

# Connecticut Technical High School System



CTHSS Breakfast & Lunch Programs

November/December 2007

## Administrative Letter CT-7

### School Lunch Central Purchasing - Commercial Foods

#### What's Inside...



Effective July 1, 2007, the Nutrition and School Meals (NSM) staff began centralized purchasing for the school lunch program and is currently placing the cafeteria's orders of all commercial foods using E-Sysco. All orders must be received by Central Office a **minimum of 72 business hours before the delivery date**. Once orders are placed, e-mail notifications of the orders are sent to the Head Cooks and Business Managers.

If an outside organization, such as an after school program or the PTO, would like to order items from the CT State prime food vendor, Sysco Foods Inc., these orders must also comply with the 72 hour period. The Business Manager after ensuring that the organization has available funds to cover the expenses will e-mail or fax this order to the Nutrition and School Meals unit. If the outside organization places an order that is less than \$450.00, the program is responsible for covering the \$75.00 delivery charge. To avoid incurring a delivery fee, the organization can have their orders scheduled for delivery on the same day as the cafeteria or culinary programs

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<http://sde-cthsi/administrative-letters/2007-2008/CT-7%20School%20Lunch%20Central%20Purchasing.doc>



## Administrative Letter CT-8

### Standardization of Breakfast, Lunch, A la carte, Power Meals, Pricing and Permitted Food and beverage Offerings

Points to Remember:

- There will be no fried items sold to students as part of the regular lunch meal.
- All a la carte items will be divided into 3 categories. They are: Single Entrees, Deluxe Entrees, and Power Meals.
- Fried French fries and onion rings can only be part of the Power Meal and must be fried in Trans fat free oil.

Please refer to Administrative Letter CT-8 in its entirety for a complete list of permitted offerings and prices.

<http://sde-cthsi/administrative-letters/2007-2008/CT-8%20Standardization%20of%20School%20Meals%20A%20la%20carte%20and%20Power%20Meals.doc>



## Always ServSafe®

On October 9th, over 50 members of the CT Technical High Schools Culinary Department, Cafeteria and Central Office staff, participated in a ServSafe® training at Grasso Technical High School.

The ServSafe® program was created by the highly recognized National Restaurant Association Educational Foundation for the food service industry and helps to set high food safety standards. ServSafe® training and certification is recognized by more federal, state and local jurisdictions than any other food safety certification.

Participants completed 4 hours of classroom training led by Chef Dave Miguel of Grasso. Some topics covered were food borne illness, proper cooking and storing temperatures and pest management. The training was followed by a 80 question proctored exam. All Head Cooks in attendance and the members of the Nutrition & School Meals unit passed the exam and are now ServSafe® certified until October 2012. Congratulations!

## Featured Lunch Special

**December 18, 2007**

Oven Roasted Turkey  
Dressing  
Sweet Potatoes  
Cranberry Sauce  
Milk



## Nutrition Advisory Council

### What is Nutrition Advisory Council?

A Nutrition Advisory Council is a group of students and adults who are interested in understanding and promoting their school food service program. Members of the Nutrition Advisory Council should include:

- Administrator (Principal and/or Assistant Principal)
- Teacher
- Head Cook
- Student - Grade 9
- Student - Grade 10
- Student - Grade 11
- Student - Grade 12
- Parent of the Community (Parent of one of the students or member of the PFO, etc.)

### What does the Nutrition Advisory Council Do?

The Nutrition Advisory Council meets twice a year to discuss issues pertaining to the school meal programs. Topics can be initiated by any member of the council. During each meeting, members will have an opportunity to voice their opinions, question policies and problem solve.

If you are interested in volunteering to be a Nutrition Advisory Committee Member or know someone who is, please contact the Head Cook at your school.



## Paninis in the Cafeteria?

Each cafeteria began the school year with a brand new panini press. In the short time that they have had them, many head cooks have already established a signature panini that is sold as part of a Deluxe Entrée (\$3.25) or part of a Power Meal (\$5.00). Here are some of the Signature Paninis:

Panini Norwich - Sliced tomatoes, Caramelized Onions, & Mozzarella Cheese

Panini Whitney - Ham, Turkey, & American Cheese

Panini Wright - Ham, Swiss Cheese, Turkey & Sliced Tomato

Panini O'Brien - Steak & Cheese

Panini Platt - Genoa Salami, Ham, Turkey, Provolone Cheese and Tomato

Panini Grasso - Burger w/ Sautéed Onion, Peppers, & Cheese on a Crusty Roll

The paninis are sold in the cafeteria during the lunch period along with many other a la carte items. Try one today!

# Connecticut Technical High School System

## SMORES (some more information)

The CTHSS menus are located on the intranet at <http://sde-cthsi/NSM/index.html> and on the internet at internet at <http://www.cttech.org/school-lunch/index.htm>

## Just for Fun!

**Question:** What do you get if you divide the circumference of a pumpkin by its diameter?

**Answer:** Pumpkin Pi



## Head Cooks Meeting Update

The Nutrition & School Meals unit conducted the first Head Cooks Meeting of the year on October 24th at Vinal Tech. The meeting focused on training the Head Cooks on using various forms and computer applications to keep their programs in compliance. Topics covered included Sysco ordering, budgets, inventory, production records and a la carte offerings. The Nutrition & School Meals unit would like to thank Culinary Consultant, David Grzych, and Assistant Superintendent, Robert Lombardi, for their participation at the meeting.

Meeting minutes available at: <http://sde-cthsi/NSM/Head-Cooks-Meetings/07-08/Head%20Cook%20Meeting%20Minutes%2010-24-07.doc>

# Meal Application Status

The Nutrition and School Meals staff has great news! We are having a very successful year processing meal applications. Currently, we have processed meal applications for nearly 50% of the student population. Of these students, over 35% of them are currently receiving meal benefits. We would like to thank the Guidance and Business Offices for diligently faxing and mailing the applications to our office so we could process them efficiently.



The discovery of a new dish does more for the happiness of mankind than the discovery of a star.

**Anthelme Brillat-Savarin**

## Welcome & Thanks

The Nutrition & School Meals unit would like to welcome Carey La-Pointe into the CTHSS family. Carey has accepted the position as Head Cook at Howell Cheney Tech.

We would also like to thank Chef Roxanne Ballachino and the Cheney cafeteria staff for all their hard work during the Head Cook vacancy.

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