Congratulations to Food Service Staff on perfect Attendance for 2016-17

1. Maria Gonzalez
2. Kelly Ann Hasenauer
3. Luz George
4. Maria Guyette
5. Corine Keels
6. Mae Lee
7. Adriene Baker
8. Sheila Smith
9. Dawn Callea
10. Brenda Bullard
11. Yarinette Catalan
12. Sanford Moore
13. Jeanine Roberson
14. Beverly King
15. Dawn Shephard
16. Debra Bowen
17. Betty Franklin
18. Edwin Torres
19. Cedric Perkins
20. Jasmin Gonzalez Rodriguez
21. Robert Johnson
22. Carlos Figueroa Ruiz-resigned
23. Phyllis Byrne
24. Pearl Perry
25. Domenica Gustke
26. Hector Perez
27. Yvonne Youmas
28. Linda Brown
29. James Brady
30. Rutelia Collazo
31. Diane Salamone

Watch for new menu items this year: Eggrolls, Egg & Cheese panini for lunch, UBR bars and Crunch Mania for Breakfast in the classroom, and more to come! Send us suggestions!

Our Food Service Department is looking for substitutes to work during breakfast, lunch or both! Parents, while the kids are in class, think of helping out in their school! To apply, stop by the food service office at 835 Hudson Ave. or call 336-4100.

Reasons for Children to Eat Breakfast
- Eating breakfast at school improves academic performance, health and behavior.
- Children who eat breakfast perform better on standardized tests than those who skip breakfast.
- Providing breakfast to students improves their concentration, alertness, comprehension, memory, and learning.
- Students who participate in school breakfast show improved attendance, higher math grades as well as decreased tardiness.

Whether low-fat white, chocolate, or strawberry, ALL milks are a good source of nine essential nutrients for growth and development. According to the 2015-2020 Dietary Guidelines for Americans, current evidence suggests that consumption of milk and milk products is linked to improved bone health, especially for children and adolescents.

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to students in participating elementary schools during the school day. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The FFVP will help schools create healthier school environments by providing healthier food choices; expanding the variety of fruits and vegetables children experience; and increasing children’s fruit and vegetable consumption.

FFVP starting 9/19 and will continue every Tues, Wed, and Thurs. throughout the school year. Check website for Calendar

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PUMPKIN CHEESECAKE
1 can (15 oz) pumpkin
One package (8 oz) cream cheese, cut into 16 pieces, softened
1/4 teaspoon vanilla
Three eggs
3/4 cup sugar
1/2 cup biscuit mix
1 1/2 teaspoons pumpkin pie spice
1 cup caramel topping
Pecan halves, if desired

Heat oven to 350° F. Spray 9-inch glass pie plate with cooking spray
In blender, place all ingredients except caramel topping and pecan halves. Cover; blend on high speed about 2 minutes or until smooth. Pour into pie plate.
Bake about 45 minutes or just until puffed and center is dry (do not overbake). Cool completely, about 1 hour. Refrigerate at least 3 hours until chilled. Drizzle servings with caramel topping; garnish with pecan halves.

Contact RCSD Food and Nutrition Services: 585-336-4100
Lead Food Service Director: Dele Akinniyi
Food Service Director: Gemma Humphries
School Nutrition Coordinator: Janine Nicolosi
We welcome questions, concerns, and compliments!