

**2010 BEST PRACTICES AWARDS  
USDA FOODS PROGRAM  
AWARD APPLICATION FORM**

2010 APR 30 AM 10:14

Please attach this form to the first page of submitted summaries. Please forward completed applications to the Office of General Services, Division of Food Distribution & Warehousing, Corning Tower Bldg. – 37<sup>th</sup> Floor, Empire State Plaza, Albany, New York 12242.

**Name of Applicant (School Code & Name):** C 076  
WESTFIELD CENTRAL SCHOOL

**Address of Applicant:**  
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14787

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**Your District's Federal ID #:** 16-6002125

Please attach a short summary describing the activity or initiative and its impact on the success of your program.

Best Practice Awards, April 6, 2010

Westfield Academy and Central School

In the summer of 2008, after 30 years as a restaurant owner, I was hired as the Cook/Manager of WACS Cafeteria. With a two hour long "orientation" from the retiring manager, along with an OGS summer seminar, I was off and running.

I spent many summer hours researching menu ideas. With the previous manager's Direct Diversion list and a copy of "A Menu Planner for Healthy School Meals", I created my first menu. I sought to eliminate waste, broaden the menu options and sell more lunches to students as well as faculty and staff.

During my first year, we increased our ADP from 440 (2007-2008) to 510. This year, with a declining enrollment (approximately 770 compared to last year's 810) we have an average ADP of 495. We also significantly increased adult participation in our lunch program.

So, what have we done to realize this increase?

- Added fresh made sandwiches and wraps to the daily menu using USDA ham, turkey and cheese
- Added salad bar to the daily menu featuring USDA ham, turkey and cheese
- Added homemade soup to the daily menu. The recipes include several USDA canned vegetables and legumes. Most recipes are vegan and gluten free. I use low sodium soup bases or make my own vegetable base.
- I found a way for students to enjoy USDA Mashed Sweet potatoes...."pumpkin" muffins for breakfast!
- I use the USDA reduced fat cheddar cheese to make Broccoli Cheese soup
- Last year, I made Apple crisp from the canned USDA apples slices
- From frozen USDA blueberries I made blueberry crisp as well as blueberry muffins for breakfasts
- I made Strawberry Shortcake with the USDA frozen Sliced Strawberries
- I was able to purchase a cheese shredder and a 60 quart mixer, make pizza dough from scratch and use the USDA shredded and block Mozzarella for "PIZZA on Friday!" When I started here, we had 14 cases of mozzarella bricks in inventory. I was able to use all of that last year. By making homemade pizza, using USDA commodity mozzarella, I am able to make pizza for less than twenty cents per slice.
- I make homemade Macaroni and Cheese with the low fat shredded cheddar cheese
- I use the USDA brown rice to make homemade Spanish rice and Rice pilaf. I also add the rice to soups, such as Turkey soup (USDA turkey roasts) and Zesty Vegetable Soup
- I use the USDA spaghetti sauce, shredded mozzarella and the USDA ground beef to make Baked Rotini

In addition to all of the menu additions and improvements, I eliminated potato chips, large (high fat and sugar) ice cream novelties, Snapple drinks, and packaged cookies. A Middle States Review was conducted this year. The Middle States Team asked students about various aspects

of the school, such as academics, extracurricular activities, etc. and they asked them about food. The Middle State Reviewer told me that at all schools, invariably, the students complain about the food, but at our school, students said they liked the lunches and the new menu.

I have enclosed a copy of a menu from the year before I became cook/manager along with a comparison menu from our current year. I have also enclosed some recipes for your review.

With the menu improvements and elimination of unhealthy snack items, I feel that our program has improved dramatically in terms of both nutrition and quality. Thank you for the opportunity to apply for the Best Practice Awards.

