2010 BEST PRACTICES AWARDS
USDA FOODS PROGRAM
AWARD APPLICATION FORM

Please attach this form to the first page of submitted summaries. Please forward completed applications to the Office of General Services, Division of Food Distribution & Warehousing, Corning Tower Bldg. – 37th Floor, Empire State Plaza, Albany, New York 12242.

Name of Applicant (School Code & Name): Iris Reed Charlotte Avenue Elementary School

Address of Applicant: 301 Charlotte Ave. Hamburg, NY 14075

Telephone #: (716) 646-3377

Fax #: 646-6396

E-mail address: ireed@hamburgschools.org

Your District's Federal ID #: 16-6001780

Please attach a short summary describing the activity or initiative and its impact on the success of your program.

* Please be sure to view the DVD attached to the back page.

Thank you

I WANT YOU
TO EAT YOUR
VEGETABLES

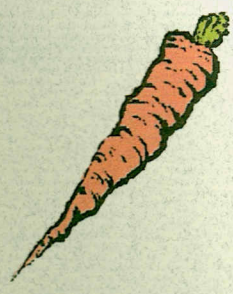
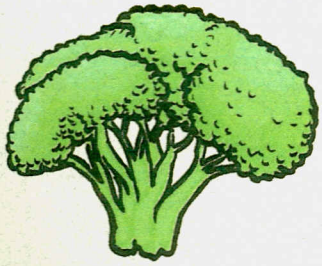
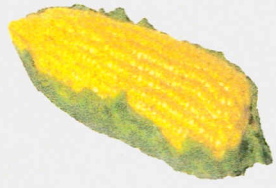
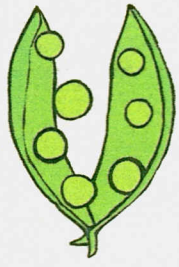
VEGGIE WEEK

My name is Iris Reed. I am currently the cook/manager at Charlotte Avenue Elementary School in Hamburg. I have been in the food industry for over 20 years. For the past 4 years I have been employed with Hamburg Central Schools. It has been the most rewarding job I have ever had. I have found where I want to be for the rest of my working career.

Over my years in food service, the increase in childhood obesity is simply out of control. I am dedicated to reinforcing healthy eating and snack choices in a child's school years. Our children spend more time in school than at home 9 out of 12 months of the year. Reaching children at the Elementary level is key to cementing healthier eating choices in Middle & High School, where there are so many more choices at lunch time and at after school functions.

During the month of March, 'Veggie week', I decided to try some new recipes. I incorporated fresh produce from our local growers along with USDA commodity vegetables. One of the dishes I prepard was a veggie casserole. It was truly a hit with the kids. I have attached the recipe so that it can be shared. 'Iris' Veggie casserole' has been standardized and incorporated at the district level. The sunshine bar is also a crowd favorite. The kids refuse to believe that it is made with mashed sweet potatoes! I have atached a complete list of USDA commodities I used during veggie week.

We invited WKBW channel 7, our local news station to Charlotte Avenue that week. Meteologist Mike Randall has a segment called 'Cool at School'. What could be cooler than veggies? (please view the attached dvd) We also ran contests for the older kids and coloring sheets for the younger kids. My lunch counts were up for the week and I required no addtional labor or food costs during the promotion. I intend to continue my taste testing with the kids. It is a fact that kids have to either see, taste or be exposed to something at least 3 times before they will start to ask for it. Let's let that be VEGETABLES!

