

Zionsville Food Service Cafeteria Chatter

April/May 2019

THE FINAL
COUNTDOWN



Add These Dates to Your Calendar

In-Service • Held in Kitchens	Wednesday	April	24
In-Service • End of Year, Freshman Center LGI • Food Drive – Bring an item from home to donate to a food pantry	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
Back to School In-Service • Location and times TBA	Monday	August	5

"It's the rough side of the mountain that's the easiest to climb; the smooth side doesn't have anything for you to hang on to."
~Aretha Franklin

CASHIER'S CORNER: BREAKFAST PROMO

By: Lisa Bond

Did you know ZCS Food Service has a Breakfast promotion underway at both middle schools for March, April, and May?

Our goal in March was to increase awareness that breakfast is served at both middle schools. The students were asked (via afternoon announcement, along with a flyer posted in the cafe) to bring a friend to breakfast, both purchase a reimbursable breakfast meal, and then both receive a coupon for a free benefit breakfast bar. The coupon expires the last school day of the month of promotion.

We did the breakfast promotion in conjunction with National School Breakfast Week. During this time, we had one coupon at each location redeemed out of six coupons distributed at Zionsville Middle School (ZMS) and two distributed at Zionsville West Middle School (ZWMS). We did see an increase of 69 more breakfast meals for ZWMS from February to March, while ZMS did not have an increase over the same time.

Breakfast PROMO days are April 16 & April 17, and May 7 & 8th!

PRODUCTION POINTS: ADDING EXCITEMENT TO VEGETABLES

By: Amy White

We are getting creative with our vegetables this May and trying new flavor profiles to garner excitement about eating vegetables. 7 different herb/spice blends were distributed to the schools last week and we will be incorporating them into new vegetable recipes. Here are some exciting vegetables we will be menuing.

Elementary Schools – Au Gratin Ranch Potatoes and Garlic and Herb Green Beans

Middle Schools – Nacho Cheesy Refried Beans, Fiesta Lime Corn, and Southwest Chipotle Baked Beans

High School – Chili Cheese Refried Beans, Jalapeño Corn, and Southwest Chipotle Baked Beans

Freshman Center has a variety of seasoning blends to offer with their baked potatoes for added flavor combinations.

Food Court will experiment with different flavor combinations when roasting their garbanzo beans.

As always, we love feedback. Let us know what you and the students think of these new vegetable flavors.

TASTE TESTING IN THE CAFETERIAS

We have some great taste testing that has been done and is still to be done within our cafeterias. Here is a listing of what new items were tested.

Union Elementary – 3 types of Mac and Cheese

Elementary Schools – Turkey Tetrastini, Blushing Pears, and Pizza Green Beans

Middle Schools – Fish Tacos

High School – Teriyaki Chicken, Mandarin Orange Chicken, Fish Tacos, Italian Sausage Subs

Food Court – Buffalo Chicken Dip, Bosco Breadsticks

All Locations – Hawaiian Pizza

April

Melissa
Laura
Mary
Heidi
Frances

SUB 7
WMS 7
EE 9
HS 14
SGE 29

May

Dorothy (PVE) 9
Kathy (US) 10
Jennifer (HS) 12
Chrissy (FC) 15
Jill (ZMS) 16
Maggie (WMS) 18
Candace (ZMS) 22
Sharron (EC) 22
Jan (FSO) 23
Judy (SUB) 24
Kric (SIR) 25

June

Jody (SGE) 2
Rosalie (SUB) 3
Windy (SUB) 17
Tammy (PVE) 19
Judy (PVE) 19
Pam (SGE) 24
A.J. (SUB) 30



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

DIRECTOR'S NOTES

By: Jan Swander

Greetings! As I look at the calendar, to say I am SPEECHLESS would be an understatement! Each day there is a new challenge that we face! Many of you know I am motivated by quotes and so I looked for an applicable one and found this: "The journey is never ending. There's always gonna be growth, improvement, adversity; you just gotta take it all in and do what's right, continue to grow, continue to live in the moment." Source: Antonio Brown https://www.brainyquote.com/authors/antonio_brown

That quote packs a LOT of punch, so to speak. It's my nature to think that this journey DOES require growth and sometimes a key way to acquire it IS thru adversity. In our work environment, we've faced plenty of adversity yet not as much as some of our peers have experienced on a personal level. It's my hope that you DO take it all in,, continue to let adversity POSITIVELY impact you and continue to live in the moment, whether that moment be here at ZCS OR at home. Don't let the moments get away; I hope you will let them serve a positive purpose, whatever purpose that may prove to be!

