

March/April 2020 Food Services Newsletter

What's on the Menu?

[HS Lunch Menu](#)

[MS Lunch Menu](#)

[Elementary Lunch Menu](#)

Article written by Sara El-Rifai

Coordinated Program in Dietetics

Framingham State University

School Lunch Program in India



India, also known as the Republic of India, is located in South Asia. It is the seventh largest country by area with more than 1.3 billion people, and it is the second most populous country and the most populous democracy in the world.

School Lunch Program in India

The School Lunch Program in India is the largest food and nutrition assistance program in the world, feeding 120 million in over 1.26 million schools. The school lunch program is known as the mid-day meal scheme. The mid-day meal scheme started in 1995 and its main objectives are to improve the nutritional status of children, protect children from classroom hunger, prevent malnutrition, increase school enrollment, and promote regular school attendance.

What is for lunch in India

- The mid-day meal scheme provides every child in every Government assisted Primary School with a prepared mid-day meal with a minimum nutritional content of 12 grams of protein and 450 calories. For Secondary Schools, each meal provides 20 grams of protein and 700 calories.
- The menu of the mid-day meal was developed keeping in mind the nutritional requirements of children and local food habits. The meal includes rice and roti (flatbread made of wheat or corn) plus vegetables and sometimes fruit, depending on local state budgets.
- The lunch menu varies among states and regions of the country, adapting to the local cuisine preferences and the availability of seasonal produce.
- Children sit next to each other on mats on the floor and eat their food.



Benefits of Mid-Day Meal Scheme

- Research has shown that the mid-day meal scheme helps in reducing food insecurity and encourages children to attend school and thus prevent illiterate adults.
- This scheme helps to promote socialization among school children by fostering the habit of eating together.
- According to the data presented by the government, 2.6 million people are being employed as cooks and assistants all over the country in this program.

National Dish in India

Despite having popular foods such as khichdi, rice, biryani, dal, roti, and bhajiya, there is no food that has been declared to be the official National Dish of India. A national dish should be strongly associated with the country. There is no national dish associated with Indians due to the cultural diversity in India.



To try some delicious Indian recipes, [Click Here!](#)

Fun Facts about India

- ❖ The main food grain of India is rice. India ranks second worldwide in rice production.
- ❖ India is the producer of 75% of spices in the world market.

For more fun facts about India [Click Here!](#)

Recipe Contest: Submit your favorite Indian recipe. Make sure to include your name and phone number by **April 1, 2020**. The best recipe will be featured on a future menu. Recipes may be subject to modification in order to better meet school nutrition guidelines.

Prize: \$50 gift certificate from Dharani restaurant

November/December Recipe Contest Winner

Shirley's Teriyaki - Served in the Shrewsbury High School Cafeteria



Recipe Winner: January/February

Sarah MacRae's recipe for *Crazy for Crepes* was the recipe contest winner for January/February. This recipe will be featured soon on the High School's menu.

Crazy for Crepes!

Ingredients

For the strawberry fillings:

1 pound fresh or frozen strawberries, quartered, plus more for garnish, if desired

1/4 cup sugar

1 tablespoon cornstarch

1 tablespoon lemon juice

For the crepes:

1 1/4 cups whole milk

2 eggs

1 cup flour

1 tablespoon sugar

1/4 teaspoon salt

4 tablespoons butter, melted and cooled

Confectioners' sugar for garnish

1. In a medium saucepan, stir the strawberries and sugar together. Let the mixture stand until the fruit's juices release, about 30 minutes. If you're using frozen strawberries, heat them with the sugar over medium heat until they're defrosted, about 2 minutes.
2. In a small bowl, whisk together the cornstarch and lemon juice. Combine them with the strawberry mixture. Simmer the sauce on medium-low until it thickens, about 10 minutes, then set it aside.
3. Place the milk, eggs, flour, sugar, and salt, plus 3 tablespoons of the butter, in a blender and process until smooth, scraping the sides as needed, about 1 minute.
4. Heat the oven to 175 degrees and warm a 10-inch non-stick skillet over medium heat. Brush the skillet with some of the remaining butter, then form a crepe in the pan. Cook the crepe until the edges pull away from the skillet and the bottom is golden brown, about 2 minutes. Flip the crepe with a rubber spatula and continue cooking until the crepe is lightly browned on the opposite side, about 1 minute more. Transfer the crepe to a baking sheet and place it in the oven to keep warm. Repeat with the remaining batter.
5. To assemble the crepes, warm the strawberry filling over low heat, if desired. Add 2 tablespoons of the filling to the center of each crepe and roll it up. Scatter strawberries over it, then dust it with confectioners' sugar, if desired.

