



2022-2023 School Year | Food Service Report

Central Dauphin School District

Bringing Your Cafeteria to You!

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TNG On-Site at Back to School Night

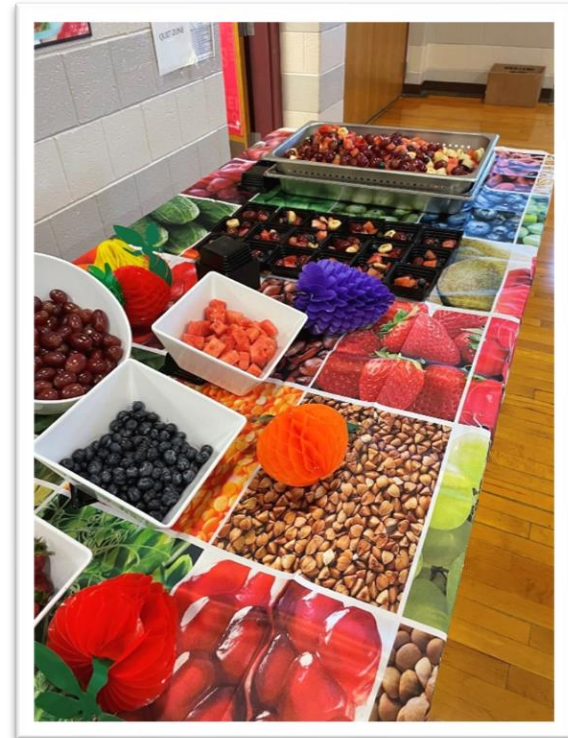


TNG On-Site at Middle Paxton

Fruity Friday



On Friday, September 23rd, students at Middle Paxton Elementary enjoyed a tasty fruit salad while learning the important health benefits of including fruit in their daily diet. Bananas, watermelon, grapes, strawberries and blueberries all mixed together and packed with loads of Vitamins A, B, and C, was a healthy option for the kids to try!



TNG On-Site at Tri-Community

Café Crops

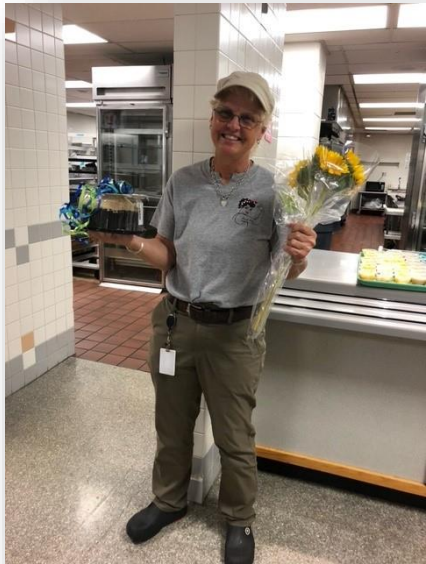
Students at Tri Community Elementary are not only eager for lunch time because of the yummy food, they are also excited to see how much their friend, Stella the Sweet Potato, has grown! Each month, cafeteria coordinator, Brie chooses a vegetable, plants it in a cup of water and the kids come back each day to see the changes that occurred over night. At the end of the month, Brie cooks up something special and healthy for the kids to try. On the September 30th lunch menu, **sweet potato salad** and **sweet potato fries** were served and were a HUGE hit! Gary the Garlic will be making his appearance in October! Stay tuned...



TNG Cares Award Program

Recognizing our hard-working, dedicated cafeteria employees!

Compassion for Others



Laurie Stone, cafeteria coordinator at East High, is a caring and compassionate individual who knows how to build relationships with her staff, faculty, and the students.

Cost Consciousness



Eric Stanek, cafeteria coordinator at East Middle, received the Cost Consciousness award for his excellence in controlling food cost in his kitchen.



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Meet the Team!

It takes a team!



We appreciate all the hard work and dedication the foodservice team does each day for Central Dauphin School District

East High



Rutherford Elementary



Swatara Middle



TNG On-Site

Farm to Fork



During the final weeks of Pennsylvania's growing season, farm fresh produce is featured on our lunch menus.

Farm to Fork is designed to support local farmers across PA and increase the availability of farm fresh, locally grown fruits and vegetables in our school lunch program.

Featured this month was a crunchy **Kale Caesar Salad** and fresh **Steamed Green Beans**.



