



# The B.L.T.

(The Breakfast & Lunch Times)

Connecticut Technical High School System

CTHSS Breakfast & Lunch Programs

May/June 2007

## Administrative Letter CT-29

### Breakfast & Lunch Meals, A La Carte Items & Power Meals

The cafeteria lunch menus and individual items sold have and will continue to change per Administrative Letter CT-29. The CTHSS as a whole will be offering, serving and selling healthier food options. This includes the reimbursable breakfast and lunch meals, a la carte foods and power meals.

In keeping with this movement to offer healthier choices to our students, danishes, donuts and pastries will no longer be offered at any time of the day. Also, effective August 2007, individual fried items including, but not limited to French fries, fried mozzarella, fried dough and onion rings will no longer be offered as an a la carte item.

The Nutrition and Food Service Unit has already begun to make some changes to the breakfast and lunch menus by incorporating more whole grain products and a greater variety of fruits and vegetables to the reimbursable meal. Some Head Cooks are already ordering smaller portion sizes of chips and cookies, baking previously fried items and using products that are reduced in calories and lower in fat.

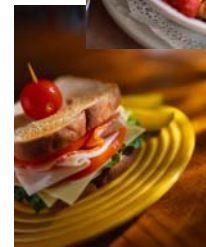
To read Administrative Letter CT-29 in its entirety, click on the link below.

[Administrative Letter CT-29](#)

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## Administrative Letter CT-32

### School Year Pricing for Breakfast, Lunch & A La Carte Power Meals and Other Food Items

Effective school year 2007-2008, the cost of a qualifying reimbursable meal will be \$1.85 for breakfast and \$2.50 for lunch.

The a la carte meals, known as Power Meals, will be priced at \$5.00. Power Meals are prepared by the culinary department as an alternative to the school lunch qualifying reimbursable meal.

To read Administrative Letter CT-32 in its entirety, click on the link below.

[Administrative Letter CT-32](#)

### What's This?

**A la carte**— Any food or beverage sold by the school food service that is not part of a reimbursable meal.

**Reimbursable Meal**—A school meal meeting the USDA requirements and nutrition standards, served to an eligible student and priced as an entire meal rather than based on individual items. Such meals qualify for Federal and State reimbursements.

# Eat a Variety of Fruits and Vegetables Every Day

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared to people who consume a diet with only a small amount of fruits and vegetables, those who eat generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including strokes, cardiovascular diseases and certain cancers.

## The Colors of Health

Fruits and vegetables come in terrific colors and flavors. To get a healthy variety of vitamins and minerals, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon and white onions.



## How Many Fruits and Vegetables Should Be Eaten Daily for Good Health?

Your daily fruit and vegetable needs depend on your caloric needs. Your caloric needs are determined by your age, gender, and physical activity level. Visit [How Many Fruits and Vegetables Do You Need?](#)

To learn more about an overall healthy eating plan that includes the appropriate calories and recommended amounts of fruits and vegetable that you need, visit [MyPyramid.gov](#) and enter your age, gender, and activity level into the My Pyramid Plan.

## For an alternative to French Fries, try this recipe for Sweet Potato Fries.

1. Preheat oven to 425° F..
2. Wash potatoes.
3. Cut uncooked potatoes into thin slices.
4. Dip slices in a mixture of egg substitute and nutmeg.
5. Spray a baking pan lightly with a non-stick cooking spray. Arrange the slices in a single layer on the baking pan.
6. Bake for 20 minutes or until tender.



## POWER PACK YOUR DAY

Here are some easy ways to fill your day with fruits and vegetables as part of a healthy diet.

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a midmorning snack.
- Fill half your plate with fruits and vegetables.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick".
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas and corn.
- Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.



# Cafeteria Procedures for Summer Closing

The 2006-2007 school year is quickly winding down and all cafeteria staff should begin preparations for closing the school's kitchens/cafeterias for the summer break.

## Inventory

All inventoried products (frozen, dry goods, cleaning products, etc.) should be kept low to nil, when possible. If you must store food, notify the Business Manager and Plant Superintendent as to the location of the food, so that the equipment can be monitored for its effectiveness.

## Refrigeration

All frozen goods that are in smaller refrigeration units (freezers, coolers and other types) are to be consolidated and stored in a single location (preferably a walk-in freezer). This will allow for thorough cleaning and sanitizing of this equipment. Every piece of refrigeration equipment not in use is to be shut off. If there is a refrigerator or freezer being used for storage, temperatures on the equipments must be adjusted between 0° - 30° (to avoid food spoilage, eliminate strain on the equipment and promote cost savings).

## Cleaning/Sanitizing

The cafeteria/kitchens/dish rooms are to be properly cleaned and sanitized for the summer break. This is to include, but is not limited to:

Walk-ins/Reach-ins - freezers & coolers (shelving, rack, cabinets, etc.)  
 Units - microwaves, convection ovens, range tops, fryolators, deck ovens and steamers  
 Serving Areas - Storage Areas - Dish Rooms - Sinks  
 Equipment - Steam tables, mixers, slicers, buffalo choppers  
 Dusting/Descaling - Hoods, ceiling fans, tops of ranges, hoods, etc.

## Point of Sale System

Please store the POS equipment including the computers, pin pads, wireless receivers, carts, etc. in a secure location over the summer. Please notify Katie Atkinson (860 -807-2191) of the location of the stored equipment.

## SYSCO

Passwords for SYSCO food orders will expire after thirty days of nonuse. Upon your return to work, contact the NFSU for your password.

Complete, but **do not submit** your August SYSCO order before summer break. Print a copy for your Business Manager. The September menu will be distributed to you by June 15th.

Please contact the NFSU if you need further clarification or assistance.

## Head Cook Reports

### Edit Check Report

This report shows the number of applicants on file by Eligibility Class and the number of customers that ate Breakfast and Lunch for each Eligibility Class.

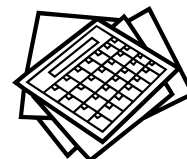
View the Edit Check Report by going to:

1. Day End Processing
2. Daily Reports
3. Today's Date
4. Print

It is very important to review this report daily so that the number of students served does not exceed the students eligible. If the report shows that the day's business is not in compliance, contact the NFSU ASAP.

## What's to come for the 2007-2008 School Year

- Standard Price List
- SYSCO Order Guide
- Increased Return of Meal Applications
- Push for Increased Student Meal Participation
- Improved School Lunch Website
- Healthier Snacks and Menu Items



## SMORES

(Some more information)

The CTHSS menus have a new look. Check them out at <http://www.cttech.org/school-lunch/index.htm>

### Just for Fun!

What are **green** and go to summer camp?

Brussel Scouts



### Barbecue And Food Safety

#### Thaw Safely

Completely thaw meat and poultry before grilling. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water.



#### Marinating

Marinate food in the refrigerator, not on a counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it.

#### Transporting

When carrying food to another location, keep it cold (40° or below).

#### Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use.

#### Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

#### Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served -- at a minimum of 140° F.

For this information and more visit:

[http://www.fsis.usda.gov/PDF/Barbecue\\_Food\\_Safety.pdf](http://www.fsis.usda.gov/PDF/Barbecue_Food_Safety.pdf)

*"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."*



Julia Child

The NFSU would like to wish all of you a healthy and safe summer vacation.

Look for the next issue of The B.L.T. at the start of the new school year.



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