

Plumas Lake Food Services Department

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Wellness, the PLESD Way!

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The Wellness Committee is a great tool to build classroom and community success. If you've never heard of the Wellness Committee, here's a brief overview of who we are, and what our goals are.

The Wellness Committee is made up of people who are interested in helping our students, our schools and our community become and stay Well. Some of our goals include better communication with parents, gardening programs, and policy development and implementation. We work with the departments at the District level, at the school level with students and teachers, and with the community.

With so many changes to the National School Lunch Program, it's hard to keep the rules and regulations straight. The Wellness Committee is a great resource for information about school fund raising and events which will include food. We can help you navigate rules about whole grains, sodium levels, and what beverages are allowed.

Wellness is about more than what we eat! We stay Well by balancing our food, our activity, education, and all the other parts of life. The Wellness Committee is here to help with all sorts of ideas!

Are you interested in the

Wellness Committee? Just want to hear a little more about us? We want to hear from you! You can contact us by email at Wellness@PLUSD.org or by visiting our page on the District website at <http://www.plusd.org/Departments/Food-Services/Wellness-Committee/index.html>. You're welcome to visit us at our next scheduled Wellness Committee Meeting! Mark your calendar for our first Wellness Committee Meeting to be held on Thursday, January 22nd at 3:00 pm. Can't make it? No worries! We'll have our meeting notes and minutes posted on our web page!

Special points of interest:

- ◆ Contact information for the Food Services Department and the Wellness Committee
- ◆ A delicious winter morning recipe
- ◆ Wellness Committee survey

Staff Spotlight

Our Kitchen Team covers our entire District, and more! Ms. Cathy is our District Catering Professional and runs the Cobblestone Catering Department. Ms. Cathy prepares meals for our neighboring

district of Browns Elementary School, as well as meals for our District events like Board meetings and some teacher training sessions. Ms. Cathy has been with the Plumas Lake Elementary School District

since 2011. She likes the color purple and Cactus Pad Salad.



Tasty Treats for Cool Winter Mornings

The Food Services Department of the Plumas Lake Elementary School District would like to wish you a warm and festive Winter Season! During the chilly break, you'll find us pouring through new recipes, simmering up interest in our cooking, and taste-testing new creations.

Here's a delicious idea for a

winter breakfast treat!

SWEET POTATO AND APPLE BREAKFAST BAKE

- * 2-3 Apples, diced
- * 1-2 Medium Sweet Potatoes, diced
- * Sprinkle Pumpkin Pie Spice
- * 2 TBSP Brown Sugar

Before you begin be sure to wash your hands for 20-30 seconds with warm water and soap!

1. Preheat your oven to 350°
2. Place apples and sweet potatoes in a baking dish.
3. In a small bowl, mix brown sugar and pumpkin pie spice.
4. Sprinkle the spice mix over the baking dish and gently mix with clean hands until everything is evenly coated.
5. Bake in the oven about 30 minutes or until the dish reaches an internal temperature of 145°
6. Serve and enjoy!

Try it by itself as a side dish, with a scoop of low-fat frozen yogurt as a dessert, or baked with a sprinkle of granola for a delicious warm breakfast!

Visit Us Online

Be sure to check out our District website at www.PLUSD.org. The Food Services Department has an entire section! On this page you will find pictures of our local farms involved in our "Farm to School" program, information like menus and meal prices, instructions on

how to use the online payment system (www.MySchoolBucks.com), and much more!

In our "Parent's Corner" section you will can:

- Download new USDA recipes to try in your kitchen.

- View student's Farm to School art work.
- Hop over to the USDA interactive game "Blast Off!" to learn about fueling your body for success.
- Check out our Wellness Committee!



Account Management Tools

Surprises can be a fun and exciting way to start a birthday party, or can be an unexpected bill from the cafeteria. Bills are the less fun surprise, but here are some tips to help avoid a negative balance with your student's Cafeteria!

- ◆ Talk with your student. Establish when they can, or cannot buy school meals. If you have

special restrictions, call the Food Services Manager to get extra tools.

- ◆ Check Online. Use the [MySchoolBucks](http://www.MySchoolBucks.com) online portal to view your students transactions, check their balance, and make online payments. It's free to view and monitor your accounts, but there is a fee to use the

online payment option.

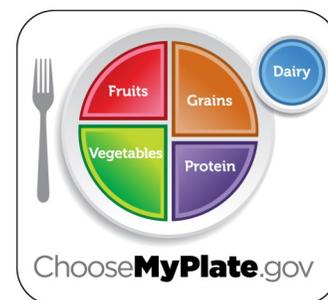
- ◆ Introduce yourself. Our Kitchen Team is full of friendly folks who are more than happy to help!
- ◆ Make sure we have the best way to get in touch with you. We send out email reminders every week, but we need your email address!

A Full Plate for A Full Day!

Do you know what is included in your student's meal? We do! Our meals meet or exceed USDA and National School Lunch Program requirements. Did you know our pancakes are whole grain? We use whole-grains and whole-grain-rich products. You'll see many different fruits and vegetables offered daily at our Choice Bar, and two kinds of milk - Low-Fat Regular Milk (sugar content of 16 grams)

and Fat-Free Chocolate Flavored Milk (sugar content of 19 grams). Vegetarian options include Groovin Grilled Cheese Sandwiches, Ultra Bean and Cheese Burritos, Sunny Sunflower -butter and Jelly Sandwiches, and Goopy Cheese Quesadillas. Regular menu items which are vegetarian-friendly include our cheese pizza, cheese pizza dipping sticks (Max Stix), and macaroni

and cheese. More vegetarian entrees are being evaluated for regular menu placement.



A New Year!

The beginning of the calendar year is a great time to check out your student's account balance and make sure it is up to date. You can view your student's account balance and transaction history for free online using the website

www.MySchoolBucks.com. If you choose to pay online, we'd like to remind you there is a \$1.95 transaction fee. Need help? Don't worry, you can call [MySchoolBucks](http://www.MySchoolBucks.com) for technical help at 1-855-832-5226.

Wellness is about more than just the food we eat, it's about the lives we live.

Food Services Department

Have a question? Have a compliment? Let us know! We're here to help!

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Ms. Rachael—Kitchen Leader at Cobblestone Elementary School
(530) 634-9723 ext. 223

Ms. Anita—Kitchen Leader at Rio Del Oro Elementary School
(530) 749-0690 ext. 160

Ms. Gen—Kitchen Leader at Riverside Intermediate School
(530) 743-1271 ext. 228



Wellness Committee

2743 Plumas School Road
Plumas Lake, CA 95961

What are some Wellness goals you have? Take our online survey to share your opinions with us.

Wellness Committee Survey

wellness@plusd.org

We're committed to being Well, are you?

Are you interested in being a part of our community's wellness? Our Wellness Committee is always open!

Check out some great ways you can be involved with the Wellness Committee by visiting our website online!

www.plusd.org

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