TNG On-Site at E.H. Phillips and Tri-Community

Culinary Kids



TNG On-Site at Tri-Community

Café Crops



Gary the Garlic was featured in October as the **Café Crop of the Month** at Tri-Community Elementary. Students were beaming with excitement each day they entered the cafeteria to see how just how much and how fast Gary was growing. Gary has taught them that adding a little bit of garlic to food can have many health benefits such as boosting the immune system, reducing blood pressure and helping to keep cholesterol levels low.

TNG On-Site

Bus Driver Appreciation



TNG had the honor of catering a continental breakfast for the transportation department in appreciation to all the hard work and dedication of their school bus drivers.



National School Lunch Week

October 10 – 14 | Celebrating 60 Years!

The National School Lunch Program (NSLP) serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.

The 2022 NSLW theme is **Peace, Love & School Lunch**.



Halloween

Spooky good fun in the cafeteria!



Meet the Team!

It takes a team!



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West Hanover Elementary



Middle Paxton Elementary



Linglestown Middle School



TNG On-Site at East High

Job Fair

The Nutrition Group partnered with Central Dauphin School District to take part in a series of job fairs held in the East High Cafeteria. The first job fair was a success! TNG hired several new employees to become part of our great team!



Sharon Kidd
Senior Director of Food & Nutrition



**CENTRAL DAUPHIN
SCHOOL DISTRICT**

JOB FAIR

**SATURDAY
NOVEMBER 5
DECEMBER 3
JANUARY 7
FEBRUARY 4**

TIME: 9AM - 12NOON

**LOCATION: East High School Cafeteria
626 Rutherford Road Harrisburg, PA 17109**

*Where the
Future Begins*

**No Pre-registration required.
On the spot interviews.**

In attendance:

- ✓ CDSD Hiring Managers
- ✓ Krise Transportation
- ✓ Nutrition Group
- ✓ Substitute Teacher Service (STS)

CDSD is an Equal Opportunity Employer



TNG On-Site at Central Dauphin Middle

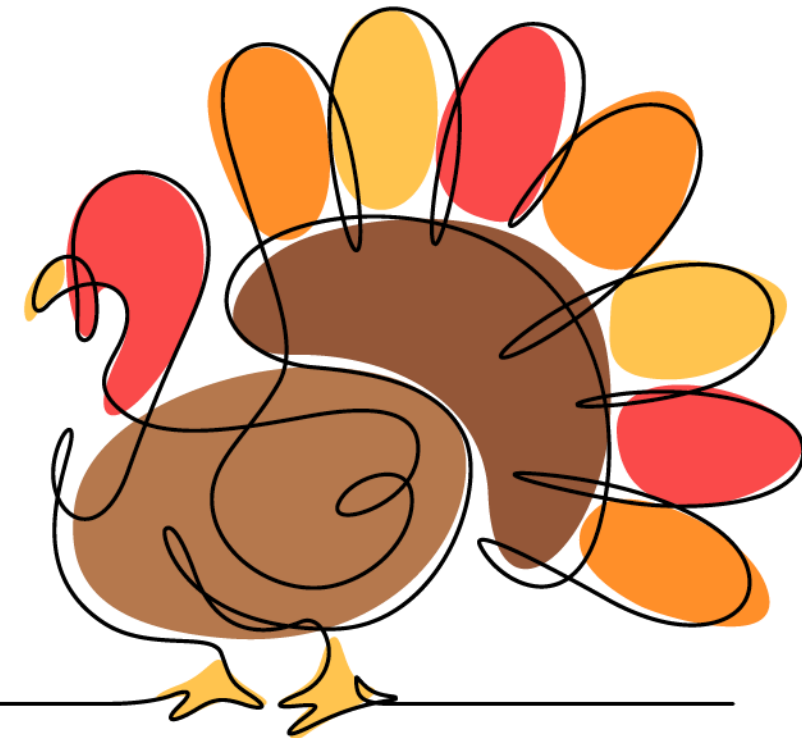
Harvest Feast

As we wrap up our Farm to Fork program this year, we celebrated with our annual Harvest Feast. A slice of our spice rubbed, oven roasted turkey was served along side creamy mashed potatoes, mouth-watering stuffing and seasoned green beans. This is the meal that students, staff and faculty look forward to each year.

HAPPY
Thanksgiving



Alicia Webb
Cook, Central Dauphin Middle School



TNG Cares Award Program

Recognizing our hard-working, dedicated cafeteria employees!



This month's TNG CARES award for TEAMWORK was presented to **Julius Kinser**. Julius is always willing to help his fellow co-workers in the East High Kitchen. When Julius is not working, he enjoys playing video games with his twin brother.



