

# NUTRITION NEWS

## SPOTLIGHT KITCHEN: AMERICAN HIGH SCHOOL

By: Matteo A. Leon-Valencia

American High School Kitchen is managed by 26 yr. old Matteo Leon-Valencia. He believes in running his kitchen in a family oriented environment, treating each employee with great respect and always making himself available to talk. His staff works amazingly well with each other and is the true reason for Matteo's success. Like a great pot of stew they blend cohesively, each bringing a unique skill like a key ingredient to a recipe. Incessantly putting the wellbeing of the student first, only serving quality meals ensuring each student receive their proper nutrition. They are the true meaning of teamwork, constantly assisting each other with the day's tasks. He states "A good manager should never hesitate to jump into action if needed for the wellbeing of the kitchen". He has not forgotten his roots, constantly throwing on an apron to help out his staff in times of need. This results in a happy and fun work environment for all staff members. Overall American High School Kitchen is an efficient, loving, enjoyable work place; Run with ingenious management and a top notch team.



## MARCH SAFETY TIP

Use only grounded appliances that can be plugged into grounded three-prong outlets!

## CONGRATULATIONS CORNER



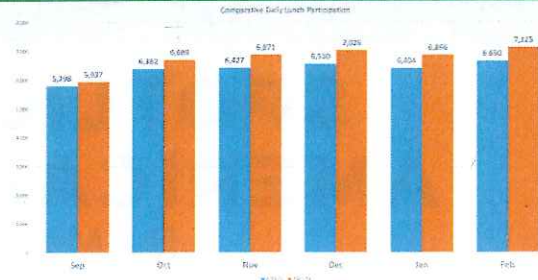
CONGRATULATIONS TO THOSE  
SITES WHO RECEIVED A PERFECT  
SCORE ON THEIR HEALTH AND  
SAFETY INSPECTIONS!

Walters Junior High  
FUSD Warehouse  
Warm Springs Elementary

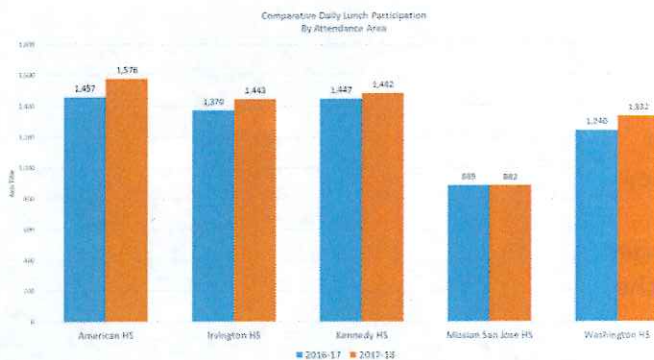
# DAILY LUNCH PARTICIPATION REPORT



The average daily lunch participation in 2017-18 (up to February 2018) has increased overall by 5.0% compared to the prior year.



On a monthly basis, daily lunch participation has increased compared to the same month last year.



When compared to prior year, by attendance area (AA), daily lunch participation are as follows:

- American High School AA - increased by 8.2%
- Irvington High School AA - increased by 5.3%
- Kennedy High School AA - increased by 2.4%
- Mission San Jose High School AA - decreased by 0.2%
- Washington High School AA - increased by 7.4%

## HEALTHY KEY LIME PIE

RECIPE COURTESY OF GOODHOUSEKEEPING.COM

### INGREDIENTS:

1 1/4 c. low-fat graham cracker crumbs; 4 tbsp. trans-fat free vegetable oil spread (60% to 70% oil); 1 tbsp. sugar; 1 tsp. salt; 1c. cold water; 1 envelope unflavored gelatin; 22 Key limes or 4 to 5 regular limes; 1 can fat-free sweetened condensed milk; 1 1/2 c. plain fat-free yogurt



- Preheat oven to 375 degrees F. In 9-inch glass pie plate, mix crumbs with spread, sugar, and salt to moisten. With hand, press onto bottom and up sides of pie plate. Bake 10 to 12 minutes, until golden. Cool until ready to fill.
- Meanwhile, to 1-quart saucepan, add water; sprinkle with gelatin. Let stand 2 minutes to soften. Cook on low to dissolve, stirring. Remove from heat.
- From limes, grate 2 teaspoons peel and squeeze 1/2 cup juice; if using Key limes, do not use grated peel — it will make filling taste bitter. In bowl, whisk lime peel and juice, milk, and yogurt. Whisk in gelatin mixture.
- Spoon filling into crust. Cover; refrigerate at least 2 hours to set.