

The Community

NEWSLETTER FOR PLAINFIELD
COMMUNITY CONSOLIDATED
SCHOOL DISTRICT 202

harvest

Important Dates:

Sept. 16: Sodexo Diversity Council at PHSCC

Sept. 21: Kennedy Middle School goes cash-less

October: Fiesta Days at all High Schools

Sodexo

A World Leader in Food and Facilities Management Services.

August/September

District 202 and Sodexo

Partnerships—As you know, Sodexo has recently partnered with the Alliance for a Healthier Generation, a joint initiative of the American Heart Association and the William J. Clinton Foundation. The foundation seeks to significantly reduce childhood obesity in the United States by 2015. As part of this partnership, we are taking a closer look at nutrition and the job we do promoting healthy choices for our students here in Plainfield. This year at the high schools, we are offering healthier beverages. Last year, we eliminated fountain soft drinks and full strength sodas. This year, we have taken it a step further and eliminated all soft drinks. We have introduced healthier drink choices.

At the Middle Schools, we are in the process of eliminating deep fried french fries. Currently, fries are available only as part of the lunch and only one day each week. Next month, we will stop serving them all together. Students will have the opportunity to choose baked fries when fries are part of the lunch. We have eliminated snacks that do not meet the guidelines of less than 30% of calories from fat. We are also adding more healthy choices. Students can choose veggies and dip, yogurt parfaits, sliced apples, fresh fruit cups as well as healthier salads and sandwiches.

Our elementary students make good choices at lunch. Our offering bars continue to be a hit. They show that children, given the choice, will choose healthy fruits and vegetables as part of their lunch. The consumption of fruits and vegetables has more than doubled since we introduced the offering bars. Letting students help themselves really pays off.

We can and do make a big difference in student well-being. Sodexo is working with some of the elementary schools to help bring healthy snacks in for classroom parties and such. We can help save money and address allergy concerns. Snacks are delivered right to the school when they are needed.



Education is an important part of nutrition and nutrition is an important part of education. With our multiple programs at all school levels, such as Farm to Market, A to Z Salad Bar and Produce of the Month, we know that

we not only feed students, but also teach them about the importance of nutrition and encourage them to maintain a balanced diet. At Ridge's food fair earlier this month, many students asked about the A-Z Salad Bar and if we would have it again this year. These types of programs are really paying off and the students of our district are the ones reaping the benefits.

Sodexo a Leader in Diversity and Inclusion



DIVERSITY CORNER:

Cross Market Diversity Council Meeting:

On Sept. 16th, Sodexo at Plainfield High School Central Campus will host the Sodexo Diversity Council. This group is support for an eight state region. The primary focus is on Human Capital(recruitment) Diversity Competency(training labs), Communications and Business Partnerships. Cecy Kuruvilla, Market Senior Director of Diversity, will do a presentation, Sodexo Journey—Generations in the Work place. Administrators and members of the Equity Action Team were invited to take part in this training.

On the unit level: Eloise Sopka is nominated for the Midwest Region Champions of Diversity for her efforts on the behalf of the Plainfield School District. Sodexo's Champions of Diversity quarterly recognition program recognizes employees who go above and beyond to advance diversity and inclusion.

Serving Up Smiles

The 2009-2010 school year is already a challenge. With no new schools to open and few new employees to hire, the first days of school went very well. There were some glitches with the Mealtime system, with deposits getting stuck in cyberspace, but we try to use these glitches as learning tools and each year gets a little better. We soon found out that the economy is taking an even bigger toll on the food service this year. Elementary lunch counts are down 30% from the start of school last year. Middle School revenues remain level with last year.



The high schools are having varied success with East and South exceeding their targets and North and Central being below their targets. We plan to open

additional serving lines at Central Campus to relieve the long lines and increase revenues. At North High School, we will focus on adding promotions and action stations to increase revenues. At the elementary schools, participation is starting to climb.

Our roll out of the scatter system is one way we will work to increase participation.

We also continue to highlight our Novel Lunch, our Pizza Parties and Smile Days to encourage students to eat lunch with us.



Last spring, we surveyed the high school faculties about the faculty dining rooms and the admin center staff.

In response to those surveys, we

- ◇ Developed a new catering menu, which we showcased to Dr. Harper and the administrative team at their August meeting
- ◇ Email the faculty menu out to the staff. This has been very well received
- ◇ Have lightened up our menu with more healthy options. Again, the response has been great. We still have some staff looking for heartier comfort foods. We are working to find the balance

Spotlight: Our Employees

We started the school year with our Annual Employee Meeting. This year's meeting was held at Plainfield North High School. Breakfast was followed by a recognition of our employees and their years of service for Sodexo and the Plainfield School District. We have 165 employees and seventy-two of them are full-time. Many employees were recognized for their service anniversaries.



Agnes Molek

Agnes started her Sodexo career at Hinsdale Central High School in 1995.. She came to Plainfield in 2002.. She started at Heritage Grove with her oldest grandchild, Michael. She moved with him to Plainfield North, and now is at Plainfield East with her granddaughter Annalise.

