

VOLUME 6 • ISSUE 3 • SPRING 2024

CAFE CONNECTIONS

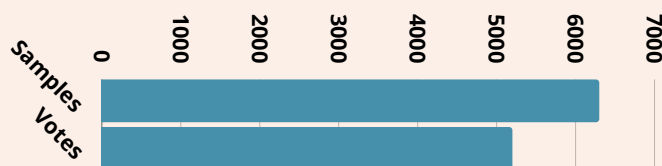
CHILD NUTRITION SERVICES QUARTERLY NEWSLETTER



CHEF KENT VISIT THANKS TO LIFE TIME FOUNDATION



This past February our schools had the pleasure of hosting Chef Kent Getzin, who shared his expertise with our dedicated lunch staff. We are thankful to get this time with Chef Kent thanks to funding from the Life Time Foundation grant, which aims to support schools in their efforts to provide healthier and more nutritious food options for students. Together, our staff explored the art of crafting delicious and nutritious meals, focusing on three dishes: egg fried rice, chicken ramen bowls, and teriyaki sauce. Our cafeteria staff embraced this opportunity to enhance their culinary skills and learn new recipes that Laveen students then had the opportunity to try at daily taste tests around the district.



FRIED RICE **RAMEN**
76% **77%**
SAID YES! **SAID YES!**

We want to extend our heartfelt thanks to all the parents and guardians, teachers, and staff who support our efforts to promote healthy eating in Laveen Elementary School District. Your partnership is invaluable as we continue to strive for excellence in school nutrition.



INTERN CYNTHIA'S FAMOUS BANANA BREAD

INGREDIENTS

- 1 $\frac{3}{4}$ cups flour
- 1 tbsp baking soda
- 1 tsp salt
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup canola oil
- 1 eggs
- 1 cup mashed bananas



- Toppings (optional)
- $\frac{1}{2}$ cup chopped nuts
 - 2 tbsp brown sugar

INSTRUCTIONS

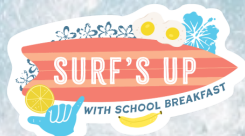
1. Preheat oven to 350 degrees.
2. Combine flour, baking powder, and salt in a small bowl and set aside.
3. In a separate bowl, combine all other ingredients until well incorporated.
4. Slowly mix flour mixture into banana mixture until just incorporated; do not overmix.
5. Pour batter into a greased 9"x5" loaf pan.
6. Optional: sprinkle the top of batter with chopped nuts and brown sugar.
7. Bake in the preheated oven until a toothpick inserted into the center of bread comes out clean, about 40-50 minutes.



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NATIONAL SCHOOL BREAKFAST WEEK

CATCH THE WAVE MARCH 4 – 8, 2024



SURF'S UP BREAKFAST MENU

Monday

Mermaid Muffin w/Sunny String Cheese & Coastal Raisins

Tuesday

Build your own Breezy Breakfast Sandwich & Akaw Applesauce

Wednesday

Hang Loose Honey Bun & Sun-Kissed Orange

Thursday

Epic Mini-Cinnis & Go-with-the-Flow Grapes

Friday

Serene Cinnamon Crumb Cake & Shaka Sunberry Trail Mix

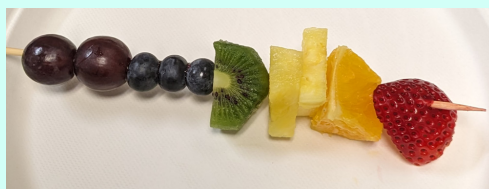
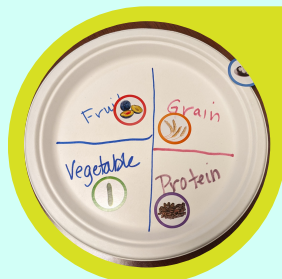
SURF'S UP WITH SCHOOL BREAKFAST

National School Breakfast Week (NSBW) kicked off National Nutrition Month this month. NSBW is an opportunity to celebrate school breakfast and recognize the importance of a nutritious start to the school day. All Laveen students are offered a free, healthy school breakfast to start their day off with the fuel they need for the classroom. Studies show that children perform better in the classroom when they have eaten breakfast. Students received a sticker to redeem for a free fruit slush at lunch. Our cafeteria teams wore beach gear and decorated their serving lines to fit the theme. This year we served **14,536 breakfasts** - WOW!



EATING THE RAINBOW NUTRITION EDUCATION WITH MRS. LEWIS' KINDERGARTEN CLASS

Our dietetic intern, Cynthia, had the opportunity to teach the students in Mrs. Lewis' Kindergarten class about the food groups from MyPlate.org. The children were excited to learn how to build their plate of food with fruits, vegetables, grains, protein, and dairy. The fun part was getting some hands-on experience with fruits and vegetables. Each student was given pieces of fruits and vegetables to make rainbow kabobs. After they finished their kabobs, they were encouraged to try the different foods.



