



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** and **Jeff Wells** and our Food Service Specialist 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.



Contact Information:

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Middle/High School

Jeff Wells, Cook Manager

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Elementary School

Our Links:

www.mypyramid.gov

www.nyapplecountry.com

www.healthinschools.org

www.perrysicecream.com

Recipe of the Month

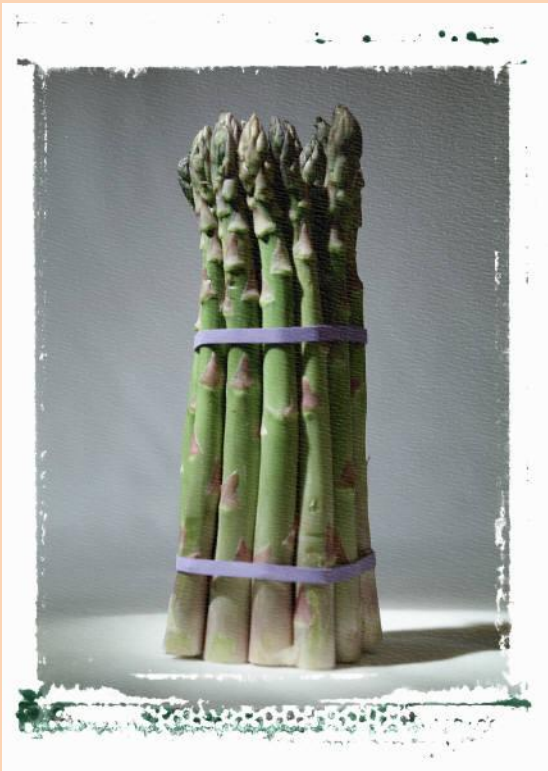


Grilled Asparagus:

Coat one bunch of asparagus with olive oil

Sprinkle with lemon pepper

Grill over high heat for 2 or three minutes or until desired tenderness.

**How to Select**

Choose odorless asparagus stalks with dry, tight tips.
Avoid limp or wilted stalks.

How to Store

Refrigerate asparagus for up to four days by wrapping ends of stalks
in wet paper towel and placing in plastic bag.

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of vitamin C;
high in folate; good source of vitamin A.