EMPLOYEE DISCOUNTS!

Zionsville Community Schools Night at the Indians Game!



Join your fellow ZCS team on **Friday, May 17th @ 7:15pm** to watch the Indianapolis Indians vs. Norfolk Tides complete with Friday Fireworks!

Reserved seats at Victory Field - Section 106 / \$13.00 per ticket (kids under 2 free)

All ZCS staff (spouses, significant others and kids included).

If you would like tickets please RSVP to sbarger@zcs.k12.in.us and drop a check or cash off to the ESC **no later than April 29th**. Checks can be made out to Zionsville Community Schools.

**For other discounts and special offers log into your ZCS Employee Portal and select page 13. Employee Discounts to see everything available to you.*

BOARD OF HEALTH (BOH)

GREAT JOB and THANKS to all for your continued efforts to maintain a safe and sanitary work site! We are still awaiting some final BOH inspections yet we are ideally ready! Because we are a participant of the National School Lunch Program (NSLP), we are required to receive two inspections per school year and should we NOT receive the second inspection, it is our responsibility to request one.



Linda (BME)

*"Become addicted to constant and never-ending self-improvement."
~Anthony D'Angelo*

MOTIVATIONAL CORNER

By: Eva Heath

**Thank you
for the good work
that you do.
You are appreciated.**

"The problem is not the problem. The problem is your attitude about the problem."
~Jack Sparrow (Pirates of the Caribbean)

FOOD SERVICE DEPARTMENT GUEST SPEAKER SERIES

We had a great year with guest speakers teaching on some valuable topics. Here is a recap of all that we learned about this year.

August, Stop the Bleed
September, ALICE
October, Board of Health
November, NVCI
December, Admin. Review

February, Generations
February, Nutrition
March, Stress Management
April, Food Insecurity

TRAINING TALKS 2018-2019

A special THANK YOU to CynGay, ZCS Cook II currently working at both Zionsville Middle School and Boone Meadow Elementary. This school year, CynGay has provided great summaries of our department's special presentations! She has invested time and energy obtaining a full understanding of the topics presented AND has been able to relay the key points in a most understandable manner. She's even offered additional information such as the suggested book mentioned in her December 2018 Board of Health summary. Thank you CynGay for stepping up and building your own and other's professional awareness.

EAGLES IN TRAINING

The One America 500 Festival Mini Marathon is just over a week away! For those participating, kudos on your diligent training in preparation for the event. Good luck and *May the Fourth* be with you as you walk/run the course.

If you wish to cheer on your fellow ZCS Eagles, they would love to hear you on the sidelines. Come downtown and enjoy the festivities as you encourage your team members along the route!

HEPATITIS A VACCINES AVAILABLE

Because of your work in food service, you are able to receive a hepatitis A vaccine at no cost through the Boone County Health Department. Several of your peers have already received this vaccine based on the first notice that was sent to each ZCS kitchen manager in March 2018. That information was then followed by discussion at the April 2018 department in-services held in each kitchen.

For those interested, simply visit the Boone County Health Department at 116 W. Washington St. B201 in Lebanon, IN from 8 am – 4 pm Monday-Wednesday OR on Friday. There is no need to make an appointment yet know that this is a 2 series vaccine so once you receive the first dose, you will return in 6 months for the second dose.

Read below for some great information from the Centers for Disease Control and Prevention regarding Hepatitis A. SOURCE: <https://www.cdc.gov/hepatitis/hav/index.htm>

"Hepatitis A is a vaccine-preventable, communicable disease of the liver caused by the hepatitis A virus (HAV). It is usually transmitted person-to-person through the fecal-oral route or consumption of contaminated food or water. Hepatitis A is a self-limited disease that does not result in chronic infection. Most adults with hepatitis A have symptoms, including fatigue, low appetite, stomach pain, nausea, and jaundice, that usually resolve within 2 months of infection; most children less than 6 years of age do not have symptoms or have an unrecognized infection. Antibodies produced in response to hepatitis A infection last for life and protect against reinfection. The best way to prevent hepatitis A infection is to get vaccinated."

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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