

# LOOK What's Happening in YOUR Cafeteria

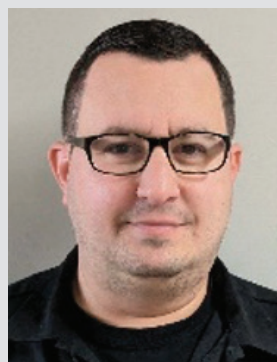
GARFIELD SCHOOL DISTRICT



@maschiofood.com

## New Chefs in Town!

Welcome Chef Robert, Chef Elvis and Chef Michael!



Chef Robert, District Chef



Chef Elvis, High School



Chef Michael, Middle School

## HOW ARE WE DOING?



### Please Take Our Survey!

#### Garfield Public Schools Survey

Food Advisory Meetings allow students to share feedback on the school meals program. If you are interested in being a part of the Food Advisory Committee, contact the building Principal in Spring 2024.

## Current and Proposed Sodium Guidelines from USDA.

<sup>3</sup> School Breakfast Program Transitional Sodium Limits

Age/Grade Group	Target 1: Effective July 1, 2022
Grades K-5	≤ 540 mg
Grades 6-8	≤ 600 mg
Grades 9-12	≤ 640 mg

<sup>4</sup> National School Lunch Program Transitional Sodium Limits

Age/Grade Group	Target 1: Effective July 1, 2022	Interim Target 1A: Effective July 1, 2023
Grades K-5	≤ 1,230 mg	≤ 1,110 mg
Grades 6-8	≤ 1,360 mg	≤ 1,225 mg
Grades 9-12	≤ 1,420 mg	≤ 1,280 mg

<sup>5</sup> School Breakfast Program Proposed Sodium Limits

Age/Grade Group	Sodium Limit: Effective July 1, 2025	Sodium Limit: Effective July 1, 2027
Grades K-5	≤ 485 mg	≤ 435 mg
Grades 6-8	≤ 540 mg	≤ 485 mg
Grades 9-12	≤ 575 mg	≤ 520 mg

<sup>6</sup> National School Lunch Program Proposed Sodium Limits

Age/Grade Group	Sodium Limit: Effective July 1, 2025	Sodium Limit: Effective July 1, 2027	Sodium Limit: Effective July 1, 2029
Grades K-5	≤ 1,000 mg	≤ 900 mg	≤ 810 mg
Grades 6-8	≤ 1,105 mg	≤ 990 mg	≤ 895 mg
Grades 9-12	≤ 1,150 mg	≤ 1,035 mg	≤ 935 mg

## USDA Update:

Milk Carton Shortage may impact variety of milk offered in Eastern United States.

\* Please note that Garfield PK envelopes have been updated with compliant PK milk selections.



## New SERVING LINE!

### Garfield High School



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Maschio's  
Food Services Inc.

GARFIELD SCHOOL  
DISTRICT



## December Recipe of the Month!



### Curried Roasted Cabbage

#### INGREDIENTS:

- 1 medium head green cabbage
- 1 yellow onion, sliced into thick wedges
- 2 Granny Smith apples, peeled and sliced into 8 wedges each
- 2 tablespoons olive oil
- 1 tablespoon curry powder, hot or mild
- Kosher salt and ground black pepper
- 1/4 cup currants
- 1/4 cup toasted almonds slivers
- Lemon wedges, to serve

#### INSTRUCTIONS:

- Heat the oven to 400° F. Line a rimmed baking sheet with foil.
- Cut the cabbage into quarters, then cut out the thick stem and core from each piece and discard. Slice each quarter into 4 wedges for a total of 16 pieces.
- In a large bowl, combine the cabbage wedges with the onion and apples, then drizzle with the olive oil and toss gently to coat. Sprinkle the curry powder over everything, coating all sides of the cabbage mixture.
- Season with salt and pepper. Transfer the mixture to the prepared baking sheet. Bake until tender and all sides are golden, about 20 minutes, turning halfway through.
- Sprinkle the currants and almonds over the cabbage, then toss lightly to mix.
- Serve with lemon wedges



## UPCOMING EVENTS:

**12/13/23:** Abraham Lincoln School #6  
Breakfast with Santa

**12/15/23:** Pre-K ECD  
Fall Food Advisory Meeting