



Chefs Menu of Services



Thank you for signing up to be an Adopt-a-School for the 2010-2011 school year. This year, we have more services for your school to experience. Your school's chef **Julie Darling** has checked off the **three** services that they will be providing for your school this year along with the Be Healthy Family Night. Please take a moment to schedule these events with us before September 30, 2010.

Be Healthy Family Nights

This is an event for the entire school. Invite parents to learn about the resources available in their community. The Chef will be there preparing a healthy snack or meal for all to try. All details are taken care of for your school, all you need is to choose a date: _____

The Science of Food

These lessons are targeted for 4th and 5th grade students. The lessons align with California Content Standards for Life Sciences. The Science of Food lessons focus on all aspects of food, beginning with harvesting and ending with its cooking and consumption. Some of the science lessons taught are: Polar Pops, Classifying Foods and Ice Block.

Playing with Your Food

These lessons are targeted for 4th and 5th grade students. The lessons align with California Content Standards for art. Artful Food allows students to play with their food and to learn about different parts of fruits and vegetables. The lessons may include the following topics: Snack Art Faces, Garnishes and Vegetable Party Bouquet.

Making a Math Meal

These lessons are targeted for 4th and 5th grade students. The lessons align with California Content Standards for Math. Making a Math Meal teaches students percentages, fractions, and meal comparisons while making it learning 100% fun with food.

Where Did It Come From?

These lessons are targeted for 4th and 5th grade students. The lessons align with California Content Standards for Social Studies. Where Did It Come From gives students a historical background for their food. Chefs will bring in a seasonal fruit or vegetable and discuss where it came from then students will be allowed to sample a recipe made with the fruit or vegetable.

Garden Harvest

Your chef will connect with your school garden resources to bring lessons directly to the classroom, these activities can be done with all students K-6th grade. The lessons integrate fruit and vegetable knowledge with a simple cooking class using the actual plants from the garden.

Cafeteria Connections

Following the format of s-Cool Food initiative's blueprint, your chef will provide ongoing culinary training for your school food service staff through Culinary Boot Camps and In-Service Training. The week-long Culinary Boot Camps for food service staff, work directly with Chef Educators and their peers, attendees practice the skills required for integrating more scratch cooking techniques into their school kitchens.

When I Grow Up...

Every school has a Career Day or a show and tell where someone from the community comes in and discusses their profession. Your chef will provide students with fun insight into the culinary arts and how they too can follow the same path and become America's Next Top Chef!

California Department of Education Nutrition Services Meal Pattern for Lunch

School lunches must meet the applicable recommendations of the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.

	TRADITIONAL SCHOOL LUNCH	GRADES K-3	GRADES 4-12	ENHANCED SCHOOL LUNCH	GRADES K-6
Meat/ Meat Alternate	Serving size is per day. The quantities are based on the edible portion as served.	1-1½ oz	2 oz	Per day serving of the following food items or a combination of these items to provide at least the quantity listed. The quantities are the <i>edible</i> portion as served.	2 oz
Fruits/Vegetables	At least two different types of fruits and/or vegetables must be offered. Serving size is the minimum requirement per day.	½ cup	¾ cup	At least two different vegetables and/or fruits must be offered. Minimum requirements per day...	¾ cup** **plus an extra ½ cup over a week.
Grains/Breads	Must be enriched or whole grain or contain germ or bran. A serving is: <ul style="list-style-type: none"> • A slice of bread or an equivalent serving of biscuits, rolls, etc. • OR ½ cup cooked rice, macaroni, noodles, or cereal grains. Minimum servings per WEEK Minimum servings per DAY	8 servings 1 serving	8 servings 1 serving	Must be enriched or whole grain or contain germ or bran. A serving is: <ul style="list-style-type: none"> • A slice of bread or an equivalent serving of biscuits, rolls, etc. • OR ½ cup cooked rice, macaroni, noodles, other pasta products or cereal grains. Up to one serving per day may be a grain-based dessert. Minimum per WEEK Minimum per DAY	12 servings 1 serving
Milk (Fluid)	Must be served as a beverage.	8 fl oz	8 fl oz	Must be served as a beverage.	8 fl oz

Reimbursement:

Free lunches: \$2.72

Reduced-price lunches: \$2.32

Paid lunches: \$0.26

Free snacks: \$ 0.74

Reduced-price snacks: \$0.37

Paid snacks: \$0.06

RECIPES FOR HEALTHY KIDS

Let's Move! toward healthier food in school

**\$12,000 in prizes to create nutritious
school lunch recipes that kids love to eat!**

The Contest. Participants will form teams, develop, document, and prepare at least one healthy recipe in one of three categories (Whole Grains, Dark Green and Orange vegetables, or Dry Beans and Peas). Their creations will be served in the school's cafeteria, and rated by students. Fifteen semi-finalist teams will have their recipe evaluated by our judging panel during events held at their school, and the top three teams will compete in a national cook-off to determine the grand prize winner! Semi-finalists' recipes will also be posted for online voting by the public to determine a Popular Choice Winner. Winning teams will be invited to prepare their nutrition-packed meals alongside White House chefs.

The Judging.

- Student Involvement
- Nutrition
- Creativity and Originality
- Ease of Use in Schools
- Recipe Presentation

Submission Period.

Start: Sep 07, 2010 02:00 PM EDT **End:** Dec 30, 2010 05:00 PM EST

The Prizes.

Grand Prize Winner - \$3000
First Place (Whole Grains) - \$1500
Second Place (Whole Grains) - \$1000
First Place (Dark Green and Orange Vegetables) - \$1500
Second Place (Dark Green and Orange Vegetables) - \$1000
First Place (Dry Beans and Peas) - \$1500
Second Place (Dry Beans and Peas) - \$1000
Popular Choice Award - \$1500