# Westfield Central School -- LUNCHEON MENU -- MAY 2008

Monday	Tuesday	Wednesday	Thursday	Friday
Reduced Lunch \$ .25 Student Lunch \$1.55 Adult Lunch \$2.96	4oz. cup of Juice to replace Fruit any day ½ pt. Milk is offered With Every Meal	NACHOS SERVED ON MAY 2 <sup>nd</sup> , 6 <sup>th</sup> & 30 <sup>th</sup>  MENUS ARE AVAILABLE ON OUR WEB SITE <a href="http://www.wacs.wnyric.org">www.wacs.wnyric.org</a>	1) Turkey & Gravy, Mashed Potatoes. Roll  Or Bologna Sandwich With Green Beans & Pears	**2) Toasted Cheese on Wheat  Or Turkey Sandwich With Tomato Soup Carrots & Mixed Fruit
5) Breaded Pork Chop  Or Ham & Cheese Sandwich With Potato Salad Corn & Peaches	**6) Mexican Pizza  Or Egg Patty W/Cheese on Bun With Vegetable Beef Soup Mixed Vegetables & Applesauce	7) Chicken Patty on Bun  Or Salami Sandwich With Potato Sticks Peas & Pears	8) Barbecue Pork Rib on Bun  Or Green Beans & Mixed Fruit SALAD BAR	9) Meatball Sub  Or Grilled Bologna on Bun With Tossed Salad & Apple
12) Chicken Nuggets, Roll  Or Ham Salad Sandwich With Carrots & Pudding	13) Personal Pan Pizza  Or Turkey Sandwich With Corn & Warm Apple Slices	**14) Double Cheeseburger on Bun  Or Bologna Sandwich With Beef Noodle Soup Mixed Vegetable & Pineapple	15) Fish Sandwich on Bun Green Beans & Peaches  Or SALAD BAR	16) Ham Sub  Or Tuna Salad Sandwich With French Onion Soup Peas & Carrots & Fruit Juice
19) Hot Dog on Bun  Or Ham & Cheese Sandwich With Potato Chips Peas & Applesauce	20) Quesadilla  Or Salami Sandwich With Tossed Salad & Jello W/Fruit	21) Rotini W/Meat Sauce, Roll  Or Bologna Sandwich With Yellow Beans & Pears	22) Grilled Bologna on Bun Green Beans & Peaches  Or SALAD BAR	NO SCHOOL
NO SCHOOL	27) Chicken Parmesan/Spaghetti  Or Egg Patty W/Cheese on Bun With Corn & Mandarin Oranges	28) Big Daddy Pizza  Or Turkey Sandwich With Minestrone Soup Tossed Salad & Mixed Fruit	29) Breaded Pork Chop  Or Cheese Sandwich With Macaroni Salad Mixed Vegetables & Fruit Juice	**30) Sloppy Joe on Bun  Or Ham & Cheese Sandwich With Mozzarella Sticks Peas & Pineapple

# May 2010 Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3) Breaded Pork Mashed Potato with gravy Salad Green beans applesauce</p>	<p>4) BBQ Rib sandwich Mac salad Salad Corn Oranges</p>	<p>5) Toasted Cheese Salad Tomato soup Baby carrots fruit</p>	<p>6) Tacos Side salad Corn salad Spanish rice Strawberry shortcake</p>	<p>7) Pizza Side salad Celery sticks Soup Fresh fruit</p>
<p>10) Ham Subs Pasta salad salad Sun chips Fresh fruit</p>	<p>11) Spaghetti w/meat sauce or marinara Italian bread Salad Minestrone fruit</p>	<p>12) Baked Chicken Salad Rice pilaf Carrots applesauce</p>	<p>13) Burgers Tater tots Salad Green beans Blueberry crisp</p>	<p>14) Pizza Side salad Baby carrots Soup Fresh fruit</p>
<p>17) Quesadillas Salad Bean soup Celery sticks apple</p>	<p>18) Chicken on a bun Side salad Corn Broccoli cheese soup peaches</p>	<p>19) Baked Rotini Side salad Green beans Minestrone Fresh fruit</p>	<p>20) Turkey/gravy Mashed potatoes Salad Mixed veg applesauce</p>	<p>21) Pizza Salad Soup Cukes fruit</p>
<p>24) Tacos Salad Spanish rice Bean soup Fresh fruit</p>	<p>25) Chicken Nuggets Smile Fries Salad Zesty Veg soup Fresh fruit</p>	<p>26) Cheese Ravioli Italian bread Salad Green beans Fruit</p>	<p>27) Chicken Fajitas Corn Taco soup Side salad Fruit</p>	<p>28) Memorial Weekend No School</p>
<p>Available every day: Salad Bar Sandwiches and wraps 8 oz yogurt</p>				<p>Student Lunch \$1.60 Reduced \$.25 Juice and milk offered with every meal</p>