than the quantity of food they eat.

At Westside nutrition services we believe that we should **educate – not eliminate**. In school, children learn how to read, think, draw conclusions, and solve complex problems in preparation for living a productive independent life. So, we must also teach them to use these skills to practice healthy living. Everyone, on either side of this issue, has the same goal.

As written in the September newsletter, our global palate opens up a world of cultural understanding and amazing culinary experiences. We must not leave the wonderful world of food out of the equation for healthy living.

It is hopeful that students will become more accustomed to the new meal requirements in the school lunch program. As we continue, we must evaluate the cost, effectiveness and outcome. We need to achieve our goal of a healthy and fit nation, but we cannot achieve this by throwing away millions of pounds of food and financially impacting our bottom line.

**Sensibility • Practicality  
Rationale • Common Sense**

**It's time to get back to the basics!**

## How to Reach Us:

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## New Items:



### October 23rd: Grilled Pork Chop

Through our relationship with Omaha Steaks we are able to offer a tender, center cut pork loin chop that we season and grill to perfection. The last time we served it students were very sorry they didn't order it.



### October 27th: Migas

In Tex-Mex cuisine, migas

is a traditional breakfast dish consisting of scrambled eggs mixed with strips of corn tortilla, and cheese, plus various spices and condiments (e.g. salsa). Migas is typically served with refried beans. One common variation is to add chorizo to the standard ingredients. Originally a breakfast dish that made use of leftover bread or tortas, today migas is a fashionable first course served for lunch or dinner in restaurants in Spain.

**"Try a Bite" Roasted Pumpkin Seeds:** This year each school will get 2 pumpkins to carve and decorate. The seeds will be roasted so that students may "try a bite." When you carve your pumpkins at home, remember that just 1/4 cup of seeds provides half of the recommended daily requirement of magnesium, a rich source of zinc, omega 3's and antioxidants.

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## Super Power Veggies of the Week: Edemame

<ul style="list-style-type: none"> <li>• <b>Chicken Parmesan with Dinner Roll</b> 6</li> <li>• or <b>Salami and Cheese Sandwich</b></li> <li>• or <b>Yogurt and Cheese Stick with Dinner Roll</b></li> <li>• California Vegetables</li> <li>• Mixed Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Grilled Chicken Burger on a Bun</b> 7</li> <li>• or <b>Crispy Chicken Salad with Pretzel Bites</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• Green Beans</li> <li>• Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pizza Hut Pizza with Garlic Bread Stick</b> 8</li> <li>• or <b>Hummus with Pita Triangles</b></li> <li>• or <b>Yogurt and Cheese Stick with Garlic Bread Stick</b></li> <li>• Green Garden Salad</li> <li>• Pears</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ribeye Steak Sandwich</b> 9</li> <li>• or <b>Super Foods Salad with Pretzel Bites</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• Roasted Baby Red Potatoes</li> <li>• Pineapple</li> </ul>	<p><b>"WARRIOR PANCAKE DAY" 10</b></p> <ul style="list-style-type: none"> <li>• Pancakes and Sausage Link</li> <li>• Yogurt Parfait with Pretzel Bites</li> <li>• or Yogurt and Cheese Stick with Jelly Sandwich</li> <li>• Sweet Potato Waffle Cut Fry</li> <li>• Strawberry Cup</li> </ul>
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## Super Power Veggies of the Week: Grape Tomatoes

<p><b>Columbus Day 13</b></p> <ul style="list-style-type: none"> <li>• <b>Nina, Pinta and Santa Maria Chicken Nuggets</b></li> <li>• or <b>Cottage Cheese and Fruit</b></li> <li>• or <b>Yogurt and Cheese Stick</b></li> <li>• Fresh Vegetables with Ranch Cup</li> <li>• Apple <b>Locally Grown</b></li> <li>• Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Jumbo Meatball with Marinara Sauce</b> 14</li> <li>• or <b>Crispy Chicken Salad</b></li> <li>• or <b>Yogurt and Cheese Stick</b></li> <li>• Steamed Broccoli</li> <li>• Raisels</li> <li>• Garlic Bread Slices</li> </ul>	<p><b>NATIONAL SCHOOL LUNCH WEEK</b></p> <ul style="list-style-type: none"> <li>• <b>Breaded Mozzarella Sticks with Pizza Sauce</b> 15</li> <li>• or <b>Meatball Sub Sandwich</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• Baby Carrots</li> <li>• <b>Chieftain Apple Locally Grown</b></li> </ul>	<p><b>NO SCHOOL AT WESTSIDE 16</b></p> <ul style="list-style-type: none"> <li>• <b>Crispy Beef Tacos with Lettuce and Cheese Cup</b></li> <li>• or <b>Chef Salad with Pretzel Bites</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• Refried Beans</li> <li>• Banana</li> <li>• Chocolate Chip Cookie</li> </ul>	<p><b>NO SCHOOL AT WESTSIDE 17</b></p> <ul style="list-style-type: none"> <li>• <b>Popcorn Chicken Bowl with Dinner Roll</b></li> <li>• or <b>Taco Salad Pretzel Bites</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• Mashed Potatoes</li> <li>• Strawberries</li> </ul>
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## Super Power Veggies of the Week: Carrotini

