



# FOOD FOR THOUGHT



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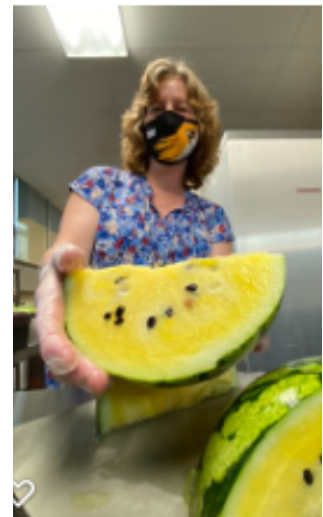
## WHAT IS 'FOOD FOR THOUGHT'

Author Brené Brown has said that, "Clarity is kindness", and here in the Forestville Cafeteria, we want to make sure that we share clearly with our students, families, and staff exactly what is happening in our kitchens! This monthly newsletter has been created to help share with you all what we have cooking, how nutrition helps childhood development and adult mental and physical health, and ways you and your family can create delicious foods at home! The impact of COVID-19 has stretched far and wide. For us here at school we notice it every

day when our classrooms and hallways are half full while the walls are filled with safety posters and sanitation stations. Many people have said, "food brings people together", and in a time when we can't all be together physically, the folks here in the cafeteria will try to bring people together through food! Habits that are learned at a young age tend to stick with us long into our life, so our hope in the cafeteria is to entice our kids to try new foods, look into their own eating habits, and connect to our community through food!

We hope you and your family joins us at the table!

Nick Weith  
Cook Manager



*Mrs. Sandy Muck showing off our YELLOW watermelons from the Chautauqua Produce Auction*





## FARM TO SCHOOL

New York State has several initiatives to promote buying locally grown foods and the Forestville Cafeteria is committed to supporting our local farmers. If you, or someone you know, is a farmer, please send a list of products and prices to Nick Weith at [nweith@forestville.com](mailto:nweith@forestville.com). We would love to work with you!



**Chicken Pozole**

## WHAT'S FOR LUNCH?

When you think about food, what we eat can tell us stories about our history and community. Here in Forestville, our community is filled with farmers who take immense pride in the food they grow. We've committed to buying local and serving students foods from nearby.

The plan is to use these ingredients to tell stories from around the world. The introduction of NY Thursdays, Wordly Winter Stews, and Meatless Mondays will bring exciting new dishes that use local foods.

Some kids however, might think "What in the world is pozole (Oct 19/20)?" Well we are here to explain it so your kiddos are ready to try it!

### Pozole or Posole

*October 19th & 20th*

Usually a hearty traditional Mexican breakfast or lunch soup, the word *pozole* is from the Aztec word meaning "hominy" which is a form of corn that is the main ingredient in this filling soup! served with chicken, cheese, and tortillas!

### Lentil Stew, Naan, and Chutney

*October 22nd & 23rd*

Lentils are a legume, like black beans commonly used in Southern Asia and Mediterranean countries. They are packed with nutrients and make for a delicious stew! Naan is the Hindi word for "bread" usually loaded with butter, garlic, and cilantro, it pairs well with almost any dish! Chutney is like a jelly but overloaded with delicious ingredients Americans don't usually put into their normal breakfast jellies.



### Chicken Paprikash

*October 26th & 27th*

This Hungarian staple was mentioned in Marvel's Captain America: Civil War by superheros Vision and Wanda. This delicious stew is heavy with paprika and sour cream and served with an Eastern European pasta called *spaetzle*.

## HOME COOKIN' GOOD



### GARLIC NAAN

Make this easy bread for cheap to go with any dinner you can think of!

#### Ingredients

- 1 1/2 C warm water
- 1 T sugar
- 2 T active dry yeast
- 1 tsp salt
- 3 c unbleached flour
- 2 tsp fresh minced garlic

#### Directions:

1. Combine warm water, sugar, and yeast. stir until dissolved and let foam form on top for 10 minutes.
2. Mix together salt and flour in separate bowl.
3. Mix flour mixture into wet mix 1 cup at a time. Once mixed, add in garlic and knead on a floured surface for 3-4 minutes.
4. Place in oiled bowl and let proof until doubled in size - 45 mins to 1 hr.
5. Divide dough into 8 pieces and roll out to 1/8" thick. Cook on an oiled hot pan (medium-high heat) for 1-2 minutes on each side. Enjoy warm!

Recipe adapted from food.com

