

WHAT'S NEW FOODWISE

A New Bulletin to Keep Principals in Touch! Questions? Contact food@cps.edu

April 2018



UPCOMING FOOD FAIRS INVITE STUDENT INPUT FOR FALL MENUS

Nutrition Services hosted our 2nd annual **Vendor Showcase** last month at Gale Elementary. The event brought together more than 20 local and national food companies who presented their newest products to CPS students and dining staff. Attendees sampled and rated nearly 90 items including new rice and potato dishes, pastas, meat and poultry products, breakfast items, and more! The highest rated items move on to the next round of student tasting at our upcoming spring **Student Food Fairs** taking place **Tuesday, April 10** at **South Shore International High School** and **Wednesday, April 11** at **Sandoval Elementary School**. Student input is an essential part of our menu planning process, and this year's Fairs will be our largest to date – with more than 500 students from over 25 schools participating. In addition to surveys, focus groups, and in-cafeteria samplings, the **Student Food Fairs** provide important insights that will determine which new products and recipes will be featured on the Fall 2018 menus. For more information, contact ampolke@cps.edu.



MARCH FARMER-IN-THE-CLASSROOM VISITS PROMOTE KALE

Kale was the March "*Harvest of the Month*" featured in CPS cafeterias. The Sweet Kale & Pineapple Salad, served March 7th, was grown by *Lewis-Taylor Farms* in Tifton, Georgia. To celebrate, our **Farmer-In-The-Classroom** program visited **Lavizzo** and **Mount Vernon Elementary Schools**. The Farmer-In-The-Classroom program is a collaborative nutrition education initiative coordinated in partnership with FarmLogix and Aramark. Representatives from Van Solkema Farms of Byron Center, Michigan led the students through a fun in-class tutorial, teaching them how kale is grown and harvested. At the end of the farmer visit, students received a "sneak peek" taste of the kale salad recipe, which was served districtwide the very next day! Kale is a popular "superfood" – it's fat-free and high in fiber, iron, and vitamin C. CPS served more than 4,500 pounds of kale last month.



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APRIL MENUS SERVE UP STUDENT BREAKFAST FAVORITES!



High School Breakfast Poster

Be on the lookout for new breakfast entrees and the return of popular student favorites all month long! Students districtwide are sure to enjoy our tasty morning lineup:

- **Chicken & Waffles** (high schools: 4/4 and 4/18)
- **French Toast Sticks with Chicken-Sausage Patty** (high schools: 4/5 and 4/27)
- The **"Cubbie" Pancake & Sausage Sandwich** (4/6 and 4/20)
- **NEW!** Grandma Maud's **Mango Banana Bar** (4/10)
- **NEW!** **Peanut Butter & Banana Wrap**** (4/12), a recipe created by culinary students at **Chicago Vocational High School** in last year's *Cooking up Change* competition!
- The **Cherry Frudel** is back! (4/25)

Please encourage your students to start their day off right with these and other nutritious, great-tasting breakfast items this month! All meals are free for all students, every day.

*Not all offerings may be available in all buildings. **SunButter will be substituted in schools on peanut-free menus.

PARENT UNIVERSITY WORKSHOP FOCUSES ON HEALTHY EATING HABITS

Aramark hosted a workshop at Corliss High School's **Parent University** – the free, interactive program open to members of the CPS community. The workshop focused on simple grocery shopping and cooking techniques for healthy living. Aramark dietitians offered attendees tips on reading food labels and creating a diet plan to support a healthy lifestyle. Attendees were also treated to a cooking demo led by **Soldier Field Aramark Executive Chef Tom Elder & Aramark at CPS Chef Kathleen Tinaglia.**



CULINARY CAREERS SESSION PROVIDES JOB TIPS TO CPS GRADS

Every year, approximately 500 students graduate from the CPS Culinary Arts Program. Well-trained and highly-skilled, these new graduates are faced with the task of learning more about professional culinary opportunities as they launch their careers. NSS and Aramark recently hosted a **Culinary Careers Info Session** at Dunbar High School. The event was open to CPS Culinary Arts seniors graduating in June of this year, exposing them to career options available in Nutrition Services and the opportunity to register for the April 19th *Job Shadow Day*. Representatives from NSS, Aramark, and the Culinary Arts Program were available to answer questions.



UPCOMING EVENTS: MAY 7-11 IS "FRESH ATTITUDE WEEK." LOOK OUT FOR MORE INFORMATION SOON!