

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

Issue 2016-1

Early Spring 2016

In this issue:

New Cafeteria at Castle High School 1

Continued Story 2

NSLW at the School Town of Munster 3

More NSLW Celebrations 4

Kale Day at Batesville Intermediate School 4

School Garden at St. John the Baptist Elementary 5

Director's Corner 5

New Guide on Professional Standards 6

If you know of a nutrition-related or Food Service success story, please click [here](#).

You Have an Invitation to Visit Castle High School

By Suzette Hartmann, School Nutrition Specialist



Photo of the **Los Caballeros** and **What's Hot!** serving lines at Castle High School

You have an open invitation to visit the newly renovated cafeteria at Castle High School! "We would love for anyone to visit the new cafeteria because we are very proud of it," stated Shenae Rowe, Food and Nutrition Director for Warrick County School Corporation.

The Castle High School cafeteria was remodeled last summer. Previous to this project, the cafeteria looked the same as when the school opened in 1974. Gone are the old stainless steel counter top serving lines with tray slides that students used to push their trays along. Now when students go into the serving areas, they see light colored Corian counter tops and bright colors on the walls. Rowe stated, "The renovation has been in the works for eight years. The old serving lines were dark and uninviting. I wanted to change the feel and make it like a college cafeteria. It is a dream come true." Before the renovation, the cafeteria had four serving lines and a snack room. Now the students have five

different themed serving lines to choose from. The snack room was eliminated. After spring break a new Market Bistro will open in the cafeteria. Due to the additional serving line, Rowe has hired three new employees. Two additional employees will be hired for the new Market Bistro. To view a photo of an old serving line before the renovation, [click here](#).

Rowe stated, "I visited a lot of other school districts and attended many equipment seminars." Rowe asked food service directors what has worked and what has not worked for them, and she visited the University of Southern Indiana (USI) to get a feel for what college food service departments are doing. While visiting the cafeteria at USI, Rowe fell in love with a blue vinyl wall covering and decided to use it for their new cafeteria. Rowe was responsible for choosing everything from the floor to the ceiling, and she worked closely with the design and equipment company. During the construction last

Continued from page 1

summer, Rowe wore her hard hat and steel-toe boots to walk around with the contractor every day of the project.

Two of the goals of the project were to update the cafeteria and get more students through the lines faster. However, the main goal and overall factor for making the renovation a reality was due to the fact that the principal wanted to go from four serving periods to three serving periods. Rowe agreed to this, but she asked to wait one year after the renovation was complete to decrease the number of serving periods. The renovation was a 1.3 million dollar project and was funded through multiple sources. Funding was provided by the school corporation general obligation bond, capital projects fund, and rainy day fund.

On May 1, 2015, the Castle High School serving lines were closed so that construction could begin. The school kitchen remained functioning. In order to continue serving meals for one more month until the end of the school year, eight foot tables were placed in the cafeteria to create serving lines. At this time the regular hot menu continued to be served to students.

In order to provide the additional space needed for the new serving lines and allow adequate seating for the students, the teacher's lounge and a computer lab were incorporated into the renovation plans. The lounge and lab were relocated to another area of the building. Construction stayed on schedule, and the renovation was completed just before the beginning of this school year.

If you travel to Castle High School for a visit, you will see a wide variety of menu items offered on the serving lines. Twelve or more entrée options are offered every day for lunch. Each serving line has a name and a theme. To view the entrance to the **What's Hot!** and **Los Caballeros** serving lines, [click here](#).

The **Los Caballeros** line is a Mexican themed serving line. Los Caballeros translates to *The Knights* in English. Castle High School is the home of the Castle Knights. This is the only school theme that was carried over to the cafeteria. This line includes items such as fresh handmade Burritos, Naked Burritos, Locos Nachos, and Pollo Con Queso. The Pollo Con Queso is their version of Chicken on the Beach and is made with tender seasoned chicken served over a bed of Spanish rice topped with warm queso cheese sauce. This line has a cold well for a self-service area that includes toppings such as lettuce, diced tomatoes, jalapenos, and salsa.

The **What's Hot!** serving line offers a variety of their popular items which includes spicy foods and Asian inspired items. The Polynesian Pork Flatbread is prepared with shredded pork carnitas meat tossed in a light teriyaki sauce served over a warm flatbread. The pork is topped with roasted red peppers, pineapple, and a homemade garlic aioli sauce.

Comfort Creations offers Breakfast for Lunch, Homemade Chicken and Dumplings, Pot Roast over Noodles, Stuffed Baked Potatoes, BBQ Chicken Strips made with all white meat grilled chicken strips tossed in their homemade sweet n' tangy BBQ sauce, as well as other comfort food creations.

The Grille includes a variety of sandwiches such as Grilled Cheese, Hot Ham and Cheese, Steakburgers, Crunchy Chicken Tenders, and Wraps.

