



**Canby School District**  
**Volume III**  
**March 2016**

# National School Breakfast Week

During March 7-11 all elementary schools participated in the National School Breakfast Week (NSBW). We had **1,967** students who participated in the events we hosted!

The feedback the team received from the students was that they loved seeing their work posted in the cafeterias throughout the week and getting to share it with their friends! The lead at Lee Elementary School, Brigitte Zieg, shared the motto, "Everyone Win's When You Eat Breakfast" with her students and

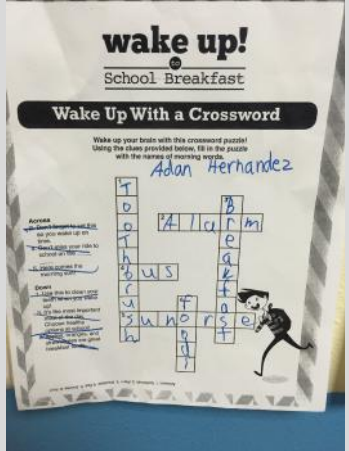


Completed NSBW Activities with their Prizes Attached!

while visiting that cafeteria—it could be heard being repeated all week.

The team had a great time sharing the benefits of eating a balanced breakfast with the student's they have the chance to feed everyday! They also loved being able to grow the number of student's who eat breakfast at their schools in a fun way!

Thank you to all who participated, we can't wait to celebrate next year!



Completed NSBW Activity from Lee Elementary School

# Community

The Canby School District and the Coalition for Equality of Salem-Keizer will be hosting a series of informative workshops for parents on "The Pathway to College."

They will be happening at Lee Elementary School, dinner will be served at 5:30PM and classes start at 6:00PM. These workshops are happening April 12th, April 19th, April 26th and May 3rd.

The nutrition services team will be assisting the REACH Center with the service of dinner at these events! We have participated in the past series that was hosted and are excited to be a part of these events again.

**CANBY SCHOOL DISTRICT AND THE COALITION FOR EQUALITY OF SALEM-KEIZER**

INVITES YOU TO A SERIES OF INFORMATIVE WORKSHOPS FOR PARENTS

**Childcare has an educational focus:**  
 The children will be learning by doing hands on activities. E.g. crafts, letters, reading and writing etc....

**Address:**  
**Lee Elementary**  
 1110 S. Ivy, Canby, OR 97013  
 Dinner will be served from 5:30 to 6:00 pm and the workshop will be from 6:00 to 8:00 pm.



# Sodexo Stop Hunger Servathon

Sodexo's Servathon started April 1, and 2016 marks the 20th anniversary of Sodexo's commitment to the fight against hunger. Servathon is an opportunity to enhance the Quality of Life for Sodexo employees and our communities where we live and work.

