

When you think of vitamin C, you may tend to think of oranges as a good source. But did you know that grapes are also an excellent way to get vitamin C? With other nutrients like antioxidants, vitamin K and potassium, these little globes are jam-packed with tons of goodness.

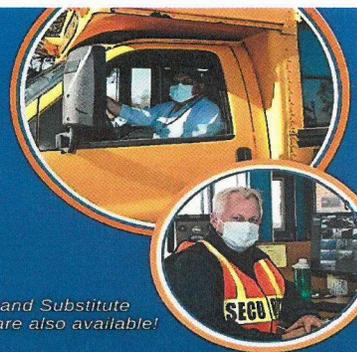
SHARE YOUR SKILLS with our school community!



Full-Time Positions:

- Bus Drivers
- Food Service Helpers
- Paraprofessionals
- School Nurses
- Security Officers

Part-Time and Substitute Positions are also available!



Great Neck Public Schools Food & Nutrition Department, November 2021

516-441-4090 | food.phipps@greatneck.k12.ny.us | www.gnpsfoodandnutritionservices.org

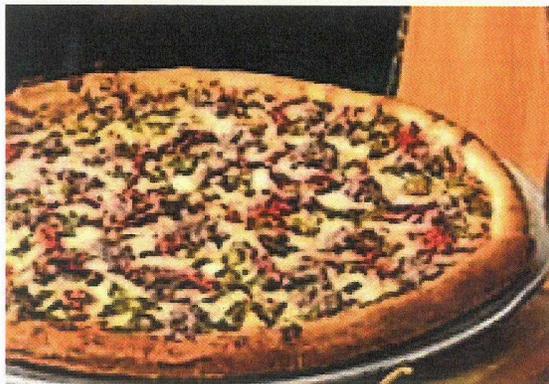
What's Cooking?!



FOOD ALLERGIES

Food allergies are a major concern for everyone in our schools. If your child develops a new allergy or "clears an allergy," you must provide written proof from a doctor to the school nurse before it is cleared out of our school database.

Our middle schools and high schools began a new program this year of making fresh pizzas daily for our students. We use a USDA compliant enriched flour crust. Besides traditional plain pizza, we also make Buffalo Chicken, Meatball, Broccoli, and Chicken Cheddar Ranch, just to name a few. Kosher pizza is served on Fridays in these buildings.



Our Featured Kitchen:

E. M. Baker Elementary School

The E.M. Baker kitchen is led by our manager Azita R. She has worked for the Food & Nutrition Department for 18 years. Along with Azita is Hardeep K., Kaniz F. and Everton M. Together, our team works diligently to provide meals for our students daily. This kitchen is currently preparing and boxing an average of 475 meals per day. They do this while closely monitoring food allergies and the specific needs of individual students. Our director recently attended an in-person Baker PTO meeting to discuss the challenges we are facing in regard to school lunch services.

USDA Rules & Regulations

Great Neck Public Schools participates in the National School Lunch Program, as does almost every school district in New York State. Participating in this program provides access to a variety of food products made available by the federal government. Within this program are the requirements we must follow for a school lunch meal, including portion sizes, the amount of fruit and vegetables we can serve a student on a daily and weekly basis, as well as carbohydrate and sodium counts. Our department painstakingly creates a monthly menu to ensure that the district is compliant with all federal guidelines. Did you know that we must serve one of each of the following every week: a green vegetable, red vegetable, orange vegetable and a legume.

Supply Chain Struggles

Our school cafeterias are feeling the weight of supply chain issues. It has already impacted the food we are able to put on kids' trays. This is a nationwide dilemma and we are feeling its effects in Great Neck. We are continually attempting to substitute similar products from other companies. Sometimes we are successful in making these substitutions. Please note that we will make every effort to inform parents about menu changes as far in advance as possible.