

CAFE CONNECTIONS

CHILD NUTRITION SERVICES MONTHLY NEWSLETTER

LIFE TIME FOUNDATION – CHEF KENT:

Our partner chef, Kent Getzin, visited our kitchens last month, thanks to funding from the Life Time Foundation. During his time with us, he taught new cafeteria team members and refamiliarized veteran staff with preparing scratch-cooked items, like ranch dressing, roasted buffalo cauliflower using our chipotle sauce, and a new recipe **Cinnamon Bread Pudding**. Cafeteria staff were hands-on during the entire culinary skills training and still managed to get thousands of meals out to our students.



Chipotle Ranch in the making



Demonstrating immersion blender techniques



Sara - Rogers Ranch: Holding a pan of freshly baked Cinnamon Bread Pudding



Azalia - Cheatham: Making final touches before the samples go out for taste testing!

This institution is an equal opportunity provider.

CINNAMON BREAD PUDDING TASTE TEST



After Chef Kent taught staff members how to make the Cinnamon Bread Pudding, our talented team brought this recipe to life for students to try out. All of the schools participated in the taste testing and the children had the opportunity to vote on whether or not they liked it. The results showed that Cinnamon Bread Pudding was a hit with the students, teachers, and cafeteria staff. With a whopping **2,592 "loved" votes** and only **195 "disliked" votes**.

This delicious concoction is made with whole wheat bread and a rich vanilla custard served with cream cheese drizzle and fresh berries. Yum!

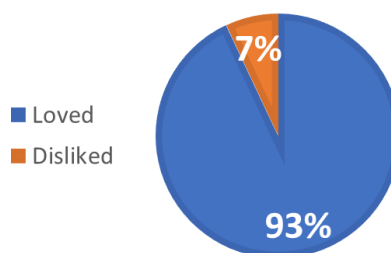


Cinnamon Bread Pudding



Casting their votes:
Student at Rogers Ranch

CINNAMON BREAD PUDDING TASTE TEST RESULTS



EASY CHICKEN POSOLE



Recipe adapted from
allrecipes:
<https://www.allrecipes.com/recipe/155184/easy-chicken-posole/>



Photo: allrecipes.com

INGREDIENTS

- 4 tbsp vegetable oil, divided
- 2 ½ lbs skinless, boneless chicken breast halves
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 ½ quarts of chicken broth
- 3 c of water
- 4 tbsp chili powder, or to taste
- 1 tsp crumbled dried oregano
- 3 c of white hominy, rinsed and drained
- 2 limes cut into wedges (garnish)
- 1 c of shredded cabbage (garnish)
- ½ c of sliced radishes (garnish)
- 10 tostada shells
- Pepper to taste
- Salt to taste

INSTRUCTIONS

1. Heat 2 tablespoons of vegetable oil in a deep skillet over medium-high heat. Add chicken breasts and cook until no longer pink and juices run clear about 20 minutes (ensuring chicken reaches 165 degrees Fahrenheit); remove from skillet, drain and cool. When completely cooled, shred the chicken with a fork.
2. Heat the remaining 2 tablespoons of vegetable oil in the same skillet over medium-high heat. Add onion and garlic; cook and stir until soft and transparent, about 5 minutes. Return shredded chicken to the skillet. Stir in chicken broth, water, chili powder, salt, oregano, and pepper. Reduce heat to low, cover, and cook for about 90 minutes.
3. Stir in hominy and cook until tender, about 15 minutes more. Taste to adjust seasonings, adding more salt and chili powder, if desired. Serve in soup bowls with a tostada shell. Garnish as desired.

INTERN SPOTLIGHT: SANDRA O'DELL

I have a passion for nutrition and good food! Therefore I decided to become a Registered Dietitian. I have learned that adequate nutrition is important in the development and growth of children. As a mother of two, I am always interested in what my children eat at school. Yet I never realized how much work went into my daughters' meals until my rotation with the Children's Nutrition Services Department. I was impressed with the amount of detail and work that goes into menu planning, purchasing food, managing the cafeterias, and preparing the food. It was a pleasure working with such a dedicated team!

FUN SNACK IDEAS



Ants on a Log
Celery sticks with nut or sunflower butter and raisins or any type of dried fruit

Berry Salad Waffle Cones
Waffle cones stuffed with yogurt and topped with berries



FROM OUR DIRECTOR



Seasons Greetings,
Jennifer

It's hard to believe we are nearing the end of the calendar year! We have been busy soaking in all of the knowledge and skills we learned from Chef Kent's visit in early November and look forward to implementing some of the key takeaways from his hands-on training with our team. I hope you were able to check out some of the action happening behind the scenes through our social media platforms. Might I add that the Cinnamon Bread Pudding was absolutely delicious! I am a huge advocate for promoting school nutrition as a rewarding career for current and future nutrition practitioners and we are grateful for our partnership with the Arizona State University Dietetic Internship Program. We were happy to have dietetic intern, Sandra O'Dell, join us from mid-October through late November and expose her to many of the exciting aspects of school foodservice. We will welcome another ASU dietetic intern in late January. Speaking of a rewarding career in school nutrition, we are still hiring part-time Cafeteria Workers at many of our schools. If you are interested, please apply on our website. Finally, with the upcoming holidays, we are excited to celebrate as a team for our annual Child Nutrition Holiday Gathering. There is always plenty of delicious food and fun had by all.