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Mountain View Elementary



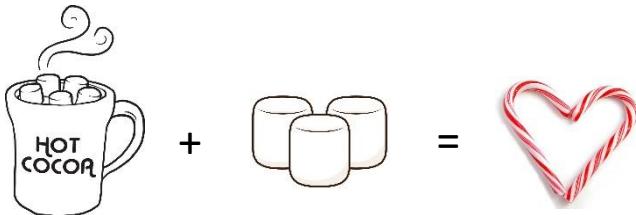
South Side Elementary



Central Dauphin Middle



TNG On-Site at CDHS Staff Appreciation



Holiday Can Decorating

Directors of Food & Nutrition; Sharon, Kristen and Danielle, challenged each kitchen to recycle their empty cans into holiday masterpieces to put on display.



We **LOVE** our staff!



When the Grinch settled in on a cold December night,

He noticed his stockings did not look alright.

They were boring and dull and very bare.

Then he got an idea and sprang from his chair.

"I will send them away to my friends at CD.

I know they can make them light up like a tree!"

He sent them off without hesitation.

To each kitchen they went for their new transformation!



TNG Cares Award Program

Recognizing our hard-working, dedicated cafeteria employees!



This month's Quality of Work TNG CARES award was presented to **Brianne Bryant**, cafeteria coordinator at Tri-Community Elementary. Brianne always goes above and beyond for the students in her cafeteria to make sure their lunch time is not only nutritious and delicious but also fun and exciting. Thanks for all you do!



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Central Dauphin High



Tri-Community Elementary



TNG On-Site at Swatara Middle

#tngmomentismatter



Kim Skrinak and her team at Swatara Middle School were presented the **#momentismatter** recognition for their hard work and dedication to providing nutritious meals while creating meaningful moments with students, administration and staff. They are an amazing group of lunch ladies. THANK YOU for all you do!!

"I am beyond speechless ...honored ...and thankful...I put my heart and soul into this place...thank you for noticing...my heart is full."

Kim Skrinak, Cafeteria Coordinator

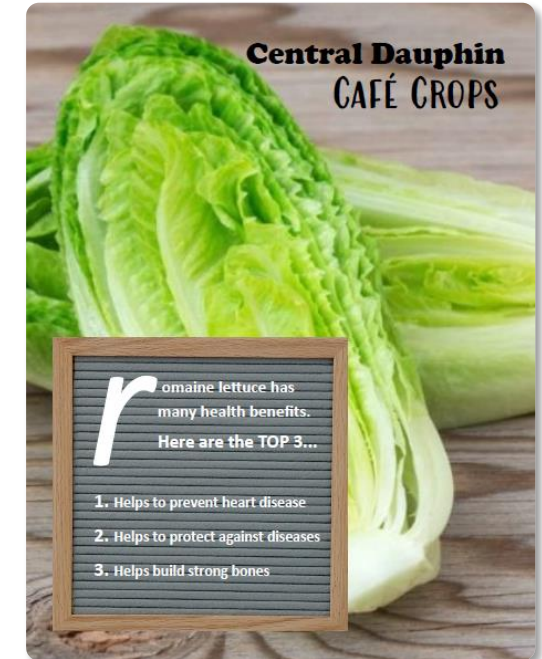
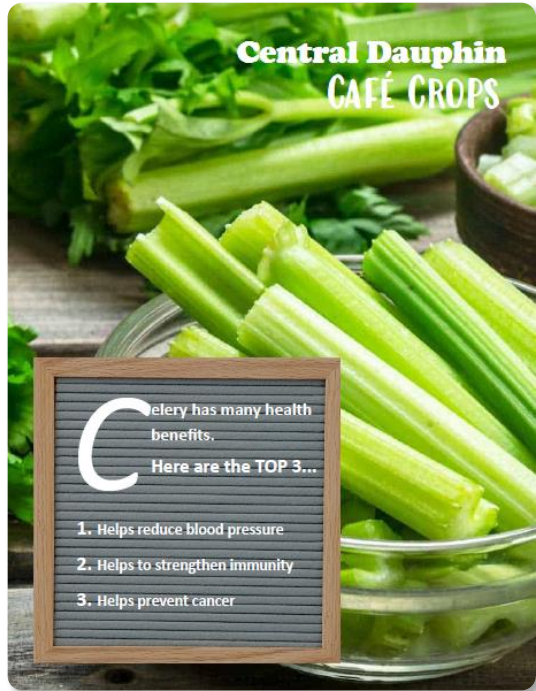


TNG On-Site

Café Crops



After a successful pilot program at Tri-Community Elementary, **Café Crops** has rolled out into all the elementary cafeterias. Students are excited to watch how their crops grow while learning healthy and fun facts about them. This month featured celery and romaine lettuce.



eat well,
live well

TNG Cares Award Program

Recognizing our hard-working, dedicated cafeteria employees!