La Cucina, the Italian line, features Homemade Lasagna, Italian Pasta Bake, Chicken Parmesan, Homemade Stromboli, Chicken Bruschetta Pasta, and a Pasta Bar every Thursday.

Students at Castle High School have told Rowe over and over again this school year "Your food is so good." The first semester of this school year they served 16,000 more reimbursable lunches than the first semester of last school year. Rowe stated, "The total increase in revenue has helped a lot and is pretty remarkable." Rowe commented that even though a few new food items are added to the menus each year, the food offered this year at Castle High School is the same food that was offered on the serving lines last school year. How does Rowe explain the increase in participation? Rowe stated, "Students eat with their eyes." The brightness, colors, lighting, and all-over ambiance of the cafeteria affect student's selections. The serving lines have LED pendent lights to brighten up the way the food looks on the line. In addition, they doubled the adult participation the first semester of this school year compared to the same time last school year. Adults also eat with their eyes!

At Castle High School, no disposable utensils or plates are used. Rowe stated, "All kids should eat with a metal utensil. Students are given a real fork and a real plate." The students use a 9" round plate and place the plate on a tray. Rowe had the new trash receptacles designed so that trays and plates could not be mistakenly disposed of with other trash.

This year the food service department's motto is **Eat Fresh. Energize. Learn.** This motto is written on all of the school corporation's menus. Actually, the food service department had been strategically placing fresh items on the serving lines at all of the school cafeterias for many years.

Rowe is very excited about a new area of the cafeteria that will open after spring break. It will be called the **Market Bistro**, and the food will be made-to-order. The Market Bistro will be open during breakfast, lunch, and after school. To view an artistic rendering of what the Market Bistro will look like, click on [Castle High School Bistro Area](#).

At some point in the future, Rowe plans to grow fresh herbs on one wall of the Market Bistro area - an idea she got from a food service magazine! The plan is to grow cilantro for Mexican recipes, basil and oregano for Italian recipes, and parsley and dill for use in any recipe. Indoor growing lights will be hung on the wall, and the plants will grow in individual containers.

Rowe stated, "I would do it again in a heartbeat. This project has been one of the most rewarding things I have done in my career, and it was energizing. The food service staff's moral is so much better. They are now even more proud of the food, they are jovial, and they are excited to be at work."

By the way, Castle High School is Shenae Rowe's alma mater, and her children will attend Castle High School!

Feeding the Future One Bite at a Time

By Kathryn Feezel, Director of Food Services, School Town of Munster

The 2015 National School Lunch Week (NSLW) theme was “School Lunch Snapshot”. School food service departments across the country were encouraged to share their best, real images of today’s school lunch – fresh fruits and veggies, whole grains, milk, and smiling students.

NSLW was created in 1962 by President John F. Kennedy as a celebratory week of events and activities promoting the benefits of the National School Lunch Program.

The School Town of Munster Food Service Department in cooperation with the High School Principal, Mike Wells, and Athletic Director, Brian Clark, invited Munster High School athletes to eat lunch with the elementary students during NSLW. The high school students spoke to the elementary students about the importance of healthy eating and being physically active - important messages for our students as well as our parents, administrators, teachers, and community. The elementary students had a great time and so did our athletes! Some of the students dressed up as a banana, carrot, and a pea pod to focus on healthy fruits and vegetables.

School Lunch Snapshots of NSLW Celebrations at the School Town of Munster!



More National School Lunch Week Celebrations!

The kitchen staff at **Most Precious Blood School** in Fort Wayne celebrated NSLW in a big way! All the entrée items were given new names. For example, students enjoyed Selfie Stick Spaghetti during NSLW. The cafeteria was decorated with Team Nutrition posters. The students were invited to draw a healthy lunch on a blank MyPlate template, and the student art was displayed in the cafeteria. Snapshots were taken of school lunch trays, and the photos are available to view at <http://www.akfimages.com/Share/PB-Kitchen-Yums>. Congratulations to all the food service staff: Madelon Martinez, Renee Hodges, and Angie Felkner!

Chris Mossburg, Food Service Director at **Southern Wells Community Schools**, kicked off NSLW by playing a song titled “Alive With Five Groups” at both the elementary and high school. This song is found at <http://www.choosemyplate.gov/videos-songs>. Other activities included a taste test of Orange Chicken with Asian Brown Rice and Stir Fry Veggies. Students enjoyed a taco salad bar on Thursday of NSLW. Thanks for sharing!

Kale Day at Batesville Intermediate School

By Maggie Schabel, Wellness Specialist

Last fall, I had the opportunity to visit Batesville Intermediate School and participate in their Kale Day celebration! Their kale taste testing was a hit. Students tried kale salad, kale chips, and homemade kale lasagna. The kale came from the school garden and Michaela Farm. The farm is just down the road from the school in Oldenburg, Indiana.

