

VOLUME 5 • ISSUE 5 • JANUARY 2023

CAFE CONNECTIONS

CHILD NUTRITION SERVICES MONTHLY NEWSLETTER

ROGERS RANCH CAFETERIA STAFF THANKED BY MS. MORGAN'S 3RD GRADE CLASS

On December 12th, the Rogers Ranch cafeteria staff were surprised by Ms. Morgan's 3rd grade class with "thank you" notes that praised the cafeteria staff for all that they do.

Some of the notes to the staff were about how thankful they were that the cafeteria staff made them meals that they enjoyed, that the staff were always so friendly, and that lunch was a favorite part of their day.

We are so appreciative of Ms. Morgan's class for thinking about our staff in such a thoughtful way. They truly spread kindness to us!

[Click here](#) to check out our Instagram video for more!



TOO MANY TAMALES READING AT M.C. CASH AND DESERT MEADOWS

'Tis the season for TAMALES!

This year we celebrated the holidays with tamales for lunch and by reading "Too Many Tamales" by Gary Soto and Ed Martinez to our Kindergarten students at M.C. Cash and Desert Meadows.

Students were delighted to hear the fun story about Maria and her cousins Dolores, Teresa, and Danny who had to eat too many tamales to find a wedding ring that they thought they had lost.

Thank you so much to our cafeteria staff, Sonia and Norma, for reading to our students while they enjoyed their tamales!



CHECK OUT THE LAVEEN COMMUNITY FARMER'S MARKET

Amadio Ranch

4701 W Dobbins Rd
Laveen, AZ 85339

Every Saturday

8 AM - 1 PM



HEALTHY & EASY STUFFED BELL PEPPERS

INGREDIENTS

- 6 large red/orange/yellow bell peppers
- 3 tbsp olive oil
- 1 lb lean ground turkey
- 4 plum tomatoes, diced
- 2 red onions, diced
- 3 garlic cloves, minced
- 1 tsp dried Italian seasoning
- Kosher salt and pepper, to taste
- 2 cups cooked brown or white rice
- 2 cups shredded low-fat mozzarella cheese



Photo: Ryan Dausch

INSTRUCTIONS

1. Cut off the tops of the bell peppers, remove stems and seeds, and then discard the stems and seeds. Chop up the top of the pepper to later mix in with the meat.
2. Preheat the oven to 450 degrees Fahrenheit.
3. Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add in the ground turkey and cook, breaking it up with a spoon, until cooked through, about 6 minutes. Remove from heat and set aside.
4. Add the remaining 1 tablespoon of olive oil to the pan. Add the tomatoes, red onions, garlic, Italian seasoning, and the chopped pepper tops to cook, stirring until tender and lightly browned, 10-12 minutes.
5. Season the mixture with salt and pepper and stir in the cooked ground turkey and rice. Taste and adjust the seasoning as needed.
6. Place the peppers upright in a baking dish big enough to hold them up. Fill the peppers with the rice mixture and bake for 10 minutes. Sprinkle with cheese and continue baking until the cheese is melted and browned in spots, 10-12 minutes. Enjoy!

Recipe adapted from The Pioneer Woman: <https://www.thepioneerwoman.com/food-cooking/recipes/a32493093/sausage-and-rice-stuffed-peppers-recipe/>

FIVE WINTER JOKES THAT ARE SNOW FUNNY! 2

1. What do snowmen eat for lunch?
2. Why did the girl keep her trumpet out in the snow?
3. How do you build a snow fort?
4. What do snowmen eat for breakfast?
5. What is a snowman's favorite snack?



Answers:

- 1) Icebergers.
- 2) She liked playing cool jazz.
- 3) You igloo it together.
- 4) Frosted Flakes.
- 5) Ice Krispy Treats.

FROM OUR DIRECTOR



In Good Health,
Jennifer

Welcome back and happy new year! While we definitely enjoyed our Winter Break, we were looking forward to seeing our students and getting back to serving delicious and nutritious school meals. An exciting announcement from the Arizona Department of Education (ADE) came out in late December that impacts students who qualify for reduced-price meals. Beginning this month, and through the end of school year 2023-2024, we will be able to serve meals to these students at no cost. The ADE set aside funds to essentially 'foot the bill' for the reduced-price co-pay for each reduced-price breakfast and lunch served. This is great news for those families who qualify for reduced-price meals! As a reminder, families may apply (or reapply) for free or reduced-price school meal benefits at any time during the school year. So, if you've had a change in income or household size, please visit www.EZMealApp.com to submit a confidential application. Also, we are still actively accepting applications to fill vacancies in several of our school cafeterias, so if you are interested in a fulfilling part-time job with family-friendly hours, please visit our website at www.laveenschools.org and look for the Cafeteria Worker position. We would love for you to join our amazing team!