

Scratch Cooking Spotlight

Power School District



The School Food Service Staff at Power School has completed the Montana School Meals Certificate Training, a professional development program which provided a \$7,500 grant to support the school's nutrition program. Funding was provided by a USDA Team Nutrition grant.

Laura L. N. Toeckes, School Food Service Director, and Assistant Cooks, Becky Taylor and Linda Zylks, completed the program. Activities included sharpening scratch cooking skills at a culinary training and participating in the Montana School Nutrition Association conference.

Highlights of Power's outstanding school meals program:

- **Scratch cooked meals-** The delicious eye-appealing lunches made fresh daily at Power School are assembled from mainly scratch-cooked ingredients. The meal pictured on the right features a "red velvet" waffle made with pureed beets grown in the school garden and processed by students, local breakfast sausages, tropical fresh fruit salad, fresh salad bar offerings, carrots, and milk.
- **Beautiful salad bar-** Linda prepares a colorful salad bar daily with a wide variety of options. It comes as no surprise that most students choose to take vegetables from the salad bar. Power School is also known for their creamy sliced grape salad. YUM!
- **Unique partnership-** Laura and Power School's Family and Consumer Sciences (FCS) teacher, Lauren Vick, collaborate by having FCS students prepare ingredients for school meals, such as processing the beets for red velvet waffles, peeling and chopping butternut squash and carrots, and even turning bison roasts into bite size pieces for a stroganoff school lunch. FCS students also prepare taste tests for each classroom in the school using seasonal ingredients based on the Montana Harvest of the Month program.
- **An authentic Farm to School path-** Laura goes the extra mile to grind locally grown wheat into flour and corn into cornmeal for use in school meals. She purchases locally grown beef and pork. She is passionate about serving local foods in her school meals and is always willing to share her expertise with others.

Funds from the training program were used to purchase two new waffle makers, temperature sensors to monitor refrigerators and freezers, and to support staff's professional development opportunities.

Way to go, Power School Nutrition Team! You are true Farm to School Champions!



Beet infused "red velvet" waffle batter and new waffle maker.

A red velvet waffle, local sausages, salad bar, tropical fruit, carrots, and milk.



A colorful salad bar provides students multiple options daily.

A fresh fruit salad of kiwi, pineapple, and oranges served with lunch.



Linda, Becky, and Laura ready to serve lunch.



FCS students prepare taste tests using herbs as a seasonal ingredient.



Herbed butter bread brought to each classroom to taste test.

Laura L. N. Toeckes
Food Service Director
ltoeckes@power.k12.mt.us
(406)202-0253

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