A New Director's Approach to Food Services in MPS

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Food Service Director

Projects & Goals: The First Year

- **Farm-to-School** – Local food sourcing, sustainable food sourcing
  - **Collaboration with MAC Committee, Mansfield Sourcing and Quality**
- **Resources For Parents**– Outreach & education, transparency with program
- **Balancing the Budget** – Participation rates, a la carte sales, teacher sales & catering
- **Changing Up the Menu** – Varying veggies, exploring new menu options
- **Social Media & Press**
  - **Facebook page: facebook.com/MPSfoodservices**
  - **School Nutrition Association of CT (SNACT)**

National Farm-to-School Month

- **Apple Crunch! Week** 10/3-10/7
- **Celebrate Mansfield Grown!** 10/3-10/9
  - Served **local red pepper strips** from **Cloverleigh Farm, Mansfield**

- Also served during National Farm-to-School Month:
  - **Local Carrots Sticks** (Cloverleigh Farm) paired with a re-introduced menu item, hummus
  - **Local Roasted Squash** (Himmelstein Homestead Farm, Lebanon)
  - **Local Mashed Sweet Potatoes** (Cloverleigh Farm)

SUNCUP
GRAPE JUICE

Guidas
Lowfat Milk

Local Tray Days

CONNECTICUT FARM TO SCHOOL

PUT LOCAL ON YOUR TRAY

Grant Opportunities

- **Chef Ann Foundation Project Produce Grant**
- **Chef Ann Foundation School Food Support Initiative**
  - Supports technical assistance, strategic planning, and funding opportunities to improve school food operations.
- **USDA Farm to School Grants**
  - Planning Grant
  - Implementation Grant
  - Support Services Grant
  - Training Grant

New Menu Items

- Jumbo Cheese Ravioli
- Tostada Boat entrée
- Fish Filet/Fish Nuggets
- Hummus
- Cauliflower
- Roasted Chickpeas

Veggie Subgroups

Weekly Requirement:

- ½ c dark green, beans & peas, starchy, other
- ¾ c red/orange
- 1 additional cup from any group

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
arugula	fiddle heads	acorn squash	black beans	mung beans
beet greens	grape leaves	butternut squash	black-eyed peas (mature, dry)	navy beans
bok choy	kale	carrots	cowpeas	pink beans
broccoli	mesclun	cherry peppers	edamame	pinto beans
broccoli rabe (rapini)	mustard greens	Hubbard squash	fava beans	red beans
broccolini	parsley	orange peppers	garbanzo beans (chickpeas)	refried beans
butterhead lettuce (Boston, bibb)	spinach	pimientos	Great Northern beans	soy beans (mature, dry)
chicory	Swiss chard	pumpkin	kidney beans	split peas
cilantro	red leaf lettuce	red chili peppers	lentils	white beans
collard greens	romaine lettuce	red peppers	lima beans, (mature, dry)	* Does not include green peas, green lima beans and green (string) beans
endive	turnip greens	salsa (all vegetables)		
escarole	watercress	sweet potatoes/yams		
		tomatoes		
		tomato juice		
		winter squash		

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
black-eyed peas, fresh (not dry)	artichokes	daikon (oriental radish)	purple peppers
corn	asparagus	eggplant	radishes
cassava	avocado	fennel	rhubarb
cowpeas, fresh (not dry)	bamboo shoots	garlic	rutabagas
field peas, fresh (not dry)	bean sprouts, cooked only (for food safety), e.g., alfalfa, mung	green chili peppers	shallots
green bananas	beans, green and yellow	green onions (scallions)	sauerkraut
green peas	beets	green peppers	seaweed
jicama	breadfruit	horseradish	snap peas
lima beans, green (not dry)	Brussels sprouts	iceberg lettuce	snow peas
parsnips	cabbage (green, red, celery, Napa)	kohlrabi	spaghetti squash
pigeon peas, fresh (not dry)	cactus (nopales)	leeks	tomatillo
plantains	cauliflower	mushrooms	turnips
potatoes	celeriac	okra	wax beans
poi	celery	olives	yellow peppers
taro	chayote (mirliton)	onions (white, yellow, red)	yellow summer squash
water chestnuts	chives	peas in pod, e.g., snap peas, snow peas	zucchini squash
yautia (tannier)	cucumbers	pepperoncini	
		pickles (cucumber)	

Mansfield BOE,
thank you for your time!

-Stephanie