Can also be served with maple syrup and whipped cream.

Promotions

For every \$110.00 put on your POS account an additional \$20.00 will be credited to that account. Promos can only be processed at the Food Service Department Office. They cannot be processed at the cafeterias or online. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA, 01545. Please note whose account you want credited on the memo line of your check. This promotion is valid from March 1, 2020 – April 30, 2020.

*** Promotions cannot be applied to online transactions.**

Free and Reduced Breakfast/Lunch Applications

Free and reduced-price meals are available to students if there is financial need. Applications for the 2019-2020 school year are available all year and can be submitted at any time there is a financial need. Applications are available on line at the Food Service web site. Eligibility is governed by guidelines set by the United States Department of Agriculture. Notification will be emailed to all families stating what program they qualify for.

**Click here for the Free and Reduced Application form: <https://www.lunchapp.com/>

**Families do not have to fill out a new application if they received notification that their children were directly certified through the Department of Health and Human Services to receive free meals.

If you have questions or need help filling out the online application, please contact:

Beth Nichols, Food Service Director, phone 508-841-8819.

Breakfast Program

Breakfast is available Monday - Friday at the Coolidge Elementary School from 8:00-9:00 AM, Sherwood Middle School from 7:45-8:00 AM, Oak Middle School from 7:00-8:00 AM, and at the High School from 7:00-7:30 AM. A full-price breakfast costs \$2.00 and a reduced-price breakfast costs \$.30.

Meal Magic Point of Sale System

This system is currently being used at all School Cafeterias. This system, *Meal Magic*, offers many features:

- Creates an individual account for each student accessible with their student identification number.
- Allows students to pre-pay for lunch and snacks eliminating the need for cash. Cash can be used.

ALL STUDENTS WILL BE REQUIRED TO ENTER THEIR STUDENT IDENTIFICATION NUMBER WHEN MAKING ANY PURCHASES REGARDLESS IF THEY ARE FULL PAY OR FREE/REDUCED ELIGIBLE.

Cafeteria Help Wanted

The Shrewsbury Food Service is looking for part time employees and substitutes to work in the school cafeterias. Days and hours are flexible. Duties include: Prepping food, setting up serving lines, serving students, and breakdown and clean up. Lunch and refreshments are provided. Please click on the link below to obtain an employment application:

<http://schools.shrewsburyma.gov/foodsvc/forms>

Please forward this application to the Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA, 01545, or email to: hdoyle@shrewsbury.k12.ma.us

Questions: please call Heidi Doyle Monday-Wednesday at 508-841-8855.

Food Service Department Contacts

Please contact the Food Service Department with any questions or suggestions. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, MA, 01545. The telephone number for the Food Service Director, Beth Nichols, is 508-841-8819, and email is bnichols@shrewsbury.k12.ma.us.

Each school has a manager also available to speak with you. The numbers are as follows:

Beal	841-8874	Jen Potter	mailto:jpotter@shrewsbury.k12.ma.us
Coolidge	841-8889	Charlene Campbell	ccampbell@shrewsbury.k12.ma.us
Floral St	841-8723	Sheila Tomaiolo	stomaiolo@shrewsbury.k12.ma.us
Paton	841-8635	Rob Asaro	rasaro@shrewsbury.k12.ma.us
Spring St	841-8708	Michelle Kehoe	mkehoe@shrewsbury.k12.ma.us
Sherwood	841-8681	Sandy Litchfield	slitchfield@shrewsbury.k12.ma.us
Oak	841-1217	Patti Saniuk	mailto:psaniuk@shrewsbury.k12.ma.us
High School	841-8848	Lisa Phipps	lhipps@shrewsbury.k12.ma.us

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690- 7442; or (3) email: program.intake@usda.gov . This institution is an equal opportunity provider.

Policy References:

MGL C. 71, Section 72 United States Department of Agriculture, National School Lunch Program Regulations Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Regulations