USDA Commodities used during Veggie Week

Green beans, canned

Vegetarian beans, canned

Carrots, canned

Whole kernel corn

Macaroni

Pinto beans

Brown rice

Salsa

Sweet potatoes, mashed

Tomato Sauce

Ground beef

Shredded lowfat cheddar

Shredded mozzarella

Apple slices

Chicken fajita

BREAKFAST-
AVAILABLE DAILY AT ALL SCHOOLS
CEREAL, TOAST, BAGELS, FRUIT,
EGG SANDWICHES,JUICE,AND MILK
ELEM- $1.00- MS & HS-$1.25

REDUCED PRICE-LUNCH & BREAKFAST
$.25- MUST APPLY & BE APPROVED
ELEM. LUNCH-$1.50
MIDDLE SCHOOL-$1.75
HS-$2.00

MILK COMES WITH ALL MEALS
WE OFFER- SKIM, 1% WHITE,
2% WHITE, AND 1% CHOCOLATE
IF YOU NEED LACTAID MILK- PLEASE
LET US KNOW-- WE WILL ORDER IT

HAMBURG CENTRAL SCHOOLS--MARCH 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
CHOSE 1	POPCORN CHICKEN UNCRUSTABLE JULIENNE SALAD BURGER/BUN	TACO- HARD OR SOFT SHELL UNCRUSTABLE JULIENNE SALAD MINI SUB	CHEESEBURGER/BUN UNCRUSTABLE JULIENNE SALAD PIZZA SQUARE	PORK CHOPPETTE UNCRUSTABLE JULIENNE SALAD FUN LUNCH	GRILLED CHEESE SANDWICH UNCRUSTABLE JULIENNE SALAD HOT DOG/BUN
CHOSE 1 TO 3	SAUCY ROTINI ITALIAN MIXED VEGGIES DICED PEACHES MILK	LETTUCE & TOMATO CUP STEAMED RICE JUICE CUP FRUIT COCKTAIL MILK	TATER TOTS CORN NIBLETS CHEF CHOICE SOUP FROZEN FRUIT SHAPE UP MILK	MASHED POTATOES & GRAVY MIXED VEGGIES SNOWFLAKE DINNER ROLL APPLESAUCE MILK	TOMATO SOUP GREEN BEANS GOLDFISH CRACKERS MILK
	8	9	10	11	12
CHOSE 1	CHICKEN NUGGETS UNCRUSTABLE JULIENNE SALAD BURGER/BUN	NACHO GRANDE UNCRUSTABLE JULIENNE SALAD MINI SUB	BBQ PORK ON A BUN UNCRUSTABLE JULIENNE SALAD PIZZA SQUARE	FRENCH TOAST/SAUSAGES UNCRUSTABLE JULIENNE SALAD FUN LUNCH	MACARONI & CHEESE UNCRUSTABLE JULIENNE SALAD HOT DOG/BUN
CHOSE 1 TO 3	SMILE POTATOES BROCCOLI CUTS CHEESE SAUCE-OPTIONAL FRESH FRUIT MILK	STEAMED RICE LETTUCE & TOMATO CUP VEGETABLE SOUP DICED PEARS MILK	HASH BROWN PATTY FANCY MIXED VEGGIES STRING CHEESE MILK	TATER TOTS ORANGE JUICE DICED PEACHES MILK	MULTIGRAIN DINNER ROLL GREEN BEANS APPLE JUICE YOGURT CUP MILK
	15	16	17	18	19
CHOSE 1	CHICKEN PATTY/BUN UNCRUSTABLE JULIENNE SALAD BURGER/BUN	STUFF CRUST PIZZA UNCRUSTABLE JULIENNE SALAD MINI SUB	RIB BQ OR CORN BEEF DINNER UNCRUSTABLE JULIENNE SALAD PIZZA SQUARE	BREADED OR BAKED CHICKEN UNCRUSTABLE JULIENNE SALAD FUN LUNCH	CRISP FISH NUGGETS UNCRUSTABLE JULIENNE SALAD HOT DOG/BUN
CHOSE 1 TO 3	SWEET POTATO FRIES CHICKEN VEGGIE SOUP FRUIT COCKTAIL MILK	TATER TOTS CELERY & DIP FRESH FRUIT MILK REUBEN AVAILABLE TOO	BOILED POTATOES CARROTS BOILED CABBAGE LEPRECHAUN COOKIE MILK	MASHED POTATOES & GRAVY SWEET CORN MULTIGRAIN DINNER ROLL DICED PEACHES MILK	CRISP TATERS CREAMY COLE SLAW FRUIT JUICE STRAWBERRY CUP MILK

