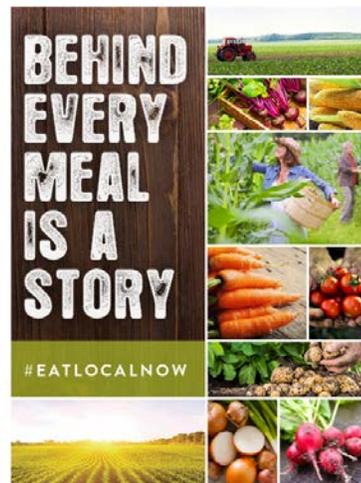




# WHAT'S HAPPENING IN YOUR CAFÉ?

## ***Dedicated Crops – Supporting our Local Farms***

Our Dedicated Crops program is underway, which is a program where local farmers have planted and harvested a number of produce items, specifically for our district! In September, our cafes shucked up fresh, local, corn on the cob, straight from Confreda Farms located in Hope, RI. Over 34,000 ears of local corn were delivered to other participating districts throughout the New England area. For October, which is Farm to School Month, look for fresh, local potatoes, to help celebrate our local farms.



## FOOD & WELLNESS

### ***Flexibility on Whole Grains***

USDA has given us the flexibility to offer whole grain and non-whole grain items on our school menus, and as a result we are seeking state approval to apply this flexibility in our district. Our Food Services Department remains committed to the highest nutrition standards, while recognizing that variety is essential in offering foods that students enjoy. Our chefs and dietitians have teamed up to create healthy, great tasting menu items that include whole grain and non-whole grain items, so we want to hear from the students! Over the next couple of weeks we will be gathering student feedback to hear what they want on to see on their school menus.



## FEATURED RECIPE

### Citrus Infused Water w/ Pomegranate



#### INGREDIENTS

- 1 each, fresh grapefruit
- 1 each, fresh orange
- 1 each, fresh lemon
- 1 each, fresh lime
- 1 each, fresh pomegranate
- 2 qt water

#### STEPS

1. Wash outside of fruit. Cut pomegranate in half, scoop out seeds with a spoon and add to water. Discard halves.
2. Cut all citrus fruit and squeeze juice into water through a mesh strainer to catch seeds. Remove and discard remaining seeds from remaining fruit.
3. Cut the fruit into pieces and add to water.
4. Let water and fruit infuse in refrigerator for at least one hour. Serve chilled or over ice.