This month's Cost Conscious TNG CARES award was presented to **Jane Kreischer**, cafeteria coordinator at Linglestown Elementary. Jane is very aware of product sitting on her shelves and knows how to order carefully and not in abundance. She is knowledgeable in keeping food cost down by keeping her inventory low.
Thanks for all your hard work, Jane!



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EH Phillips Elementary



Paxtonia Elementary



TNG On-Site

February's exciting events and happenings!



Our lunch ladies and lunch men **LOVE** Valentine's Day and surprising the kids with fun and festive foods. Serving lines throughout the Central Dauphin School District offered students Emoji Mandarin Oranges, Valentine's Rice Krispies Treats and colorful fruit trays.



HAPPY
Valentine's Day

TNG On-Site at North Side Elementary

Molly the Cow




Molly the Cow visited the students at North Side Elementary on February 28th. She danced, high-fived, and handed out coloring sheets along with recipe cards for the yummy **strawberry banana smoothie** they sampled.



TNG & Nutripacks



Central Dauphin's Nutripacks Program enlisted TNG to help create a monthly newsletter. **Nourish** will be a great resource for participating families that highlights healthy tips, recipes and seasonal produce facts.



"Nourish" Newsletter

April 2023

[ABOUT](#) [ENROLL](#) [DONATE](#) [VOLUNTEER](#) [NEWS](#) [CONTACT](#)

www.cdndnutripacks.org

No Nutripacks on April 5, 6 & 7


April 25th is national zucchini bread day! Did you know that zucchini has many health benefits? It is rich in many nutrients, high in antioxidants, contributes to healthy digestion and very simple to add to your diet. There are many recipes for zucchini and surprisingly you can use it to make a yummy bread.

Here is a recipe for **The Best Zucchini Bread**

Visit www.spendwithpennies.com/zucchini-bread for tips and nutritional information

- 2 cups all purpose flour
- 1 1/2 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1 teaspoon salt

- 3 large eggs
- 2 cups grated/shredded zucchini
- 3/4 cup vegetable oil
- 1 tablespoon vanilla
- 1 1/2 cups chopped walnuts




1. Preheat the oven to 350° F. Prepare two 8x4 loaf pans with parchment paper.
2. Combine flour, sugar, baking soda, cinnamon, and salt in a medium bowl. Whisk to combine and set aside.
3. In a large bowl, beat the eggs. Add the zucchini, oil, and vanilla and mix together.
4. Add the dry ingredients to the wet mixture. Add the walnuts and mix until combined.
5. Divide evenly over the prepared pans and bake for 50-60 minutes or until a toothpick comes out clean.
6. Cool in the pans for 5 minutes, remove from the pan, and cool on wire rack.

funny food jokes


Q: What do you say to an avocado who's done a good job?
A: Bravocado!

Seasonal Fruit Spotlight
Cherries



Cherries are a nutrient-dense superfood loaded with vitamins and minerals. Studies show cherries can help your body manage stress, improve your sleep, speed up recovery after a workout and even balance your mood.

Read all about these and other health benefits at:
healthline.com/nutrition/cherries-benefits





Stay Hydrated: Benefits of H₂O



Drinking water is essential to keep your body performing properly by regulating body temperature, lubricating joints, protecting body organs and tissues and dissolving minerals and nutrients to make them accessible to you body. By starting the morning off with a glass of water and carrying a reusable water bottle throughout the day, this will help you to develop healthy water habits. If plain water isn't for you, try adding some carbonation with a splash of 100% fruit juice. Or you can create your own fruit-infused water. Here is a recipe for **strawberry basil-infused water**...

- 1 pint sliced strawberries
- 10 fresh basil leaves
- 1 sliced lemon
- 2 quarts water

Combine strawberries, basil and lemon in a 64 ounce pitcher. Pour water over the top and chill for at least 3 hours. This flavorful water can be stored in the refrigerator for up to 3 days.

Eating Well: Brain Food



In order to function effectively your brain and nervous system depend on proper nutrition to build new proteins, cells and tissues. Nutritionists suggest including a variety of foods such as complex carbohydrates, lean proteins and fatty acids into your daily diet.