BREAKFAST-
AVAILABLE DAILY AT ALL SCHOOLS
CEREAL, TOAST, BAGELS, FRUIT,
EGG SANDWICHES,JUICE,AND MILK
ELEM- $1.00- MS & HS-$1.25

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HAMBURG CENTRAL SCHOOLS--MARCH 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22	23	24	25	26
CHOSE 1	CHICKEN FINGER SUB UNCRUSTABLE JULIENNE SALAD BURGER/BUN	TACO- BEEF OR CHICKEN UNCRUSTABLE JULIENNE SALAD MINI SUB	CHEF BOY R DEE RAVIOLI UNCRUSTABLE JULIENNE SALAD PIZZA SQUARE	TURKEY DINNER UNCRUSTABLE JULIENNE SALAD FUN LUNCH	BREADED MOZZARELLA STICKS UNCRUSTABLE JULIENNE SALAD HOT DOG/BUN
CHOSE 1 TO 3	BABY CARROTS & DIP HOMEMADE BEEF BARLEY SOUP CINNAMON APPLE SLICES MILK	STEAMED BROWN RICE MEXICAN BAKED BEAN CASSEROL LETTUCE & TOMATO CUP FROZEN FRUIT SHAPE-UP MILK	SWEET DINNER ROLL GARDEN SALAD CHILLED APPLE JUICE FRESH FRUIT WEDGES MILK	MASHED POTATOES & GRAVY STUFFING CRANBERRY SAUCE BUTTERY CORN SUNSHINE COOKIE BAR MILK	PIZZA DIPPING SAUCE BUTTERED NOODLES GREEN BEANS FRUIT CUP MILK
	TRY A NEW VEGGIE WEEK -CAN YOU FIND THE HIDDEN VEGGIES THIS WEEK ???				
	29	30	31		
CHOSE 1	HOT DOG ON A BUN UNCRUSTABLE JULIENNE SALAD BURGER/BUN	TACO- HARD OR SOFT SHELL UNCRUSTABLE JULIENNE SALAD MINI SUB	MANWICH/ BUN UNCRUSTABLE JULIENNE SALAD PIZZA SQUARE	MARCH 16TH ALL CAFETERIA WILL ALSO BE SERVING REUBENS	NEED AN APPLICATION??? CALL 646-3269 WE'LL SEND YOU ONE YOU'LL HEAR FROM US
CHOSE 1 TO 3	CRISPY TATERS MIXED VEGGIES CHEF CHOICE SOUP APPLESAUCE MILK	STEAMED RICE REFRIED BEANS LETTUCE & TOMATO CUP DICED PEARS MILK	TATER TOTS GREEN BEANS BLUEBERRY TOPPED CAKE MILK	ST. PATRICK'S DAY MARCH 17TH ALL CAFETERIA WILL SERVE A CORN BEEF DINNER	VIA US MAIL IN A FEW DAYS

Preschool and younger school age children (age 4-8 years) require about 800 mg of calcium each day (about 3 glasses of milk).

Older school age children and teens (age 9-18 years) require about 1300 mg of calcium each day. (about 4 glasses of milk).

