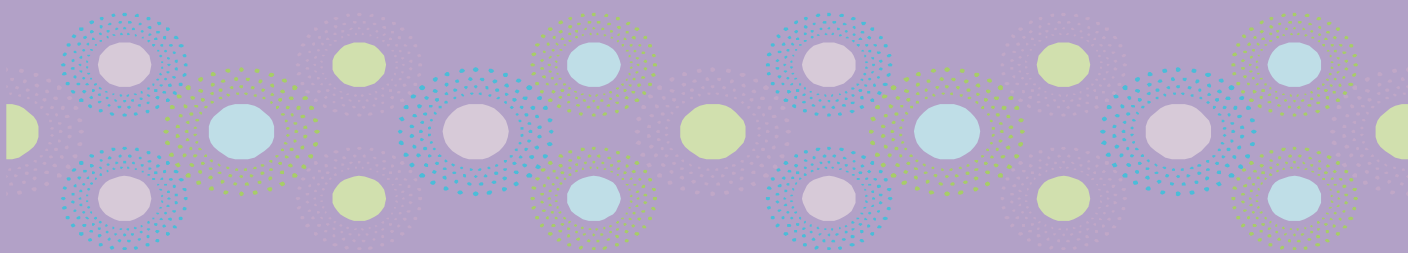


Child Nutrition Center

South Seneca Central Schools



We have links to various sites and knowledge centers that will

Entertain and inform you.

There will be an interesting recipe of the month posted along with

Information about new meals and ideas our food service team has put

Together for the entire community, students, faculty and Staff

Our goal is to enrich the diets of students to include more whole grains,

Low fat snacks and milk products by offering brown rice, whole wheat pizza

Crust and reduced fat ice cream products along with 1% milk.

Managers **Kathy Bishop**, **Jeff Wells** and our Food Service Specialist **Sandra Simpson** are focusing on taking the lead in offering fresher more colorful locally grown fruits and vegetables.

Through Perry's Ice Cream we are also mainly offering ABC reduced fat individual ice creams which fall under the "Choose Sensibly" guidelines program.

Through Government Donated foods we are receiving healthier products such as whole grain rice,

Fat free Mozzarella cheese, light dressings and mayonnaise which helps us with a better quality

Of foods to offer our students and staff.

We have also entered in the *Recipe for Healthy Kids* competition in both the cafeterias

With the help of a local chef, Cafeteria manager, Student and community member to

Create a specific recipe and menu item to submit for prize money before the end of May.

Look for our adult meal tickets to purchase in the Cafeterias

Buy 10 meals get one free.

Contact Information:

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Middle/High School

Jeff Wells, Cook Manager

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607-869-9636 Extension: 3356

Elementary School

Our Links:

www.mypyramid.gov

www.nyapplecountry.com

www.healthinschools.org

www.perrysicecream.com

www.fruitsandveggiesmatter.gov

www.fns.usda.gov/tn

Recipe of the Month

Potatoes and Leeks with Chicken

Makes 8 servings

Each serving equals 1/2 cup of fruit or vegetables

Source: Produce for Better Health/Prince Edward Island Potato Board

Ingredients

2 Tbsp olive oil
3 cloves garlic, minced
2 Tbsp chopped fresh ginger root
2 tsp curry powder or to taste
½ tsp crushed, dried chilies
¼ tsp Allspice
¼ tsp Cinnamon
3 leeks, trimmed and chopped
3 potatoes, peeled and cut in 1" chunks
1 cup low sodium tomato sauce
2 cup low sodium chicken broth
3 cup Butternut squash, peeled and cubed
2 red peppers, diced
4 chicken breasts, boned
1 Tbsp olive oil
½ cup fresh cilantro, chopped

Heat oil in large saucepan or Dutch oven. Add garlic, ginger, spices and leeks. Cook a few minutes until tender. Add potatoes, tomato sauce and chicken broth. Cook 10 minutes. Add squash and peppers; cook 15 minutes or until vegetables are tender. Lightly brush chicken breasts with oil. Grill approximately 10 minutes on each side, or until juices run clear. Cut each chicken breast into 3 or 4 large pieces and add to sauce. Reheat just before serving. Sprinkle with cilantro.

Nutritional analysis per serving: Calories 247, Protein 18g, Fat 7g, Calories From Fat 7%, Cholesterol 35mg, Carbohydrates 31g, Fiber 6g, Sodium 82mg.



Green Onions/Scallions

Green onions or scallions are really immature onions. Scallions are harvested while their tops are still green and before the bulb takes its full shape.

Green onions can be eaten raw or cooked and have a milder flavor than their onion relative.

Selection

Purchase only green crisp tops and white bottoms. In general, the more slender bottoms will have a sweeter taste.

Storage

Scallions wilt within a couple days, so it's best to use them immediately. However, if you must store them, refrigerate them in a tightly closed plastic bag up to one week.

Preparation

Rinse the scallions thoroughly as dirt may be lodged between the leaves. Trim any wilted parts and the tip of the white root. The entire scallion can be chopped or sliced and added to any of your recipes for added flavor.