



# FOOD FOR THOUGHT



Starting this month, ALL of the cafeteria's meatballs will be HOMEMADE!

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## MORE SCRATCH COOKING: COMING TO PLATE NEAR YOU

Companies have created some pretty delicious items; we aren't going to argue that. Many kids and adults alike remember crispy chicken sandwiches with smooth mashed potatoes, Salisbury steak patties with gravy, and Pizza Hut pizza slices. Many of these items are still served and remain popular at almost every grade level.

A trade off with these easy to prepare and tasty items is a loss of control and quality of ingredients. In a time when easy access to unhealthy food consumption is on the rise, the food we serve to students is becoming increasingly important in the fight against childhood obesity.

A way the Forestville cafeteria is committing to improving our quality of food and ensuring that food is healthy and tasty is by increasing the number of scratch cooked menu items served. This means we are using fresh, raw ingredients at a greater rate than frozen, premade, or canned items.

This year alone we've added fresh local vegetables by roasting them with herbs and parmesan, used them to top salads, or blended them in to sauces and more.

We have prepared homemade teriyaki sauce, BBQ sauce, salsas, salad dressings, carnitas, soups, stocks, potato recipes and more!

Sometimes the food that companies make exceeds what we are able to do as far as taste or efficiency; and sometimes it doesn't. One big item that you think everyone would like is meatballs. Topped with sauce and parmesan on a bed of spaghetti; what's not to love? The answer to that question is the meatballs themselves. For years now we have tried different companies and the resounding feedback from students and staff alike has been: "YUK!"

So we hit the recipe books and looked at the ingredients we had access to. Fresh local beef and pork are stocked in our freezers as well as local onions, peppers, cheese, and more stored in our fridges. After some testing we have "rolled" out our very own house made meatballs ready to be covered in sauce, made into meatball subs, and enjoyed by everyone. We are committing to making every meatball we serve by hand. We hope to add more and more scratch cooked items to our menus using local and fresh ingredients!



*Students in Mrs. Borrello's 3rd grade class took part in a cooking demonstration with Mr. Nick as part of their science lesson on the plant life cycle*



NYS BBQ pulled pork sandwiches with NY potatoes, NY pickles, and a homemade BBQ sauce.

## WHAT'S FOR LUNCH?

### Orange Chicken

June 4th

The orange chicken we know today was invented by the Panda Express chef Andy Kao. Many "Chinese" dishes as we know them are very Americanized and sugary compared to its origin dishes in China. There is some suggestion that this dish was transformed from a recipe of un-breaded chicken tossed with a sauce made from leftover orange and lemon peels with soy sauce, chilis and garlic. While it had some sweetness, it was not anything like what we would pick up at our local Chinese restaurant. Try out our homemade orange chicken this month!



### Harvest of the Month

Fresh NY Pork

We have mentioned all of the new dishes we've made this year and highlighted the farm where we've purchased our pork from. This month is showcasing all of the items we've created and pork products we serve. On June 3rd, try our fresh pork breakfast sausages that are seasoned to perfection. On June 8th, our breakfast taco will be loaded with egg and delicious breakfast pork! Yum! On June 14th, delicious baked pork will be tossed with fried rice. On June 17th, enjoy some of our hand made meatballs with a 30% local pork/70% ground beef ratio.



*Students and teachers alike LOVED our NY Thursday taste test of asparagus frittata. This dish may have to become a regular!*

## LOOKING AHEAD

We know that farmers like to plan ahead so they know how much to grow or raise in the coming season. If you are, or know, a farmer who would like to work with the Forestville Cafeteria in the 2021-2022 school year please reach out to Nick Weith at [nweith@forestville.com](mailto:nweith@forestville.com).

## CHEW ON THIS



### Ms. Borrello's Class-made Chunky Salsa

Make your own salsa at home using Ms. Borrello's 3rd grade class recipe.

#### Ingredients

- 1 C cherry tomatoes, cut into quarters
- 2 T green onion, diced
- 2 T onion, diced
- 1/4 C tomatillos, diced (optional)
- 1 T minced garlic
- 1 T lime juice
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp pepper
- 1-2 T cilantro, chopped & fresh

#### Instructions:

1. Once all ingredients are chopped, add everything into a bowl and mix.
2. Let sit for 20-30 mins to allow flavors to mix.
3. Enjoy with fresh whole-grain tortilla chips!
4. Optional: For a smoother, less chunky salsa, add all ingredients into a blender and mix for 10-15 second.