



## Tasty Choices Update

**Cambridge School Food**  
Winter 2010

**Tasty Choices** brings fresh, healthier and appealing choices to Cambridge School meals. The program is coordinated by Dawn Olcott, School Nutritionist, Cambridge Public Health Department, in partnership with Jack Mingle, Director of School Food Service. The program engages staff in the changes, and involves kids through taste tests and learning about food. We do regular taste tests in all 12 elementary schools, and work with the high school to add new recipes to the menus.

This is the 5<sup>th</sup> year local produce is regularly served in school meals at breakfast, lunch, and, in all 5 eligible schools, a state funded fruit and vegetable snack program.

**Tasty Choices** partners with the **CitySprouts** garden program in conducting taste test activities and occasional farmer visits to elementary cafeterias.

**Chef Vin Connelly** works in collaboration with kitchen staff to develop and add new healthy and seasonal recipes to the school menus. The dishes are prepared fresh in each school kitchen! Here are some of the tasty choices on the menu:



- Haitian vegetable soup, lentil soup, vegetarian chili, chicken cacciatore, brown rice, fresh broccoli, tomato-basil-mozzarella salad, roast butternut squash, baked red bliss potatoes, baked sweet potato “fries”, wrap sandwiches, fresh vegetable cups, local apples, and salads made with fresh leaf lettuce are some of the regular dishes on the monthly elementary school menus.
- At the high school, students enjoy chicken caesar salad wraps, turkey wraps and fresh salads. The 9<sup>th</sup> grade campus features a new (very popular!) six foot salad bar and self serve stations with fresh chili, soups, sandwiches, salads, wraps and sides like fresh roast potatoes and roasted butternut squash. We partner with the CRLS culinary program in conducting taste tests and menu development.
- All schools have a breakfast cereal menu with low sugar/higher fiber cereals. All sandwiches are on whole wheat bread, wraps are whole grain, and the hot dog/hamburger buns are whole wheat. All rice served is brown rice. In the elementary schools, the ever-popular French toast lunch is whole wheat, and pizza has a 50% whole wheat crust.
- We are planning taste tests for even more healthy and appealing dishes!

**For more information contact: Dawn Olcott, School Nutritionist,  
Cambridge Public Health Department, at [dolcott@challiance.org](mailto:dolcott@challiance.org)**

**Thanks to the Cambridge Public Health Department, the Cambridge Schools, the Institute for Community Health, CitySprouts Garden Program, and the Healthy Children Task Force for collaboration and/or support in this important effort to improve the nutrition of Cambridge children and the school community.**