



# Jackson County Food Service Newsletter

## P is for Pears!!

### Did You Know?



- ❖ There is convincing evidence that prehistoric man ate pears.
- ❖ The Greek poet Homer called pears "Gift of the Gods"
- ❖ In the 1800s, people sometimes paid \$20 for a single pear because they were so rare.
- ❖ Pear trees can grow to 60 feet and may be as old as 300 years.
- ❖ Pear wood is hard and can be used to make furniture.
- ❖ Pears were brought to the US in the 1600s by early colonists, now the US is one of the largest producers of pears
- ❖ There are two types of pears you can eat- winter pears and Asian pears.

## Nutrition Facts

Serving Size 1 Medium Pear  
 Amount per serving  
 Calories 98      Calories from Fat 2



**HAPPY BIRTHDAY  
 TO:  
 MHS - JAN PIERCE  
 OCTOBER 6TH**

## Better Health

Based on over 100,000 recent U.S. Government tests, on 46 popular fruits and vegetables, The EWG came up w. the "Dirty Dozen", a group of 12 commercially grown fruits and vegetables that have the highest levels of pesticide residue.

### MOST CONTAMINATED

- |                       |                  |
|-----------------------|------------------|
| 1) Peaches            | 7) Nectarines    |
| 2) Celery             | 8) Pears         |
| 3) Apples             | 9) Potatoes      |
| 4) Sweet Bell Peppers | 10) Raspberries  |
| 5) Cherries           | 11) Spinach      |
| 6) Imported Grapes    | 12) Strawberries |

You can help protect yourself from these harmful toxins by buying Certified Organic versions (which limits your exposure by as much as 90%), or by thoroughly washing all produce before you eat it.

### LEAST CONTAMINATED

- |                |                |
|----------------|----------------|
| 1) Asparagus   | 7) Kiwi        |
| 2) Avocados    | 8) Mangoes     |
| 3) Bananas     | 9) Onions      |
| 4) Broccoli    | 10) Papayas    |
| 5) Cauliflower | 11) Pineapples |
| 6) Sweet Corn  | 12) Sweet Peas |

## Pay Student's Meals Online

Tired of writing checks or sending cash for your child's meals? You now have the option of paying online. Using the web page, [www.mealpayplus.com](http://www.mealpayplus.com), you can set up an account for your students and you can make standard payments or auto-payments right from your computer. You will need your student's ID number. If you do not know your child's student's Id number, you can contact the child's school or the Food Service Office. With meal pay plus you can keep track of your balance and set it up to notify you by email when the balance of each of your students' account goes below the set limit.

## What's happening in a School Near You!

- We are putting in new tea urns at Graceville Elementary and Sneads High.
- Thanks to a federal stimulus package we were able to put a steamer at both Sneads Elementary and Marianna Middle School; and Grandridge School got a new steamer/oven.

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## Bringin' Variety Back

Our very own Nicole Tokay has revamped the menu this year. She has brought back some items from past menus and added brand new items to tempt the palate of the students and staff. Our October menu features many of these changes, such as a different **Chili or Soup** every week, new combinations of regular menu items like **Beef dunkers w/ white gravy**, and two old favorites, **JELL-O and chocolate cake**. She has added a touch of the past by bringing back **Beanie Weanies** – Yummy. We hope that everyone enjoys these new and exciting changes. If anybody has suggestions or comments about the menu, please feel free to mail a letter to JSCB Food Service Office ATTN: Nicole Tokay P.O. Box 5958 Marianna, Fl. 32446

## Halloween Safety Tips

- Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.
- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.
- Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although they can cut you as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.
- Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!



## Reminders

- School Menus available online at [www.sodexoeducation.com](http://www.sodexoeducation.com)
- Use [www.mealpayplus.com](http://www.mealpayplus.com) to pay for your Child's Lunches
- Free & Reduced Application are available to all students
- Kids check out Lift Off's website at [www.liftoffsplyground.com](http://www.liftoffsplyground.com) for great activities and fun!

## Cookouts

During the month of October we will be having Cookouts at some of the schools. We encourage everyone to come out and eat with his or her children and enjoy some great food.

Hope School – October 7<sup>th</sup>  
Graceville Elem. School – October 8<sup>th</sup>  
Malone School – October 14<sup>th</sup>  
Marianna Middle School – October 16<sup>th</sup>  
Sneads Elem School – October 22<sup>nd</sup>  
Sneads High School – October 23<sup>rd</sup>  
Graceville High School – October 28<sup>th</sup>  
Jackson Alt. School – October 29<sup>th</sup>



We hope to see you there!!



**S.S.S.**



## Sodexo Staff Spotlight

This month's spotlighted staff member is Mrs. Tammy Blanchette. She considers herself to be laid back, easygoing, always loving and loving life. She is a very hard worker who is described by coworkers as wonderful to work with and always willing to offer a helping hand. Mrs. Tammy has been with the Food Service office for 7 years and likes the Friendly, Family Oriented atmosphere. She is currently working at Golson Elementary as a manager, where she and her staff of seven serve an average of 500 students for breakfast, 600 for lunch, and 200 meals for JAS. She has won the Principals' Survey Gold Award for 5 straight years in a row. Mrs. Tammy married Bo Blanchette 26 years ago and they have one child, Heather Hall who is married to Jim Hall, and one grandchild, Taylor Kay Hall, who was born in September. She attends Damascus Free Will Baptist Church and considers God to be a very big part of her life. When she's not at work, Mrs. Tammy enjoys scrap booking and dirt track racing, but she is always ready to get back to her "1000" babies.