NEED TO CALL THE CAFETERIA?
BEST TIME TO CALL
9-10 AM
0R 12:30 -1 PM
OFFICE 646-3269
HS- BARB 646-3317
MS- KATIE-646-3278
ARMOR- JUDY-646-3364
BOSTON-KATHY-646-3245
CHARLOTTE-IRIS-6463377
UNION PLESANT- JANET-646-3294

IF YOUR CHILD HAS A MILK ALLERGY
WE NEED A NOTE FROM THE DOCTOR
THEN THEY CAN HAVE A JUICE DAILY

IF YOUR CHILD IS LACTOSE INTOLERANT
PLEASE CALL THE CAFETERIA
AND TELL THEM
WE CAN GET
LACTAID MILK
it's expensive so we only
order it where needed

Food	Servings	Calcium Content
Milk, whole or low-fat	1 cup	300 mg
Cheddar cheese	1.5 oz	300 mg
Yogurt, low-fat	8 oz	300 mg
Cheese Stick - String or cheddar	1 oz	200 mg
White beans	1/2 cup	113 mg
Cheese Slice on Sandwich	1/2 oz	100 mg
Instant Oatmeal	1 cup	100 mg
Sweet potatoes, mashed	1/2 cup	44 mg
Orange, medium	1	40-50 mg
Orange juice, calcium fortified	1 cup	350 mg
Broccoli, cooked	1/2 cup	35 mg
Broccoli, raw	1 cup	35 mg

DID YOU KNOW?
IF THE SOUP IS NOT HOMEMADE- IT'S ALWAYS CAMPBELL'S
ALL OUR CHICKEN COMES FROM TYSON
THERE IS ALWAYS FRUIT FOR DESSERT EVEN IF IT'S NOT ON THE MENU

OUR FROZEN SHAPE UPS HAVE FIBER IN THEM AND ARE 1 SERVING OF FRUIT
OVER 50 % OF OUR BREAD PRODUCTS ARE WHOLE WHEAT OR MULTIGRAIN
WE ONLY SERVE BROWN RICE THIS YEAR

STANDARDIZED RECIPE INFORMATION

ITEM/FOOD: **IRIS'S VEGGIE CASSEROLE**

TOTAL YIELD:

PAN SIZE: 50 SERVINGS(1/2 CUP VEG EACH)

SERVING UTENSIL:

WEIGHT/MEASURE SERVED:

INGREDIENTS	WEIGHT/MEASURE	METHOD CHOP, SLICE, ETC.
CORN	1 # 10 CAN	DRAINED
GREEN BEANS	1 # 10 CAN	DRAINED
MIX TOGETHER AND SPREAD IN BOTTOM OF GREASED STEAM TABLE PAN		
MIX THESE TOGETHER IN A BOWL		
CREAM OF CELERY SOUP	2 CANS	CAN USE CREAM CHICKEN
SOUR CREAM	2 CUP	
SHRED CHEDDAR	3 CUP	
ONIONS	2 CUP	CHOPPED FINE
SPREAD SOUP MIXTURE OVER MIXED VEGGIES		
CRUSHED CRACKER	6 CUPS	
MELTED MARGERINE	2 CUPS	
MIX TOGETHER IN BOWL		
SPREAD CRACKER MIXTURE OVER THE CASSEROLE		
BAKE 350 ABOUT 45 MINUTE- TILL 160		
SOUP SHOULD BE BUBBLING AND CRUMB GOLDEN BROWN		

HAMBURG CENTRAL RECIPE **SOUP 14**

STANDARDIZED RECIPE INFORMATION

ITEM/FOOD: **BEEF BARLEY SOUP**

TOTAL YIELD: 50 SERVINGS

PAN SIZE:

SERVING UTENSIL: 8 OZ. LADLE

WEIGHT/MEASURE SERVED: 8 OZ.

INGREDIENTS	WEIGHT/MEASURE	METHOD CHOP, SLICE, ETC.
WATER	3 GALLONS	
BEEF BASE	1/2 LB.	
GARLIC	1/4 CUP	
PARSLEY	2 TABLESPOONS	
DEHYDRATED ONIONS	2 CUPS	OR 2 QTS. FRESH, DICED
CELERY	2 CUPS	DICED
BLACK PEPPER	1/2 TABLESPOON	
HAMBURGER	1 QUART	COOKED AND DRAINED
DICED TOMATOES	1/2 - #10 CAN	
CANNED CARROTS	1/2 - #10 CAN	OR 6 CUPS FRESH
BARLEY	1 1/2 LBS.	

