



# “PLAINFIELD FORKS”

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The month of September, has been deemed the month of **Fresh Fruit and Vegetables** for our students in Plainfield. This means during lunch we



will have a major focus on pushing healthy fruit and vegetables out to your students. New this month is the “Spinach and Strawberry Salad”. Not only is this salad

delicious, its healthy for your students as well loaded in folic acid (shhh....we won't tell the kids that!) but we are hoping to instill healthy habits in your students by ensuring the products we serve are of a high quality, nutritious, appealing to the eye and most importantly delicious!



**Food fact:** “*The folate in spinach is good for the cardiovascular system, helps lower high blood pressure, maintain brain function, memory and mental clarity*”.

**Culinary/Nutrition tip:** *To retain the iron content when cooking Spinach, lightly add lemon juice or vinegar.*

## What's New?

What is the biggest obstacle to enjoying a nutritious breakfast????? **TIME.** To combat this very real obstacle, Plainfield will be employing.....

# Grab & Go! BREAKFAST

This will allow your students to receive a delicious nutritious meal without cutting into instruction time. Our teachers will be able to focus on teaching your students, no more handing out breakfast and recording which students decided to partake. Your teachers have much more important things to do like preparing your students for the next phase of their lives.

**Training:** Each kitchen lead has received Serv-Safe training. This means each supervisor responsible for the safety of your child's has taken a national test proving they have the proper accreditation to serve food to the public.

**Important things to note:** Your child's lunch application should be completed by September 30, 2017.

**Did You Know:** You are able to update your child's lunch application anytime there is a change in your financial situation?

Four schools were awarded grants for the Fresh Fruit and Vegetable Program this year (Jefferson, Barlow, Stillman, and Clinton). This program allows students to try new and exciting items and to learn about the items as well!