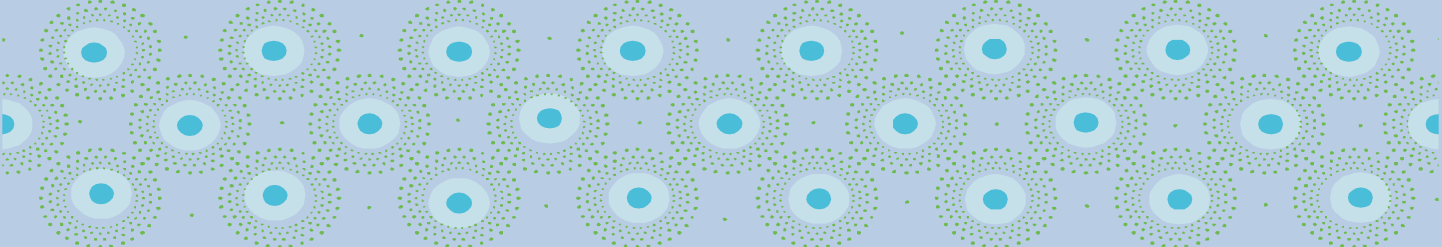
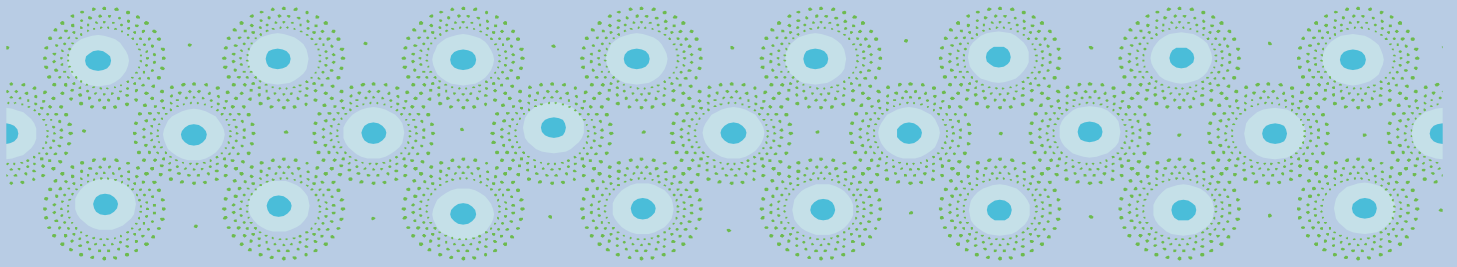


Child Nutrition Center

South Seneca Central Schools





We have links to various sites and knowledge centers that will
Inform and entertain 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.

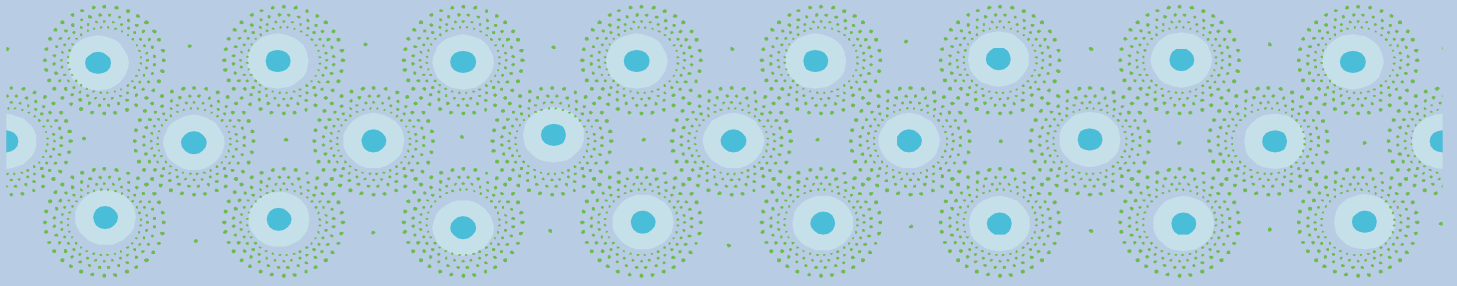
Through B.O.C.E.S, Our food service director **Deb Bush**,

USDA's partners in promoting fruits and vegetables and your cafeteria

Managers **Kathy Bishop** and **Jeff Wells** we 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:

Deb Bush, Food Service Specialist

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607-869-9636 Extension: 1306

Kathy Bishop, Cook Manager

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Middle/High School

Jeff Wells, Cook Manager

jwells@southseneca.k12.ny.us

607-869-9636 Extension: 3356

Elementary School

Our Links:

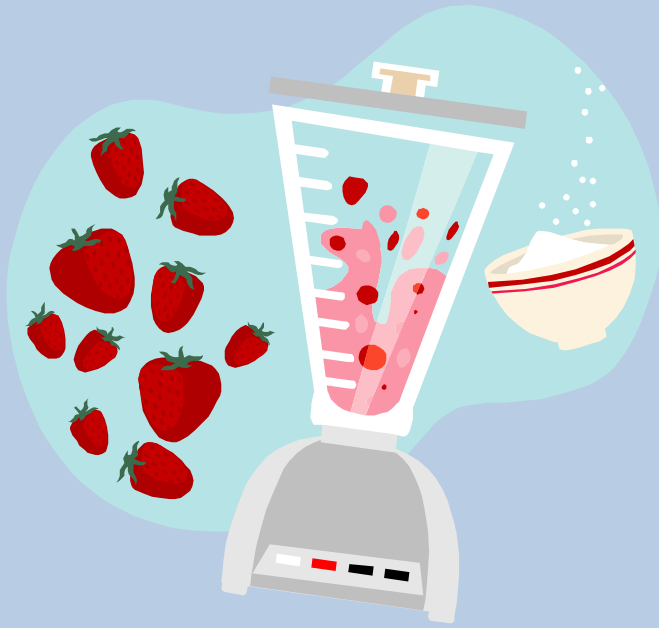
www.mypyramid.gov

www.nyapplecountry.com

www.healthinschools.org

www.perrysicecream.com

Recipe of the Month



Super Antioxidant Smoothie

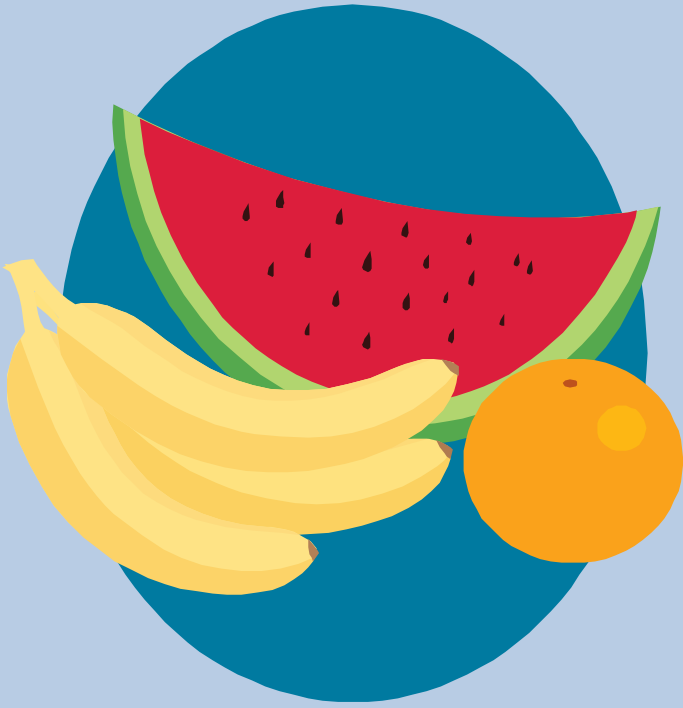
Ingredients:

- 1 peeled orange
- 1 peeled lime
- 1/2 peeled lemon
- 1/4 peeled grapefruit
- 2 cups of frozen berries
- 1/2 cup of sliced fruit (peaches, mangos, bananas, or melon)
- 1 cup all natural fruit punch
- 1 tbsp sunflower seeds
- 1 tbsp green powder (see options on *Recipes* page)
- 1tbsp flax seed oil or coconut oil (optional)
- natural sweetener (optional)

- Left over's can be kept frozen in freezer bags or containers until later use.

Directions:

Place all ingredients into the blender (liquids first). Be sure to hold down the lid and blend on low speed for 30 seconds. Then blend on high speed for 1 minute. Pour into glasses.



Function of Vitamin C:

Vitamin C is essential for the formation of collagen, an important protein that is used to make skin, tendons, scar tissue, ligaments, and blood vessels. It is necessary for the healing of wounds, and for the repair and maintenance of bones, teeth, and cartilage.

Vitamin C also acts as an antioxidant. Antioxidants are nutrients that provide some protection against various health conditions such as heart disease, arthritis, and cancer. Like other antioxidants, vitamin C blocks some of the damage that is caused by free radicals. Free radicals are by-products that occur when our bodies transform food into energy. Antioxidants also help to reduce damage to the body that is caused by toxic chemicals and pollutants such as cigarette smoke.