Here are some helpful and healthy eating tips:

- Stay away from processed snack foods such as potato chips. These can impair your ability to concentrate.
- Steer clear of sugary foods and drinks such as candy and soda. These can lead to ups and downs in your energy levels.
- Choose a healthy snack when your belly rumbles. Some examples are fruits, nuts and hard-boiled eggs. These will provide you with more energy than pre-packaged and processed foods.
- Consume plenty of healthy fats like olive oil, coconut oil and avocado.
- Don't shop while you are hungry. This will lead you to make unhealthy impulse purchases.

CHEERS TO A HEALTHY YOU!





Follow us on Facebook @cdndnutripacksprogram for important updates and information!

TNG On-Site

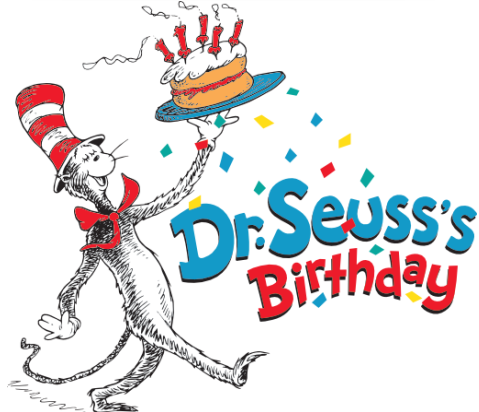
March's exciting events and happenings!



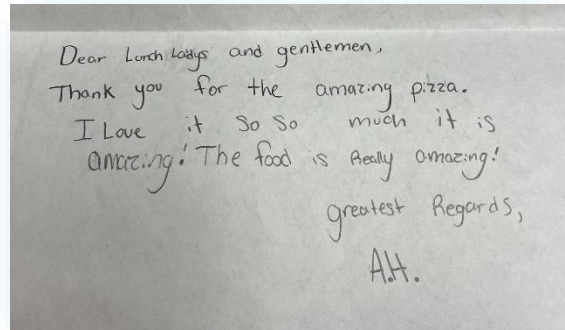
Representatives from Giant Foods on Union Deposit Road presented Central Dauphin School District with a check in the amount of \$18,610.26 as part of the Feeding School Kids Initiative which ran during the months of January and February.

TNG On-Site

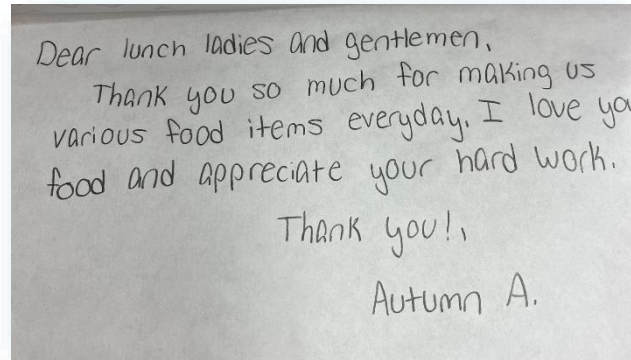
Read Across America Week



Our staff ROCK!



Thank you cards from students at
Central Dauphin Middle School



thank you!



"I wanted to reach out to say how much I appreciate the lunch staff at Tri-C! Our son is such a picky eater at home. Every day when I pick him up, I ask him what he had for lunch. Usually, it's PB&J. But on hamburger day and grilled cheese day with tomato soup, he smiles from ear to ear and explains what he ate with joy. This kid never eats my grilled cheese or hamburgers but says Tri-C lunch ladies make it extra good! He never eats cheese but says the school cheese is the best and that I need to start making it like they do at school! He also explained in detail the amazing Dr. Seuss meal from a few weeks ago! The blue dessert was a hit! The lunch staff at Tri-C goes above and beyond for these kiddos and I appreciate the creative way they approach food. Our picky eater has expanded his palate (a little bit more) since coming the Tri C and I am so appreciative! Keep up the good work and know we value you!"

Valerie Hawkins

Mom of a picky 1st grader

TNG On-Site

Happy Saint Patrick's Day!



HAPPY
St. Patrick's
DAY



TNG On-Site

March's exciting events and happenings!



Tasty
BITES

TNG's Tasty Bites promotion proves that healthy food can be delicious and delightful with our delectable sweet and nutritious treats. This month we featured the **Spring Cookie Bar**. This yummy treat is created with our fresh baked whole grain chocolate chip cookies and is considered a grain component for a well-balanced lunch.