OVEN TEMP: COOKING TIME:

PREPARATION:

PREPARE BASE. ADD ALL INGREDIENTS, EXCEPT BARLEY.

BRING TO A BOIL. ADD BARLEY.

SIMMER FOR 2 HOURS.

CHECK OCCASIONALLY. ADD MORE WATER, IF NECESSARY.

BETTER THE NEXT DAY.

1 - 8 OZ. SERVING = 1/4 CUP VEGETABLE, 1/4 BREAD

INCLUDE METHOD OF PREPARATION STEP-BY-STEP. ALSO MAKE SURE THAT YOU HAVE TEMPERATURES AND TIMES ON INSTRUCTIONS.

HAMBURG CENTRAL RECIPE **DESSERT 8**

STANDARDIZED RECIPE INFORMATION

ITEM/FOOD:	SUNSHINE BARS
TOTAL YIELD:	80 BARS
PAN SIZE:	1 - 18'X26" PAN
SERVING UTENSIL:	
WEIGHT/MEASURE SERVED:	CUT 8 X 10

INGREDIENTS	WEIGHT/MEASURE	METHOD CHOP, SLICE, ETC.
GRANULATED SUGAR	5 CUPS	
OIL	2 CUPS	
SWEET POTATOES	1 QUART	
EGGS	8	
WATER	1 1/3 CUP	
VANILLA	2 TEASPOONS	
FLOUR	6 CUPS	
BAKING SODA	4 TEASPOONS	
SALT	2 TEASPOONS	
CINNAMON	2 TEASPOONS	
NUTMEG	1/2 TEASPOON	
CLOVES	1/4 TEASPOON	

PREPARATION:	OVEN TEMP:	COOKING TIME:
	350 DEGREES	35 MINUTES

COMBINE SUGAR, OIL, AND SWEET POTATOES. MIX WELL.

ADD EGGS, WATER, AND VANILLA. BLEND.

SIFT FLOUR, SALT, AND SPICES.

ADD DRY INGREDIENTS TO LIQUID MIXTURE. MIX ONLY TO BLEND.

DO NOT OVER MIX.

POUR INTO WELL-GREASED PAN AND BAKE.

CUT TO SERVING SIZE.

INCLUDE METHOD OF PREPARATION STEP-BY-STEP. ALSO MAKE SURE THAT YOU HAVE TEMPERATURES AND TIMES ON INSTRUCTIONS.

HAMBURG CENTRAL RECIPE **VEGGIE #62**

STANDARDIZED RECIPE INFORMATION

ITEM/FOOD:	**MEXICAN BAKED BEAN CASSEROLE**
TOTAL YIELD:	25 SERV
PAN SIZE:	1/2 STEAM TABLE PAN
SERVING UTENSIL:	1/2 CUP
WEIGHT/MEASURE SERVED:	25/ 1/2 CUP SERV OF VEGGIES

INGREDIENTS	WEIGHT/MEASURE	METHOD CHOP, SLICE, ETC.
PINTO BEANS	1/2 # 10 CAN	DRAINED
VEG BAKED BEANS	1/2 # 10 CAN	
SALSA	2 CUPS	
MIX ALL THREE INGREDIENTS-----		
PUT IN GREASED PAN		
SHRED CHEDDAR	1 CUP	
SHRED MOZZARELLA	1 CUP	
BAKE IN 350 OVE APPROX 25 MINUTES		
TEMP TO 160		
ENJOY		

INCLUDE METHOD OF PREPARATION STEP-BY-STEP. ALSO MAKE SURE THAT YOU HAVE TEMPERATURES AND TIMES ON INSTRUCTIONS.