Follow **@LaveenChildNutrition** for
Child Nutrition Updates!



Check out **@LaveenChildNutrition** for updates on hiring opportunities, new menu items, upcoming events, and more!



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EMPLOYEES RECOGNIZED FOR THEIR YEARS OF SERVICE!

Congratulations to **6 team members** of the Child Nutrition Services Department for their service here in the Laveen Elementary School District. Thank you for making our department proud and nourishing our students each and every day!

15 years with LESD:

Yoli Gudino Ruiz - TSP

10 years with LESD:

Perla Castanon-Vargas -

Laveen

Maria (Guari) Neisch - TSP

5 years with LESD:

Claudia Gomez -

Laveen

Mayra Ruiz -

Cheatham

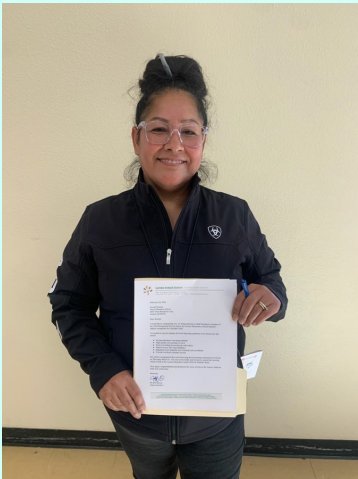
Nadia Zavala -

Vista del Sur



2024 EXCEPTIONAL SERVICE AWARD

Araceli Jimenez



Araceli is our Cafeteria Manager at Desert Meadows School.

This year she was nominated for the 2024 Exceptional Service Award for her hard work and dedication to the students that she serves each day!

FEBRUARY CLASSIFIED EMPLOYEE OF THE MONTH

Amanda Buettner

Child Nutrition
Administrative Assistant



MEET CYNTHIA, OUR MARSHALL INTERN!



Meet Cynthia Clark! She is completing a distance dietetic internship with Marshall University, in Huntington, West Virginia. She lives in Buckeye, Arizona and is a mom of five adult children. She has spent the past nine years as a Certified Dietary Manager. After

completing her dietetic internship master's program at the end of July 2024, she is excited to embark on her new career as a Registered Dietitian. She has gained a wealth of knowledge during her rotation with the Child Nutrition Program in the Laveen Elementary School District, learning about the grant programs and helping students in Mrs. Lewis' kindergarten class learn about MyPlate and eating the rainbow. The other experiences that she has obtained during her other rotations at Fresenius Kidney Care, AM Nutrition Services, Adelante WIC, Camelback Nutrition, and Sierra Winds Rehabilitation Services have set her on a path to be a well-rounded dietitian. In the future, she would like to focus on the clinical side of dietetics in the area of renal nutrition and diabetes education. Cynthia believes that education is the key to a healthy lifestyle and will be using nutrition to help educate people to live healthier lives.



MEET HALEY, OUR ASU INTERN!



This is Haley, our latest dietetic intern from Arizona State University. Eager to make her mark in the world of clinical nutrition one day, she's most interested in the science behind how our food choices impact our bodies.

When she's not busy with her studies and internship, you'll likely find her at the gym, reading, trying a new recipe in the kitchen, or enjoying quality time with loved ones. Currently, she's here with us learning from the Child Nutrition program at Laveen Elementary School District, ensuring students receive nourishing meals. She's helped with some of our recent social media, creating a reel with currently 10.4K views and played the role of a student in our School Breakfast Week reel. Haley was also very involved in our student taste tests during Chef Kent's visit. Her internship has also taken her through rotations at Mayo Clinic, Arizona Department of Health Services, Rosewood Eating Disorder Care, and Davita Dialysis, each experience shaping her into a well-rounded future dietitian. Keep an eye out for Haley as she continues her mission to promote health through the power of nutrition here in Phoenix.



FROM OUR DIRECTOR



In Good Health,
Jennifer



We've had a lot of exciting things happening in Child Nutrition since our last newsletter was published. We welcomed Chef Kent Getzin for his 5th in-person visit in February and during his whirlwind tour to all 9 of our schools were able to learn how to prepare some delicious menu items and get valuable feedback from our students. I am happy to say that the fried rice and ramen bowl will make an appearance on our 24-25 menu based on the overwhelmingly positive feedback. I also want to thank our staff, dietetic interns and guests who helped with the entire process. We had a very successful National School Breakfast Week, seeing an increase of 32% in breakfasts served compared to the prior week! We are also in the midst of celebrating National Nutrition Month. We partnered with Dick and Jane Educational Snacks, who created nutrition education materials for us. You can find this resource by scanning the QR code to the left. We also just wrapped up our menu planning committee meetings and are excited for what's to come in the new school year. Finally, we will be sharing more information about our Summer Food Service Program in the coming months. Happy Spring and NNM!



@LaveenChildNutrition

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