**WHAT’S HAPPENING IN YOUR CAFÉ?**

**Dedicated Crop Update** – Our 2018 Dedicated Crop Program is coming to a close, which has been an amazing opportunity bringing in fresh, local produce straight from the farm to our school cafeterias. For October we received fresh broccoli from Emerald Valley Ranches in Maine, which we offered as a side to all of our secondary students. For November, our final crop will be potatoes from Young Family Farms in Little Compton, RI, where we will be serving up Italian herb roasted potatoes.

**New November Menu Items for Secondary Schools** – Every month, we work to bring our students new and exciting menu items that keeps their taste buds interested, while still ensuring we are providing nutritionally sound menu items. Be sure to check out the following new menu items for the month of November!

- WG French Bread Pizza – Wednesdays at the pizza station
- Breaded Buffalo Cheese Crunchers – Fridays at the grill station
- Cheese omelets – rotating breakfast entrée

**FOOD & WELLNESS**

**Thanksgiving Tips from the Pros**

- **The Turkey** – For a turkey done right, use a thermometer instead of using the included pop-up timer. Check the temperature above the leg in the thickest part of the meat. Your turkey is done when it reaches 165 degrees F.
- **Keep it Safe** – Cooking for a crowd means we need to think like a chef for a day. Wash your hands often, keep food out of the temperature danger zone (40-140 degrees F), never thaw meat on the counter, and toss food that has been out for over 4 hours.
- **Planned-Overs** – the best part! Have a plan to reduce food waste. Prepare accordingly based on how many people you are hosting. If you want to send leftovers home with guests, have them bring containers. Be sure to consume leftovers within a couple of days, or freeze them immediately if you don’t plan to eat them anytime soon.

**FEATURED RECIPE**

![Image of red quinoa cranberry granola]

**Red Quinoa Cranberry Granola**

**INGREDIENTS**

- 2 cups oatmeal
- 1 tbsp brown sugar
- ½ tsp cinnamon
- ½ tsp salt
- 1/3 cup honey
- ¼ cup canola oil
- 1 tsp vanilla
- ½ cup red quinoa, dry
- 1 cup water
- ½ cup dried cranberries

**STEPS**

1. Prepare quinoa by rinsing in cold water first. Bring water to a boil - add rinsed quinoa, cover, and simmer at low heat for 15 minutes. Remove from heat and let stand for 3-5 minutes. Fluff with fork and allow quinoa to cool.
2. Preheat oven to 300 degrees F.
3. Whisk together honey, oil, vanilla, salt and spices together in a bowl.
4. Mix together cooled quinoa and all dried ingredients (excluding cranberries) in a second bowl. Slowly pour in liquid ingredients and mix together while stirring.
5. Spread mixture onto a sheet pan and bake for 30-40 minutes.
6. Add cranberries once the granola is fully cooled.
7. Serve on top of your favorite yogurt or oatmeal, or eat on its own as a healthy snack!