

Nutrition Services Update

January - February 2011

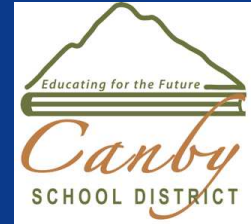


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Nutrition Environment



Your Food Services continues to provide new and exciting menu options such as Atomic Burger, Buffalo Chicken Pizza, Turkey ala King, and Rainbow Chili.

Whole wheat, Multi-grain, and Whole grains are served in cereals, breads, pastas, pizza crust, and snack items.

Lean meats and cheeses are ingredients on pizza's, sandwiches, and many other entrees.

Snack bar items in the Middle and High School are fully compliant with House Bill 2650 put into place in 2007.

1% White and Nonfat Chocolate Milk do **NOT** contain any High Fructose Corn Syrup.

A wide variety of fresh and canned fruits and vegetables are served daily.

Local produce is featured on the menu and used when available such as apples, pears, onions, potatoes, and many more.

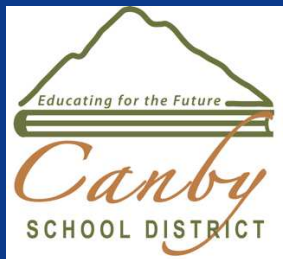
Legumes are featured each week on the offering bar and in the menu.

Each month features a fresh pick of the month which is a fruit or vegetable that is featured on the menu such as Avocado's for March.



Each Month our menu features a fruit or vegetable that is locally grown in the Northwest.





Community/Activity/Achievement

Stay and Play Supper and Snack Meals



January 18th through March 10th, food services started providing supper meals to Eccles, Knight, Trost, and snacks for Lee. In February we added Baker Prairie to the after-school snack program for Tuesdays and Thursdays. These meals are served on Tuesdays and Thursdays for the Stay and Play participants. The program is much smaller than last year due to less participation but we are serving suppers and snack to students that possibly may not receive a nutritious dinner. These meals include all the State required components in order for students to get proper nutrition.

In January and February there have been 2,883 Suppers and 836 snack served. The next session starts in April 5th through May 26th.

FUTURE CHEF COMPETITION~ April 29th

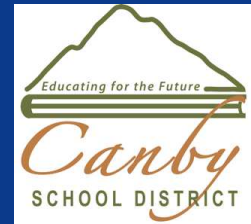
Mark your calendar for April 29th. Food Services will hold the 3rd "Future Chef Culinary Competition" at Baker Prairie Middle School. All School Board members, Administrators, and selected District personnel are invited to judge this event. See the full flyer for details. Look forward to seeing you all there!!!

FINE DINING ECCLES~ To be announced in May



Nutrition • Achievement • Environment • Community • Activity

Nutrition Services Update



You are cordially invited to
be a judge at our 2011
“Future Chef”
Culinary Competition

Place: Baker Prairie Cafeteria

Date: Friday, April 29th

Cooking Time: 9:00 a.m. to 11:15 a.m.

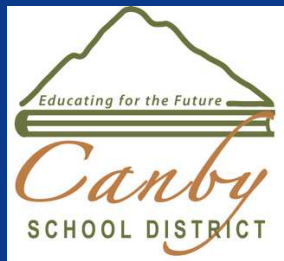
Judging Time: 11:30 a.m. to 12:30 p.m.

**Questions? Please contact: Kim Mabry at
503-266-6742
mabryk@canby.k12.or.us**

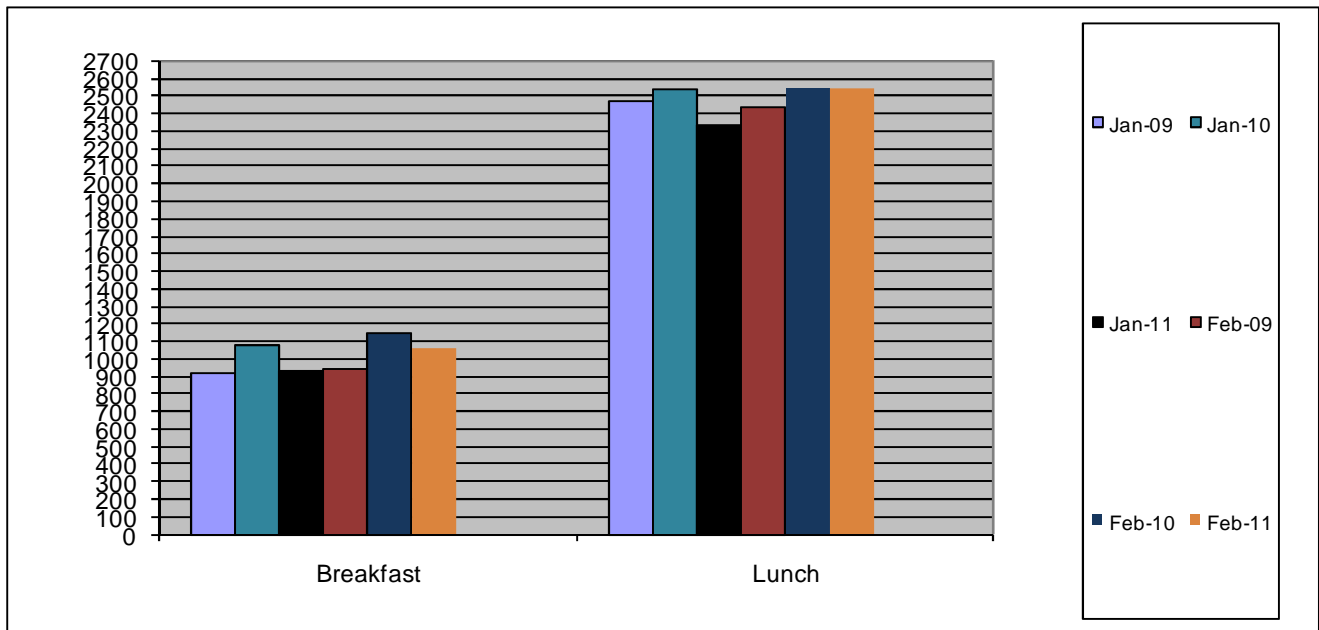
We would be delighted if you would join us to help judge our 2011 Elementary Culinary Competition. *Fourth & fifth* grade finalists, from throughout our school District, will be representing their individual schools in a “cook-off!”

Please RSVP to Kim by April 22nd. We look forward to hearing that you would like to participate in judging our student creations.

A recipe book of all the participating student recipes will be available at the contest event for you to take with you.



# of meals per serving days,	Jan-09	Jan-10	Jan-11	Feb-09	Feb-10	Feb-11
Breakfast	921	1075	926	945	1144	1063
Lunch	2473	2535	2339	2440	2542	2541



FREE/REDUCED COMPARISON

Month/ Year	Free	Reduced	Total on File
February-10	1804	316	2120
February-11	1877	242	2119