



School Lunch News

WELCOME BACK!

The Archdiocese of Detroit School foods program would like to welcome everybody back for a new school year. I hope everybody had a great summer. This year we would like to welcome St. Patrick in White lake and St. Anne School in Warren to the Lunch Program. As we begin a new school year we would like to make some requests that will hopefully make everyone's job a little easier:

- Counts and condiment orders need to be called into the School Lunch Office by 2:00 every Tuesday.

- Contact our office when you have a visit by the Health Department. The State of Michigan needs the dates on file.
- Make sure you have a roster or ticket system in place.
- Please fax your weekly lunch total forms to the office on Friday's or Monday's. Please mail in your production papers in every week and make sure they are completely filled out.
- It is very important that the actual counts be done correctly--we recommend that someone in your program

takes a look at a website available from the State: It is accessible to any person willing to take the time. The site is www.learnport.org/. go to new user and create a user name and password.

We thank you for your continued cooperation and we look forward to working with you throughout the year. Thank You!

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Volume II, Issue III

October 11, 2007

Special points of interest

- ☉ November 15th is Heart Nugget Day
- ☉ December 10th is Winter Wonderland Nugget Day
- ☉ Milk Flavors now available through Prairie Farms Dairy are: white, chocolate, vanilla and strawberry. A new flavor was introduced Oct. 8th -Cookies and Cream, yum!!!



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Grain Group

What are three of your favorite Grain Group foods?



Grain Group foods give us carbohydrates (car-bo-hi-drate). Carbohydrates give us the energy we need to play, learn, sleep and keep our bodies running 24-7!

Grain Group Foods come from many different grain

plants: wheat, oats, rye, barley and rice. "Whole-grains" like whole-wheat bread, also provide fiber and other substances that help keep us healthy. Fiber also helps us digest our food. Here are many foods to choose from: Muffins, bagels, cereals hot and cold. Children should eat five servings a day.



Dairy is Just as Important as Fruits and Vegetables for Wellness Policies in Schools

According to the National Dairy Council a survey of 2,000 plus members of the American Dietetic Association found that more than 94% of them say that dairy foods, such as milk, cheese, and yogurt, are just as important as fruits and vegetables in schools. As schools continue to progress with their Wellness Policies this school year, a school staple- milk- is getting a new look and more attention as schools recognize the nutrient density of milk and other dairy foods.

Dairy foods provide nine essential nutrients, including calcium, potassium, phosphorus, protein, vitamins

A, D and B12, riboflavin and niacin. Eating calcium rich low fat or fat free dairy foods such as milk, cheese and yogurt during childhood and adolescence will build strong bones and reduce fractures and osteoporosis later in life.



DID YOU KNOW?

The most telescopes in the world are in Tucson, Az

The tallest building in the U.S. is the Sears Tower in Chicago, Il

The oldest rock in the world, 3.8 million years old was found in the Minnesota River Valley

Coca-Cola first bottled in Vicksburg, Mississippi

Milk Barrels

I recently met with a Debra Larson who works for the United Dairy Industry of Michigan. The United Dairy Industry would like to help the schools in promoting milk consumption and better nutrition for kids. Keeping milk cold and attractively merchandised are two critical components of the New Look of School Milk program, which leads to improved nutrition and revenue. The State of Michigan is requiring each school in the Lunch Program to receive a Milk Barrel free of charge. The State of Michigan reviewed our Lunch program back in February and saw that the milk was not being properly cooled at serving time. The Milk Barrels will hold 128 1/2 pints. The milk is kept cold from four small frozen panels. At this time though I have been notified that there will be some allocated. The Dairy Council is not sure that they can fund the full amount of schools in the program this calendar year. The School Lunch office will keep you posted when the barrels come in and what schools that have freezer space would like to try the barrels out.



Silly Jokes from the Lunch Program

Historical Jokes!

Who designed Noah's Ark?
An ark-itect!

Where did the pilgrim's land when they came to America?
On their feet!

Halloween Jokes

Did you hear about the obnoxious pumpkin?
He was a real jerk-o'-lantern

Why did the pumpkin wear a football helmet?
Because it was a jock-o'-lantern