Other long time employees include our managers, Nancy Mosna Manager at PSHS, 25 years; Kim Young, Elementary Manager, 20 years; Marianne Gerwig, Manager at PNHS, 20 years. Ann Joritz, our satellite cook for the central elementary schools has recently completed 25 years with Sodexo..

I am happy to recognize the employees who are starting their 10th year with us. They are Chris Bednar, Wesmere, Eileen Borgo, PHSCC, Mary Chayka, PNHS, Frances Dodson, PSHS, Mary Lou Dziekanwski, PNHS, Sharon Feltner, AS, Diane Giza, PSHSCC, Cathy Gorham, PSHS, Pat Kozak, TR, Pam Kurzawa, JFK, Linda McBain, HG, Brenda Piry, PSHS, Anne Schmitz, PSHS, Kim Van, PNHS.

Learn to Eat...Eat to Learn Food Fair Ridge Elementary School September 2, 2009

Sodexo participated in the Learn to Eat...Eat to Learn Food Fair to promote wellness and healthy eating. The fair sponsored by the Ridge Wellness Committee featured food samples, games, fun and education about how what you eat can help you learn. We set up our offerings bar with grapes, carrots, apples, cherry tomatoes and cinnamon gold fish crackers. Many parents don't realize that students



have so many healthy fruits and vegetables to choose from at lunch, so this is a great opportunity for them to see exactly how lunch works. Lift Off, our nutrition ambassador, was present to greet the students and we handed out information on our interactive nutrition website, www.liftoffsplayground.com

This event is a great learning tool for parents, as well as children, to emphasize the important part nutrition plays in success at school. As an offshoot of this fair, we will be hosting a Kids Cooking Contest for elementary students in March to help students start thinking about healthy snacks for April's testing.

Caramelizing Onions

Caramelizing onions give a rich sweetness to a recipe.

Here's How

1. Slice onions into 1/4 inch wide rings
2. Heat butter or a combination of butter and oil in a heavy skillet
3. Add onions and small amount of sugar(optional) and slowly cook over medium heat
4. Cook until caramel color, stirring often for 30-40 minutes
5. For more flavor, add a touch of vinegar at the end, stirring to deglaze the pan

Tips

1. Large mild-flavored onions work best
2. Caramelized onions can be kept in an air tight container in the freezer for up to 3 months
3. To remove the onion smell from your hands, wash hands with soap and then rub hands against a chrome faucet

Foodservice Services

School Supply Drive for our Customers

At our opening meeting, we asked our employees to contribute school supplies to help students who are in need. Our supplies were given to Dr. Boswell to be distributed where they can help the most.



Recycling efforts continue in district middle schools. We look to add the remaining middle schools to our list of schools that use plastic baskets instead of styrofoam trays. This initiative is saving the district approximately \$5,000.00 per school. We will be looking into the possibility of doing a similar program at the elementary schools.

Scatter System is now in place at Lincoln, Wesmere and Eagle Pointe. It is working well and we continue to be able to get the students through the line in under 5 minutes.

Our book for the Novel Lunch in September is CORN. Each elementary school will receive a copy of this and each featured book during the school year. This year we are choosing books that tie into our "Produce of the Month" program.

Recipe.....

Latin Burgers with Caramelized Onion and Jalapeno Relish and Red Pepper Mayonnaise

Ingredients

The Burger

- 3/4 pound ground sirloin
- 3/4 pound ground chuck
- 1/2 pound raw chorizo, casing removed and crumbled
- 1 Tablespoon adobo seasoning
- 1 large onion, grated
- 1/2 cup dry bread crumbs
- 6 slices of mozzarella

In a large bowl, mix by hand the ground beef and chorizo, the adobo seasoning, the grated onion and the bread crumbs. Form the burgers into 6 patties. Line a baking pan with waxed paper and put the burgers in a single layer. Cover and refrigerate for at least 30 minutes.

The Caramelized Onion and Jalapeno Relish

- 2 tablespoons olive oil
- 2 large yellow onions, finely sliced
- Kosher salt and freshly ground pepper
- 1/2 cup bottled and sliced jalapeno chiles, drained
- 1/2 cup dark brown sugar

Heat the oil in a skillet over medium -low heat. Add the onions. Season with salt and pepper. Add the jalapenos and brown sugar. Sauté 15 minutes or until the onions and peppers are caramelized and soft. Set aside

The Red Pepper Mayonnaise

- 2 medium jarred roasted red bell peppers, drained
- 3/4 cup mayonnaise

Drain the red peppers and put them in a blender or food processor with the mayonnaise. Season with salt and pepper. Puree until well combined and smooth.

Preheat the outdoor grill or grill pan. Place the burgers on the grill until cooked to the desired doneness. In the last 5 minutes of cooking top burgers with cheese. To serve: Spread about 1 tablespoon of the red pepper mayo on both sides of the rolls. Lay a burger on the bottom half and top with the onion jalapeno relish top with cheese

Sodexo: Making Everyday a Better Day