

York County Food Service Newsletter
April 2014

sodexo
 QUALITY OF LIFE SERVICES

Hot Off The Press.....Himagowri Prasad is crowned York County's 1st Future Chef!



During the month of January, we invited all 3rd, 4th and 5th grade students to submit their favorite healthy sandwich recipe. We received an astonishing 108 recipes! We had to narrow down the recipes to one finalist per elementary school.

On Thursday, March 20th, 2014, our 10 finalists prepared their masterpiece for our distinguished panel of judges. Each finalist's sandwich earned points based on 6 categories: Healthy Attributes, Easy Preparation, Kid Friendly, Plate Presentation, Taste and the use of Bonus Ingredients.

It was an incredibly close competition. We are pleased to announce our winners:

- 3rd place** - Alicia Santos, Dare Elementary
- 2nd place** – Julia Shrieves, Waller Mill Elementary
- 1st place** – Himagowri Prasad, Seaford Elementary

All of our finalists received their very own chef hat and Future Chef Shirt along with Sodexo's Chef Remmi cookbook & CD, framed certificate and a Wendy's gift certificate. Our runner ups received a bronze and silver medal and our Future Chef, Miss Himagowri Prasad, received the Ultimate Chef's Basket!

And the winning healthy sandwich recipe is.....Veggienut Sandwich

FUTURE CHEF
RECIPE

Himagowri Prasad
4th Grade
Seaford Elementary



Veggienut Sandwich

Ingredients:
2 slices of multi grain thin bagels
1 slice of low fat American Cheese
2-TSP Crunchy Peanut Butter
1-TSP low fat Mayo
1 lettuce leaf
1 tomato slice
1 avocado slice

Directions:
1. Toast bagel on low setting
2. Spread peanut butter on one slice, mayo on the other.
3. Place lettuce on the PB side, place cheese on top of lettuce.
4. Place avocado on top of cheese, place tomato on top of avocado.
5. Top it with the mayo side slice of bagel
6. Enjoy!



During October, all 4 high schools participated in the Healthy High School Challenge. This challenge encouraged students to purchase meals and snacks during the month. Bruton High School placed 17th out of over 60 school districts across the U.S.

Sodexo awarded Bruton High School Student Government a prize check of \$500!

Calling all York County students:

We want to know what you think. Please take a few minutes to share your thoughts.

E.S. survey

<http://www.sodexosurveys.com/f/84398/70ae/>

H.S. survey

<http://www.sodexosurveys.com/f/84386/30c0/>

M.S. survey

<http://www.sodexosurveys.com/f/84396/301c/>

Coming to a COOL Middle School Soon...

Keeping it Healthy,

**Michelle Knotts
Food Service Director**

