

# Quincy Quick Bytes

## EMPLOYEE SPOTLIGHT: Andrea Valente

Andrea Valente is the new cafeteria manager at Broad Meadows Middle School, beginning in September 2017. Andrea transferred from QHS and is doing a wonderful job transitioning into a leadership role. Andrea was hired in September of 1996 and has been making delicious meals for us ever since. Try her Croissant Bread Pudding if you get a chance!



### Recipe of the Month:

Pesto and Turkey Cucumber Roll Ups

#### INGREDIENTS:

- 3 medium cucumbers (each will yield about 6 slices)
- ¼ cup store-bought basil pesto (or blend basil, olive oil, 2 garlic cloves, parmesan cheese, and pine nuts in a food processor)
- 1 cup Part Skim Mozzarella Cheese
- 6 oz deli smoked turkey breast, shredded (low sodium)
- 1 bell pepper, thinly sliced into match-sticks
- 1/2 cup spinach, shredded

salt and pepper, for seasoning

#### DIRECTIONS:

1. Cut Cucumbers into strips using a vegetable peeler. Place the cucumber slices on parchment paper and pat dry with a paper towel.
2. Spread about 1 teaspoon of pesto on each cucumber, then evenly distribute cheese, turkey, bell pepper and spinach on each.
3. Sprinkle with a little salt and black pepper.
4. Roll up and place seam down. If you want an even nicer presentation, you can stick a toothpick in the middle



### An Apple a Day Health Tip

**What is artificial trans fat?** Artificial *trans* fats are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid (oil into Crisco). This process increases the shelf life of processed foods and gives foods a desirable taste and texture.

**Why is it bad?** *Trans* fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. It also increases your risk of developing heart disease and stroke and it's associated with risk of developing type 2. diabetes.

### Nutrition Trivia

A nutrition label that lists trans fats as '0' means:

- (a) The food contains no trans fats
- (b) It contains no partially hydrogenated oil
- (c) It has less than 0.5 grams of trans fat per serving.
- (d) It contains no saturated fat.

Answer: c



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### WHAT'S NEW?

**Nutrislice:** This fall, the Quincy School Nutrition Department introduced our new online menu service—Nutrislice. The website also has a free downloadable app for your smartphone. It offers parents and students fast access to our menus, complete with nutrition and allergy information. It also offers a list of meal, milk and snack prices for all grade levels. The app provides a link to our line payment site, a sign-up feature to receive the menus to your email, and a link to the USDA my plate site to learn more about the National School Breakfast & Lunch Programs. We have been receiving positive feedback and look forward to updating this site with new and exciting menu options.

**New Logo Contest:** This winter, the QPS Nutrition Department has launched a new logo contest for the North Quincy and Quincy High School students. The winning logo will be featured on new aprons, signage, and marketing materials for the department. The winner will receive free lunch for one year. It's a great opportunity for one talented QPS student to leave his/her mark years after graduation. We will be announcing the winner after April vacation.

**New Menu Items:** This year, we introduced homemade cheese and/or pepperoni calzones to the secondary menus, which has been well received by the students. We look forward to offering new recipe ideas throughout the year.

### Coming Soon!

The USDA Farm to School Grant has provided the Quincy School Nutrition Department with \$5,000 to purchase two travel salad bars for the elementary schools. This spring, each of the elementary schools will have the opportunity to have a portable salad bar station in the cafeteria. This will give the students access to fresh fruits and vegetables to be included in their already nutritious meals. We look forward to providing new and exciting items for the students to try and cannot wait for their reactions.

### What Makes a Lunch?

USDA National School Lunch Requirements: Select 3-5 Different Components

each color dot below represents a meal component

- FRUITS
- VEGETABLES
- GRAINS
- PROTEIN
- MILK

Must include a **FRUIT** OR **VEGETABLE**

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### REIMBURSEABLE MEAL:

Quincy School Nutrition Department is required by the USDA to provide the following **FIVE** components to make up a reimbursable meal: **MILK, FRUIT, VEGETABLES, MEAT** (or a vegetarian alternative such as yogurt, cheese, soy products, legumes, beans), & **GRAINS**. For a meal to be reimbursable, students must choose **THREE** full portions of the **FIVE**, with at least one choice being a fruit or a vegetable. It is our mission to meet these standards and provide students with a well balanced diet that meets the Healthy Hungry Free Kids Act (HHFKA).

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