TNG On-Site at East High School

East Middle School's Family Community Night



Family



On Wednesday, March 29th TNG was on-site at East High to cater a dinner for East Middle School's Family Community Night. TNG staff were busy at work creating a taco bar with an assortment of toppings, a refreshing beverage table and a create-your-own cupcake station that put a smile on everyone's face!

National School Breakfast Week

School Breakfast Program: Nutritious Start to the Day!

March 6-10, 2023 | #NSBW23

NSBW celebrates the importance of a nutritious school breakfast in fueling students for success. This special observance during the first week of March celebrates the National School Breakfast Program and the many ways it gives kids a great start everyday.



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TNG Cares Award Program

Recognizing our hard-working, dedicated cafeteria employees!



This month's **TNG CARES** Quality of Work award was presented to **Marleny Milanes**. Marleny is the kitchen coordinator at Central Dauphin Middle School. Her serving lines are always lined with a colorful rainbow assortment of fruits and vegetables. Marleny has a love for plants, flowers and gardening. When she is not working, you can find Marleny in her garden.



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It takes a team!



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East Middle School



Lawnton Elementary



TNG On-Site

April's exciting events and happenings!



Who says you can't have a little fun in the cafeteria? TNG staff wanted to play a little trick on their students. With cupcakes on the menu, many students were scratching their heads in confusion. Only this "cupcake" was not what anyone would have expected. Fresh baked cornbread topped with mashed potatoes and a breaded chicken patty was a yummy savory surprise version of a traditional "cupcake".



Staff Appreciation



Thank You

Directors of Food and Nutrition Sharon, Kristen, Danielle and Amie shared their appreciation for TNG staff with an Easter bucket full of goodies and a "Choose Kindness" t-shirt.

Spring Holiday Meal



TNG holiday meals are always a favorite among the students, faculty and staff of Central Dauphin School District. This year's feast included oven roasted turkey, mashed potatoes & gravy, steamed seasoned corn, stuffing and sweet potato casserole.



TNG On-Site

April's exciting events and happenings!



Food Fusion is a growing trend, and we want in! Combining the flavors of Japan and America, TNG staff at the secondary schools in Central Dauphin School District created a delicious **Teriyaki Burger**.



Celebrating Earth Day

April's exciting events and happenings!



Students throughout Central Dauphin School District enjoyed a special treat in celebration of Earth Day. Our famous “Dirt” pudding is a yummy combination of bananas, chocolate pudding, crushed whole grain chocolate chip cookies and topped with a gummy worm.



TNG On-Site

April's exciting events and happenings!



Snack Attack is a new promotion that is fun, exciting and focuses on healthy snacking. This month at Tri-Community, students learned about the benefits of snacking on healthy foods. A table was set up in the cafeteria with all kinds of ingredients including raisins, granola and rice Chex for students to create their own trail mix.

TNG On-Site at East High

Introducing.. Hershey's Ice Cream!



On April 21st, TNG introduced Hershey's Ice Cream's line of Smart Snacks in the high school cafeterias. The a la carte sales were through the roof with a total of 2,068 sold in just 6 days for a total of \$1,933!



School Lunch Hero Day!

May's exciting events and happenings!



TNG On-Site at East High & East Middle

Central Dauphin Faculty & Staff Appreciation



ICE CREAM BAR



A la carte spotlight

Chocolate Chip Cookie Dip



Yummy!



Chocolate Chip Cookie Dip



This month TNG introduced another successful a la carte item, **Chocolate Chip Cookie Dip**. This scoop of yumminess was served with whole grain Jungle Crackers and quickly became a favorite addition to TNG's growing list of Smart Snacks.

Happy Memorial Day!



TNG On-Site

Central Dauphin Retirement Luncheon



*Happy
Retirement!*



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TNG On-Site at Tri-Community

Nutrition Education



Cafeteria Coordinator, Brianne Bryant, and her staff are bringing awareness to how unhealthy sugary drinks are. She created a bulletin board in her cafeteria with empty bottles of soda, iced teas and sports drinks. Below each bottle is a bag with the amount of sugar found in each beverage. This visual is helping students to understand how to make healthier decisions when it comes to their drink choices.

End of Year TNG Staff Appreciation



thank ♡ you

Post-Pandemic Impact on Participation

Participation Statistics



Year to Date	Budget	Actual
Breakfast	545,811	608,807
Lunch	1,183,493	1,260,488
Ala-Carte	261,025	439,722



Roasted Zucchini is a student favorite at Linglestown Middle.

Thank You 

for allowing us to serve your students and staff!