Students voted on their favorite recipe, and the winning recipe was featured on the lunch menu for Food Day in October. On the day of my visit, the cafeteria staff served the students the kale items as they went through the lunch line. Kathy Cooley (Community Dietitian and a Farm to School activist on our Indiana Farm to School Network), Jane Tekulve (Cafeteria Manager for Batesville Intermediate School), Emma Salatin (Head Gardener at Michaela Farm), and I passed out the kale tastings to the students who packed their lunches. At the start of each lunch period, the assistant principal announced the theme of the day, stated what would be served, and introduced their guests for the day (Kathy Cooley, Emma Salatin, and myself). The school was so welcoming; they couldn't thank us enough for coming. Jane Tekulve really out did herself planning Kale Day. It was a great time!



Students tending kale in the school garden

Join the Indiana Farm to School Network for **2016 Food Day**, which will be themed around **SQUASH!**



Kale Salad and Homemade Kale Lasagna

School Garden Provides Hands-On Learning Experiences

By Dana Beals, Community Food and Nutrition Intern with the IDOE

Dana has a degree in Culinary Arts from Sullivan University and a degree in Dietetics from Ball State University.

Last fall, students at St. John the Baptist Elementary School in Newburgh, Indiana, were still putting seeds in the ground - kale seeds. Kale is one of many vegetables they've planted in their school garden and, being a winter vegetable, it's a fitting seed to sow during the Fall semester. Their four 4' x 8' raised beds have grown spinach, radishes, turnips, bell peppers, cucumbers, and tomatoes.

Students work together in groups to manage the garden. They do it all – plant, weed, prune, and harvest. One of the fourth grade state standards at St. John the Baptist School is learning the lifecycle of plants, and the garden allows the children to have a hands-on learning experience. Some students enjoyed the experience so much that they started their own gardens at home!

Students don't just grow the vegetables; they get to eat them too. Students look forward to giving their harvest to Mrs. Bradley, the Cafeteria Manager, who finds different ways to prepare the vegetables for student lunches. They also have taste tests where they get to taste the produce they've grown, as well as other fruits and vegetables. Mrs. Bradley gets creative with these taste tests and is typically rewarded with positive reviews. A couple of recipes she has offered them include turnip mashed potatoes and a spinach smoothie she called "Green Monster". Some students who claimed they didn't like certain vegetables changed their minds after growing them and tasting them. Mrs. Davis, a fourth grade teacher, believes that students are more open minded about tasting vegetables when they've grown them. Mrs. Davis stated, "The students are willing to taste the vegetables because they were personally involved in the process."

To the students and staff involved in this program, great job and keep up the good work!

"If you have a garden and a library, you have everything you need."

- Marcus Tullius Cicero, Roman philosopher



Director's Corner - *By Julie Sutton*

It's time to gear up for the Summer Food Service Program (SFSP)!

If you have schools with 50% or more students eligible for Free or Reduced Price Meals and they are not already serving SFSP meals, please consider offering meals this summer.

Workshops have started, so check out the SFSP website for dates and locations at <http://www.doe.in.gov/nutrition/summer-food-service-program>.

Thank you to all of you who already sponsor the SFSP. We encourage you to consider adding one more site or another meal if you only serve one meal. Also, be sure that you are getting the word out about your sites so that you have good participation.

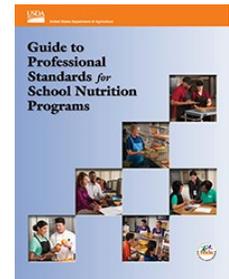
We will be doing some extra promotion this year to help you get higher participation. We will be promoting our website to help parents find the site closest to them. We hope our efforts will assist in making your sites successful.

Thank you for all you do!

New! Guide to Professional Standards for School Nutrition Programs

This guide includes tips on where to find training, examples of how to meet the training standards, easy-to-read tables, and reproducible handouts.

To view this guide, go to <http://www.fns.usda.gov/guide-professional-standards-school-nutrition-programs>.



This is a publication of the Indiana Department of Education
Office of School and Community Nutrition
<http://www.doe.in.gov/nutrition>



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) *mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) *fax: (202) 690-7442; or*
- (3) *email: program.intake@usda.gov.*

This institution is an equal opportunity provider.

It is the policy of the Indiana Department of Education not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, or employment policies as required by the Indiana Civil Rights Laws (I.C. 22-9-1), Title VI and VII (Civil Rights Act of 1964), the Equal Pay Act of 1973, Title IX (Educational Amendments), Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act (42 USCS § 12101,et.seq.).

Inquiries regarding compliance by the Indiana Department of Education with Title IX and other civil rights laws may be directed to the Title IX Coordinator, Indiana Department of Education, Room 229, State House, Indianapolis, IN 46204-2798, or by telephone to (317) 232-6610 or the Director of the Office for Civil Rights, U.S. Department of Education, 111 North Canal Street, Suite 1053, Chicago, IL, 60606-7204 (312) 886-8434 – Glenda Ritz, Superintendent of Public Instruction.