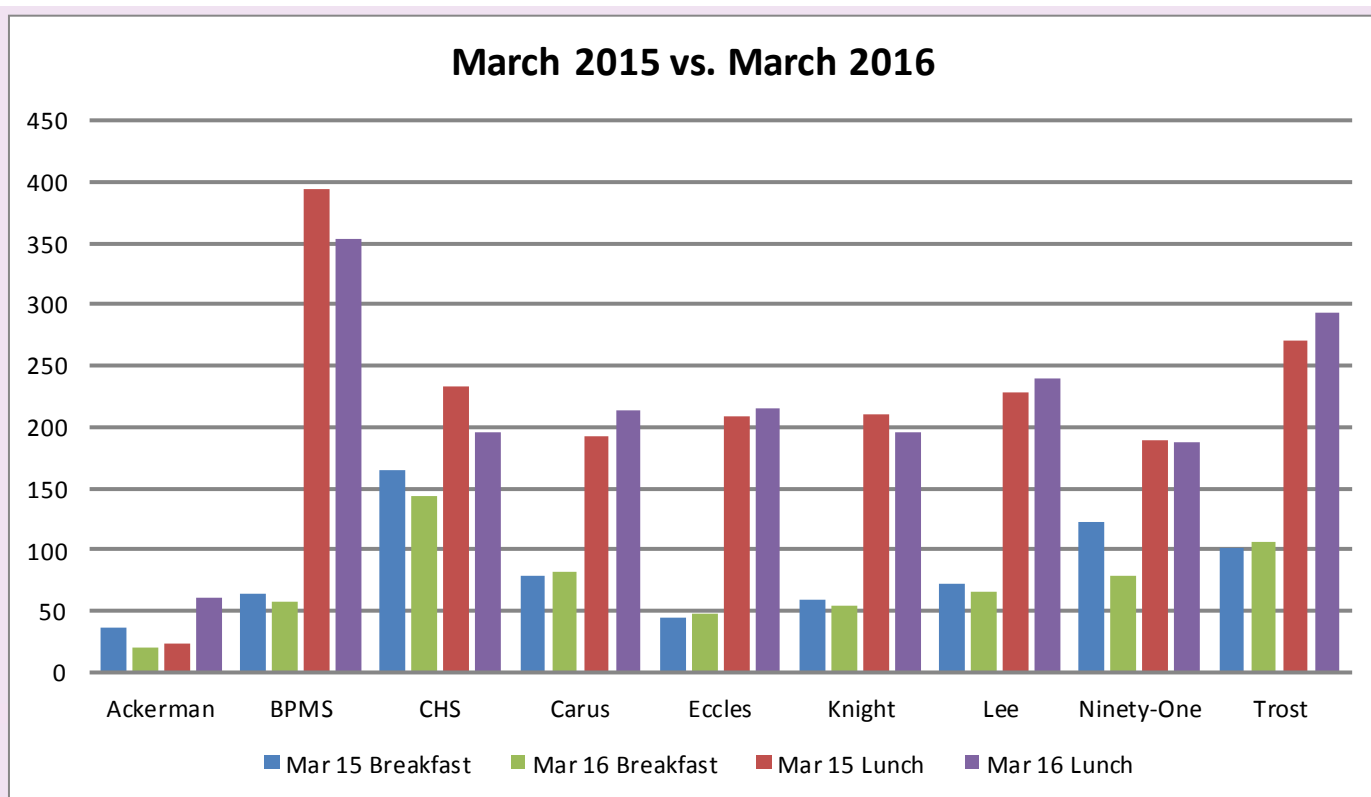
April 27th our team will participate in a Servathon by volunteering at the Beaverton Food Bank for the entire afternoon. Not only will our nutrition ser-

vices team be there, but all the Sodexo accounts in Oregon are invited!

Sodexo Stop Hunger Foundation is funding 100 youth-led service projects that address childhood hunger during Global Youth Service Day, April 15-17, and encouraging Sodexo employees to get involved with local projects. Learn more at [GYSD.org](http://GYSD.org).



## Performance: Average Daily Participation



In the graph above we have noted the average daily participation at each of our schools! The month of March always presents a fun challenge to increasing participation due to spring break. This year was no exception but we still saw steady growth in breakfast counts at three of our schools and lunch counts went up at five of our schools.

With our elementary schools not being in service an additional two days due to conferences it's good to see those numbers still increasing. In April and May we will be offering some diversity in our menu's to hopefully see those numbers increase even more—stay tuned!



# Summer Food Service Program

The end of the school year is fast approaching and with that comes the ever appreciated, summertime! The nutrition services team has been hard at work preparing for that time and the food service program we are thrilled to provide to our students during those months.

We have finalized the service locations and times! This summer we will offer four locations throughout the city for children under 18 to come and eat for free! We will be operating at least one location from June 20 through August 12th. The only day during that time we will not have service is July 4 in ob-



servance of Independence Day.

Children under the age of 18 will be able to enjoy meals with no registration or fees!

The summer school menu we will be serving will be released soon in print, on Peachjar as well as on the SodexoMyWay site.

