

Parent/Student Newsletter

RECIPE CREATION WITH MASTER CHEF JR. CONTEST- ANT, “SHAYNE THE TRAIN”

Shayne “The Train” Wells has been part of the Klein community since his first day of kindergarten at Kreinhop Elementary. He also attended Schindewolf Intermediate and is now a freshman at Klein Collins. He has had a passion for cooking and creating delectable dishes for as long as he can remember. That passion, along with the encouragement of his family, led him to audition to earn a spot on season 5 of Master Chef Junior. He made it all the way to the semifinal round and ended up one of the top four! After the show, Shayne was given the opportunity to collaborate with Klein Food Services by creating a



dish that would be featured on school lunch menus. Shayne and the Nutrition & Foodservice staff enjoyed creating several items, a breakfast pizza and tacos. Shayne’s fajita chicken taco entrée is proudly featured on the elementary, intermediate and high school menus on Klein campuses. His hope is that you not only enjoy his chicken tacos (pictured left), but that his story inspires other students to find their purpose and pursue their passions.



FRESH VEGETABLE LINES

All campus levels offer a fresh vegetable line, similar to the picture below. Students can select one or all of the offered fresh choices daily. It is a popular menu option with our students.

OCTOBER LOCAL CHALLENGE

October is Local products challenge month. We feature Texas products, like grapefruit (pictured), squash, milk, beef empanadas, chicken nuggets, sausage kolaches, and pepperoni pizzas. This challenge includes serving a minimum of 3 different meal components from local sources and completing a Farm Fresh educational activity.



2017-18 MENU GOALS:

- GO LOCAL
- GO CLEAN
- GO HOMEMADE

DID YOU KNOW?

- We purchase over 1 million dollars of produce each school year.
- We will serve 55,000 pounds of Texas watermelon this year.
- We will serve over 1/2 million bananas this year
- We will serve over 60,000 pounds of baby carrots
- We did not bring in any new products this year, 2017-18, that contain artificial colors or flavors.
- We make many products from scratch like our homemade whole grain rolls, cinnamon rolls, kolaches, lasagna, Spanish rice and cilantro black beans, for example.

Texas Grown Fruits and Veggies Word Search

Complete this word search to learn which fruits and veggies are grown across Texas!

A L G G U Y E C R S C O E D S B C E H P
 O E I C R L L E A A N P N T N H R G S R
 U T F P P E B C U R U E R I E F O N A E
 N T A P B M E L A O R A E R O K B A U P
 I U A T U L I N L B W O R R R N L R Q P
 K C P C O F A A B B B Y T A G A U O S E
 P E U O L P T C E E T A N A R G E M O P
 M C B O T N T R K I A L G A T P B P T L
 U U W M A A R E B B L N X E O I E C R L
 P E A C H Y T F E E E O S P M N R E A E
 R M U S H R O O M W E R C K A R R L D B
 G R A P E F R U I T S T R C T U I E I C
 H O N E Y D E W M E L O N I O T E R S O
 N O L E M R E T A W B B J H E R S Y H R
 S T U N A E P Q S P I N A C H S B V U N

APPLE
 BLACKBERRIES
 CABBAGE
 CAULIFLOWER
 CHICKPEA
 FIG
 GREEN BEANS
 LETTUCE
 ONION
 PEANUTS
 POTATO
 SPINACH
 SWEET POTATO
 WATERMELON

BEET
 BLUEBERRIES
 CANTALOUPE
 CELERY
 CORN
 GRAPE
 GREENS
 MUSHROOM
 ORANGE
 PEAR
 PUMPKIN
 SQUASH
 TOMATO

BELL PEPPER
 BROCCOLI
 CARROT
 CHERRY
 CUCUMBER
 GRAPEFRUIT
 HONEYDEW MELON
 OKRA
 PEACH
 POMEGRANATE
 RADISH
 STRAWBERRY
 TURNIP