<p><b>NO SCHOOL AT WESTSIDE 20</b></p> <ul style="list-style-type: none"> <li>• <b>Breaded Ravioli with Marinara Sauce</b></li> <li>• or <b>Ham and Cheese Sandwich</b></li> <li>• or <b>Yogurt and a Cheese Stick</b></li> <li>• Green Beans</li> <li>• Mixed Fruit</li> <li>• Pretzel Bites</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Hot Dog on a Bun</b> 21</li> <li>• or <b>Italian Hoagie</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• French Fries</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pizza Hut Pizza with Garlic Bread Stick</b> 22</li> <li>• <b>Try a Bite: Roasted Pumpkin Seeds</b></li> <li>• or <b>Egg Salad on a Bagel</b></li> <li>• or <b>Yogurt and Cheese Stick with Garlic Bread Stick</b></li> <li>• <b>Broccoli with Ranch Cup</b> by Grandview Farms</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Grilled Pork Chop on a Bun NEW ITEM</b> 23</li> <li>• or <b>Cheesy Bread Sticks</b></li> <li>• or <b>Yogurt and Cheese Stick with Pretzel Bites</b></li> <li>• Corn</li> <li>• Applesauce</li> <li>• M&amp;M Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Roasted Chicken Drumsticks with Dinner Roll</b> 24</li> <li>• or <b>BBQ Pork Wrap</b></li> <li>• or <b>Yogurt and Cheese Stick with Dinner Roll</b></li> <li>• Baked Beans</li> <li>• Pears</li> </ul>
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## Super Power Veggies of the Week: Fresh Broccoli

<p><b>MEATLESS MONDAY 27</b></p> <ul style="list-style-type: none"> <li>• <b>Cheesy Nachos</b></li> <li>• or <b>Migas-Scrambled Eggs with Cheese and Tortilla Strips NEW ITEM</b></li> <li>• or <b>Yogurt and Cheese Stick with Tortilla Chips</b></li> <li>• Refried Bean Dip</li> <li>• Orange Wedges</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Turkey and Gravy</b> 28</li> <li>• or <b>Salad with Hard Boiled Egg and Cheese</b></li> <li>• or <b>Yogurt and Cheese Stick</b></li> <li>• Mashed Potatoes and Gravy</li> <li>• <i>The last of the season:</i></li> <li>• <b>Locally Grown Apple Wedges</b></li> <li>• Ciabatta Roll</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sliced Ham</b> 29</li> <li>• or <b>Super Foods Salad with Sunflower Seeds</b></li> <li>• or <b>Yogurt and Cheese Stick</b></li> <li>• <b>Baked Sweet Potatoes</b> by Iowana and Grandview Farms</li> <li>• Cherries</li> <li>• Dinner Roll</li> <li>• Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oven Fried Chicken Thighs</b> 30</li> <li>• or <b>Chef Salad</b></li> <li>• or <b>Yogurt and Cheese Stick</b></li> <li>• Winter Mix Vegetables</li> <li>• Grapes</li> <li>• Honey</li> <li>• Cornbread Biscuit</li> </ul>	<p><b>HALLOWEEN 31</b></p> <ul style="list-style-type: none"> <li>• <b>Mac N' Creamy and Cheese Pumpkin Pretzel Fried Chicken "Feet" Sandwich</b></li> <li>• or <b>Yo-ghost and Cheese Stick</b></li> <li>• Lizard Eyes - Peas</li> <li>• Bucket of Blood - Strawberry Cup</li> <li>• Pumpkin Pretzel</li> </ul>
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