

Zionsville Food Service Cafeteria Chatter

February/March 2019



Add These Dates to Your Calendar

In-Service • Bake Off, Freshman Center Cafe	Wednesday	March	13
Special Presentation • Stress Management, Freshman Center LGI	Tuesday	March	19
E-Day (ZMS & ZWMS)	Thursday	March	21
Special Presentation • ZCS Growth, Freshman Center LGI	Thursday	March	21
Spring Break	Fri – Fri	March	29-April 5
Special Presentation • TBD, Freshman Center LGI	Thursday	April	11
In-Service • Held in Kitchens	Wednesday	April	24
In-Service • End of Year, Freshman Center LGI	Wednesday	May	15
Memorial Day, No School	Monday	May	27
Last Student Day	Tuesday	May	28
Last ZCS Foodservice Staff Day	Wednesday	May	29
Graduation	Sunday	June	2

DIRECTOR'S NOTES

By: Jan Swander

Our recent Administrative Review reminded me that as a participant in the National School Lunch Program, we must be accountable for our actions and we must follow the guidelines of USDA. In addition, we need to explore and utilize techniques to help us grow as related to many areas such as: communication, menu enhancements, sharing tables, evidence of review, batch cooking, best practices, etc. We need to operate our program in a consistently sound manner with an emphasis on customer service, nutrition and finance, each of which are critical for our success. Without doubt, it takes every one of us to be aware and involved; thanks for playing your part!

EXTRA, EXTRA!

Included with this edition of the Cafeteria Chatter is a "Training Talk with CynGay" supplement; be sure to check it out! In addition, ZCS Food Service employees who work in a regular position will be receiving a hard copy of the ZCS 2018 Annual Report, a publication paid for by a ZCS donation.

LEFTOVERS

Who knows the best technique to heat leftover pizza at ZCS Cafes? Ask the Cook III in your kitchen for the proven/documented technique and IF they don't know the answer, they can contact Amy, ZCS Food Service Production Manager.

POLAR PLUNGE

WHEN:

March 2, 2019

8:00am – Noon: Registration

10:30 am Opening Ceremonies

WHERE:

Eagle Creek Beach

COST: \$5.00 for admission

ZCS Food Service Cheering Squad meeting @ 10:00 am.

For details, contact Tammy @ 317.873.2376 x17974

Freezin' For A Reason



BAKE OFF – Enter to win

Please join us for our 11th annual Bake off on Wednesday, March 13, 2019.

This year's theme is **Chicken Noodle Soup**. Get your creativity on as you develop your own special twist on a classic soup. Original recipes only, please don't take credit for someone else's work.

Sign-up sheets with more information will be posted in your kitchens. We look forward to tasting your recipes!

UPCOMING SPECIAL SPEAKER PRESENTATION

Join your co-workers on Tuesday, March 19th in the Freshman Center LGI Room from 2-3:00 pm where you will hear a great discussion from a St. Vincent representative on a topic with the winning vote in a recent poll! The topic, **Stress Management**, promises to "educate employees about the power and evolution of the stress response. The pervasive effects of stress on our lives are emphasized. The seminar will provide information about coping skills

"If I walked into the kitchen without washing my hands as a kid, I'd hear a loud 'A-hem!' from my mother or grandmother. Now I count on other people to do the same."

~Maya Angelou



Susana	(ZWMS)
Savita	(ZMS)
Candace	(ZMS)
Donna	(SUB)
Tracey	(ZMS)
Sally	(UE)

FLU SHOTS

It's never too late to get a flu shot.

Flu shots are free to all ZCS employees and can be obtained at the ZCS Wellness Center located inside PVE.

No appointments needed.

“None of us got where we are solely by pulling ourselves up by our bootstraps. We got here because somebody -- a parent, a teacher, an Ivy League crony or a few nuns -- bent down and helped us pick up our boots.”

~Thurgood Marshall

EAGLES IN TRAINING

By: Lisa Morgan

OK – For the very first thing, I am not athletic, normally don't work out or exercise, but I do like to walk. So, let me tell you that this was the last thing from my mind that I wanted to do. When Kelly Antcliff emailed about “Eagles in Training” I said, “No way” was this for me, but I talked with her and she said, “come on, everyone can do this, and it will be fun” and she was right.

I signed up for the 5K Mini and I FINISHED.... GOT THE MEDAL AND EVERYTHING! When I was finished, I texted Kelly and told her and she was happy for me. Didn't break any records but it was a good time had by all. Loved the fact the ZCS had everything done for us; the transportation (school bus to and from the event, even the extra trip by the airport), they picked up our Mini package and the only thing I had to do was be at the school in the morning and ready to go for the day and I got to know some fellow ZCS'ers that I didn't know before and they helped me along the route.

