



Timberlane Regional School District Newsletter

Welcome back Students, faculty and staff. Hope you are settling in and are ready for a great year. We here at Whitson's along with all your amazing culinary staff are so happy to be serving you delicious and nutritious meals throughout the school year. We have some great new programs, menu items, and events for you this year.

Stay tuned and stay fueled up by our culinary creativity.

Chef Trek demonstrations and tastings

This Year we are thrilled to be starting up our Chef Trek program. What is chef trek you ask??

Chef Steve, our director Mayra and the culinary team will be setting up cooking demonstrations and food tastings in the cafeteria to

Showcase new recipes and some of your favorites as well. We are open to your suggestions on foods you would like us to create for you to try. So, get you culinary energy flowing and hit us up with your ideas and creative thoughts and let's explore the world through all our senses, taste, aroma, and visual appeal. Give us your ideas and let us help to make this year a cornucopia of all that is healthy and delicious. We love hearing from you and strive to make your dining experience a memorable and fun part of your school day.

Quote of the day!

"Cooking is all about people, Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, race, ethnicity, everywhere around the world, people eat together." -Guy Fieri

Chef driven Healthy concepts!

We at Whitson's Culinary Group strive every day to provide you with fresh, healthy choices to give you energy and to excite your tastebuds. Fresh local produce, healthy sides and beverage choices to keep you well hydrated. Our entrées, vegetables and sides are prepared and cooked right here in our kitchens.

Student involvement!

We are excited about opening our doors to you and your creative spirit. We welcome your feedback. So, with that in mind we are going to work closely with you to create a committee on food. Stay tuned for your opportunity to sign up and play a crucial role in the direction of our culinary program. Your food service director Mayra and Chef Steve will be part of your team and will work together with you to implement recipe ideas and listen to your thoughts and comments. Our kitchen team is always available to listen to your comments, ideas, and suggestions. Please don't hesitate to voice your opinions.

So, let's get our minds together and continue the best School nutrition program ever!!!!!!



Harvest of the month- sweet potatoes

Not only are sweet potatoes delicious, but they are super nutritious! These colorfully orange veggies are high in vitamins A, B6, C and D, and rich in iron, magnesium and fiber. What does all this mean? That with every bite, you are helping your body to build immunity, ease digestion, boost your energy and fight inflammation. They are a great replacement for those regular fries, chips and other regular potato favorites. They even are delicious in tacos—Check out this awesome recipe and try it at home

SWEET POTATO TACOS YIELDS 8 SERVINGS

INGREDIENTS -4 sweet potatoes 2 Tbsp. extra-virgin olive oil 1 sweet onion, chopped 1 lb. ground chicken 2 tsp. taco seasoning 4 Tbsp. cooked black beans 4 Tbsp. roasted corn 1 avocado, cubed 4 Tbsp. sour cream Hot sauce, optional
DIRECTIONS Wash and poke holes in sweet potatoes using a fork. Bake at 400° for about an hour until tender, then set aside to cool. Add olive oil to a large skillet and cook onions until tender, then add ground chicken and taco seasonings and cook thoroughly. Slice sweet potatoes in half and scoop out some of the middles to form cups or taco shells. Add your ground chicken mixture and desired toppings: black beans, roasted corn, avocado, sour cream and hot sauce. **Buon Appetito!**

