

VOLUME 5 • ISSUE 2 • OCTOBER 2022

CAFE CONNECTIONS

CHILD NUTRITION SERVICES MONTHLY NEWSLETTER

LET'S CELEBRATE! NATIONAL SCHOOL LUNCH WEEK: OCTOBER 3RD-7TH

This year we are celebrating with **FREE MEALS** all week long -- Now that is something to dance about!

National School Lunch Week was created in 1962 by President John F. Kennedy to promote the importance of healthy school lunch in a child's life and how it impacts the students we serve both inside and outside of the classroom.

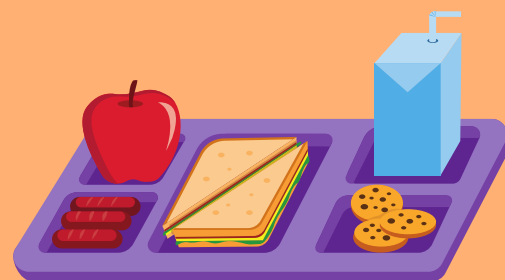
This year's theme is Peace, Love and School Lunch, so don't be surprised if you hear about items like Potato Smiles, Rainbow Carrots, or Heart Cookies that your child enjoyed at school throughout the week. Let's groove!



INTERESTED IN WORKING IN ONE OF OUR CAFETERIAS? CHECK OUT THE CLASSIFIED JOB FAIR ON OCTOBER 20TH FROM 4-6 PM!

We are currently accepting applications for part-time cafeteria worker positions. These positions are a great way for you to work while your children are in school!

Job duties include preparing a variety of foods, serving students healthy and delicious meals, cleaning and maintaining kitchen equipment and spaces, and working alongside a great team of hardworking individuals. If this is something that you would be interested in, please visit www.laveenschools.org to apply online or contact us at (602) 237-9100.



CHECK OUT THE LAVEEN COMMUNITY FARMER'S MARKET

Amadio Ranch

4701 W Dobbins Rd
Laveen, AZ 85339

**Every Saturday starting
October 22nd, 2022**

8 AM - 1 PM



This institution is an equal opportunity provider.

CREAMY WHITE CHILI WITH CREAM CHEESE

INGREDIENTS

- 2 (15 oz) cans no-salt-added great northern beans, rinsed, divided
- 1 tbsp olive oil
- 1 lb skinless chicken thighs, trimmed and cut into bite-size pieces
- 1 1/2 cups chopped yellow onion (1 medium)
- 3/4 cup chopped celery (2 medium stalks)
- 5 cloves garlic, chopped (2 tbsp)
- 1 tsp ground cumin
- 1/4 tsp salt
- 3 cups low sodium chicken stock
- 1 (4 oz) can chopped green chiles
- 4 oz reduced-fat cream cheese
- 1/2 cup loosely packed fresh cilantro leaves



Photo: EatingWell.com

INSTRUCTIONS

1. Mash 1 cup of beans in bowl with a whisk or potato masher.
2. Heat oil in large heavy pot over high heat.
3. Add chicken; cook until browned, 4-5 minutes.
4. Add onion, celery, garlic, cumin, and salt. Cook until the onion is translucent and tender, 4-5 minutes.
5. Add remaining whole beans, mashed beans, stock, and chiles.
6. Bring to a boil.
7. Reduce to a medium heat and simmer until chicken is cooked through, 3 minutes.
8. Remove from heat and stir in cream cheese until melted.
9. Serve topped with cilantro.

Recipe adapted from Eating Well: <https://www.eatingwell.com/recipe/269831/creamy-white-chili-with-cream-cheese/>

Tip: Have your child(ren) help you out with rinsing and mashing the beans so that they feel included in the cooking process and more likely to want to participate in eating this delicious meal!

FUN FAMILY EXERCISE IDEAS THAT ARE WORTH FALL-ING FOR

1. Have a dance party! -- Turn up the tunes during commercials and dance your heart away!
2. Mix it up! -- Try something new as a family and go rock climbing, hiking, or roller-skating.
3. Take a bike ride to the library, grocery store, or the park!
4. Try out a sunset walk! Talk about your day and take in all of the beautiful colors that the sky has on display.
5. Play some classics - Horse, All Around the World, or Monkey in the Middle.



FROM OUR DIRECTOR



In Good Health,
Jennifer

We've got so much to celebrate this month! First up, National School Lunch Week! Even though the official week is October 10-14 (which is during our Fall Break), we decided that we still needed to have a proper celebration a week early. Our team is fully embracing the theme of 'Peace, Love and School Lunch' complete with festive cafeteria decorations, themed menu items and groovy outfits. The best part about school lunch week - we are serving ALL students FREE lunch all week long! So, we invite you to take advantage of our healthy and tasty school lunch offerings at no cost. Follow us on the socials to see the week in action. Later this month, be on the lookout for a ghoulishly delicious Halloween-themed menu day that is sure to please our little goblins. We are also still seeking to fill a few vacancies in some of our school kitchens, so if working a part-time position that has family-friendly hours sounds interesting, I would like to personally invite you to our district's classified job fair. Come learn more about what a rewarding career in school nutrition is all about. Finally, we are still accepting applications for free or reduced-price meals. It's an easy and confidential process and all are encouraged to apply - even if your student doesn't typically eat school meals as there are other benefits to qualifying.

LAVEEN ELEMENTARY SCHOOL DISTRICT

CLASSIFIED JOB FAIR

THURSDAY

OCTOBER 20, 2022

4:00PM - 6:00PM

LAVEEN EDUCATION CENTER

5001 WEST DOBBINS ROAD, LAVEEN 85339



HIGH NEED POSITIONS INCLUDE:

**INSTRUCTIONAL ASSOCIATES, CAFETERIA WORKERS, BUS DRIVERS,
BUS ASSOCIATES, BEFORE AND AFTER-SCHOOL KIDS CLUB ASSOCIATES,
CROSSING GUARDS, OFFICE STAFF, SUBSTITUTE TEACHERS AND MORE**

**APPLY
TODAY!**

WWW.LAVEENSCHOOLS.ORG