This year is going to be different, I now know what this is all about and I have started walking on the tread mill, since the weather has not helped by all the snow, ice and rain. I am getting ready. I want to break my time from last year.

ZCS GROWTH MEETING

You've likely seen or heard comments related to the anticipated growth of ZCS in the coming years. On Thursday, March 21st, plan to join Dr. Robison, Mike Shafer and Becky Coffman in the Freshman Center LGI room from 9:30-10:15 am to hear information directly from ZCS leaders! This discussion date/time was created specifically for the ZCS Food Service Department so managers will plan ahead so that all can attend that is unless you have already attended another session perhaps at

ZCS CULTURAL AWARENESS

Kate, ZCS Dietetic Intern

Thanks to an email from Chris Squier, ZCS Director of Academic Services, we now know that ZCS students speak over 32 languages in their own homes and this is in addition to English! These languages represent about 21 countries/continents! Here are just a few of the authentic foods they eat!

- Bulgaria: “Kebapcheta” - sausage/beef kebob
- Siberia: Mashed potatoes with dill and green onion
- India: Curry with Rice and Naan Bread
- Korea: “Bibimbap” – rice/noodle bowl topped with marinated meat, pickled veg, and poached egg
- Iran: “Kofta” - meatballs with rice
- Portugal: “Arroz Doce” – rice pudding with cinnamon
- Vietnam: Spring Rolls with Peanut Sauce
- Philippines: “Torta” – omelet with around pork. green onions. and garlic

This institution is an equal opportunity provider.

This is a publication by and for the ZCS Food Service staff. If you would like to submit an article or idea for the next publication, please contact Amy W. 317.873.1232 x11620 or awhite@zcs.k12.in.us

CASHIER'S CORNER: *Charge or not to charge?*

By: Lisa Bond

- No "meal" is taken away, nor are alternate meals required for those students with negative meal account balances. (A meal consists of components per the National School Lunch Program)
- When a student comes thru the café line and has a negative balance, they will be only be allowed to purchase a meal. (Items that are commercially packaged like chips or bottled drinks will be discreetly taken from the student.)
- If the student chooses to not make a "meal" after being encouraged to do so, the selected items that are not commercially packaged will be charged to the student meal account.
- *We are not in the practice of pitching items that can be purchased that are not commercially packaged regardless of a student's balance.*
- *Bottom Line: If a student comes to the point of service with any type of item that is not commercially packaged we charge it to the students meal account.*

PRODUCTION POINTS: EATING WITH YOUR EYES – KEYS TO APPEALING AND QUICK SERVICE

By: Amy White

- Presentation is everything, make it look good.
 - Keep the lines full and clean. Students at the end of the line should have the same choices as the first student. A line that is picked over and missing key items is disappointing and leads to a poor experience
 - Keep the foods fresh and colorful. Sensitive hot veggies should be cooked in SMALL batches and replaced often. Fresh veggies should be in top quality, no brown spots on cauliflower, crisp cucumbers, and vivid carrots. Items in pass throughs should be covered when necessary to avoid drying out while others should be uncovered to retain crunch, plan accordingly. Stir items in the steam wells to keep them looking fresh.
- If you can cup, boat, or bun in advance – do so. Students get through lines faster when it's grab and go. Remember presentation though.
 - If they can't see it, they won't take it. Styrofoam cups w/lids mean students can't see what is inside. If you were going through a buffet and an item was packaged in a way you couldn't see it, would you still take it?
 - Timing is critical, items like meatball subs and Z'Ribs and cause buns to get soggy. Plan to get to the serving line w/a few minutes to spare so that you can bun those items just in time for student arrival. Conversely, mashed potatoes cupped up and covered in plastic will hold for a bit and can

LOOKING AHEAD TO NEXT YEAR

First day of school for the 2019-2020 school year is Wednesday, August 7, 2019. At this point, let's plan for our Back to School In-service to be that Monday, August 5th! It will likely be May before we are notified of our Main Back to School initial delivery day, yet last year it was exactly one week prior to our first student day.

February

Patricia EE 26

March

Connie SUB 13
 Kristin ZMS 14
 Sarah SUB 16
 Charisse EC 21
 Iriny PVE 26
 Susana WMS 26
 CynGay ZMS/BME 30

April

Melissa SUB 7
 Laura WMS 7
 Mary EE 9
 Heidi HS 14
 Lynne EE 20
 Frances SGE 29



If we missed your birthday, please accept our apologies and know that we wish you a very happy birthday.