CONGRATULATIONS TO FOOD SERVICE STAFF ON PERFECT ATTENDANCE FOR 2017-18

1. Maria Gonzalez
2. Luz George
3. Maria Guyette
4. Sheila Smith
5. Dawn Callea
6. Yarimette Catalan
7. Jeanine Roberson
8. Beverly King
9. Betty Franklin
10. Phyllis Byrne
11. Pearl Perry
12. Domenica Gustke
13. Hector Perez
14. Diane Salamone
15. Alexis Rivera
16. Florine Nelson
17. Sadia Abdi
18. David Wheeler
19. David Vazquez-Laurerano
20. Angel Colon-Gonzalez
21. Maria Gonzales
22. Luann Scanio
23. Angela Burgio
24. Callie Daughterty

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.

RCSD SCHOOL NUTRITION TIMES
Quarterly Newsletter of the activities in RCSD’s Food and Nutrition Department
BACK TO SCHOOL 2018

Our First Class Breakfast Program consists of 3 hot meals per week and cold on Mon and Fri. Congratulations to the schools just implementing FCB: Number 2, 7, 10, 16, 44, and R.I.S.E.!!!

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 environments. This helps expand variety of fruits and vegetables, children’s experience and increasing their fruit and vegetable consumption. Check RSCD website under Food Service for Power Point and education on fruits and vegetables.

Breakfast Word Search Puzzle

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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!
Back to Breakfast with the American Dairy Assoc. and Thurman Thomas of the Buffalo Bills! On Sept. 26th, the students of School 44 welcoming to the football star with posters they created and balloons. Mr. Thomas helped serve the kids breakfast, followed by games, prizes, and a healthy breakfast talk. **Do you know the 9 essential nutrients in milk??** Calcium, potassium, phosphorus, protein, Vitamin A, Vitamin D, Vitamin B12, riboflavin, and niacin.!!!

Dele Akinniyi, Lead Food Service Director, Keith Kimball, La Casa de Leche Farm Gemma Humphries, Food Service Director, Wanda Mercado, Bilingual Cook Manager, Janine Nicolosi, Registered Dietitian, Thurman Thomas, Buffalo Bills

**CANDY CORN CAKES**

~26 Halloween Oreos, cut up
~Box of White Cake Mix
~container of ready to spread vanilla frosting
~yellow and red food color
~2 tbsp. each of yellow, orange, and white sugar

Chop 14 cookies coarsely. Bake cake as directed on package for 2 (9-inch) round layers, stirring chopped cookies into batter before pouring into prepared pans. Cool cakes in pans 10 min.; remove from pans, cool.

Tint 1/2 cup frosting with a few drops yellow food coloring; set aside. Spoon 1/2 cup of the remaining frosting into separate bowl. Stir in a few drops each yellow and red food colorings to tint it orange. (Remaining frosting will stay white.)

Cut each cake layer into 8 wedges. Spread with orange, yellow and white frostings to resemble candy corn as shown in photo. Sprinkle each section with matching colored sugars.

Cut remaining cookies into quarters. Attach to rounded edges of cake wedges with remaining frostings.

What Makes A Healthy Breakfast?

Choose at least 3 Food Items

- Fruit
- Milk
- Vegetable

Fruit of Vegetable

What Makes a Lunch?

Select 3-5 Components

FRUITS

VEGETABLES

GRAINS

PROTEIN

MILK

1 component needs to be a FRUIT OR VEGETABLE

Requirement:

Must select 3-5 components to meet USDA National School Lunch Requirements