Below are the detailed service locations, times and meals that will be served.

Knight Elementary School—501 N Grant Street Canby OR:  
6/20/2016 – 8/12/2016 Lunch 11:30am–12:30pm

Trost Elementary School 800 S Redwood Street Canby OR:  
6/21/2016—7/29/2016 Breakfast 8:30am-9:00am & Lunch 11:30am-12:30pm

Baker Prairie Middle School 1859 South Township Road Canby OR:  
6/21/2016–7/15/2016 Breakfast 8:30am–9:00am & Lunch 11:30am–12:30pm

Wait Park 350 North Grant Street Canby OR:  
8/1/2016-8/12/2016 Lunch 11:30am–12:30pm

We will continue to share SFSP information monthly!



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State Cougar Alumni with a degree in Hospitality Business Management. I love working for Sodexo and I am thrilled for the opportunity to work with the great nutrition services team to continue to enrich the lives of the Canby student body.

Questions? My phone number is 503-263-7140 ext. 3480 or email me at [dobsong@canby.k12.or.us](mailto:dobsong@canby.k12.or.us)

# Coming Soon!

Beginning in April and continuing throughout May the nutrition service team will be introducing some new menu items for the children to increase the number of students we have the opportunity to nourish every day!

So what's coming up?!

- Whole Grain Frito Chili Pie (with homemade chili)
- Texas Chicken Nuggets with Mashed Potatoes and Country Gravy
- Homemade Beef Lasagna with Whole Grain Noodles

We also recently introduced Chicken Alfredo served over Whole Grain Penne Noodles that the students have received very well!

We are excited to see what the students think of our new menu addition and to add a few new things every month for the students to try!



## Nutrition

As spring comes to fruition it provides a great opportunity for the team to offer fresh fruits and vegetables to our students. Each month we have a “Fresh Pick” that we offer on the garden bars in each school! This month the Fresh Pick is oranges! Oranges are very low in saturated fat, cholesterol and sodium. They are a great source of fiber and vitamin C among other great benefits.

We will offer oranges three days per week and as always, rotate other fresh fruits and vegetables.

Did you know that even though a student can only get one entrée per meal—they can go through the garden bar many times as they like! We encourage our students to always fill up on those items to fuel them throughout the rest of the day!



## USDA Updates

Per the Healthy Hunger Free Kids Act school nutrition programs are required to move toward equalizing the paid meal price charged with the difference between free meal reimbursement and paid meal reimbursement. Schools that charge less than this amount are required to gradually increase their prices over time until they meet the requirement (2% plus the inflation rate).

We are currently working through our yearly USDA Calculations to see what we will need to increase our prices to for the 2016-17 school year

to meet this requirement. Stayed tuned for more info!



## Celebrations in the Schools

At the beginning of March, William Knight Elementary School, hosted a “Special Person Lunch” for their students and their special people. On March 4 the team at William Knight decorated the cafeteria up in with festive tablecloths and decorations to not only celebrate the special people in their children’s lives, but also Dr. Seuss’s birthday!



The nutrition services team prepared a tasty lunch of turkey gravy with mashed potatoes, whole wheat rolls and for dessert—cake! And as always, there was the garden bar available for students and their guests to choose an assortment of fruits and vegetables from.

To add to the excitement of the day, the school had our district office staff serving the food to them. A total of 338 people ate with us that day! We loved the opportunity to showcase our food with the special people in the students lives.



## Safety Corner

Norovirus, foodborne illness, allergic reaction and anaphylaxis. What items have caused each of these in schools? Homemade goodies! Remember that all treats brought to schools should be made in a commercial facility with allergy lists and ingredient labels!

Also try not to use food as a reward for students! Encourage healthy choices with them and try to offer small trinkets as the rewards instead.

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 10g	3%
<b>Dietary Fiber</b> Less than 1g	3%
<b>Sugars</b> 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	250g	275g
Dietary Fiber	25g	30g