



# NEWS

August  
2017



For Parents and Students at  
St. Bernard School

## NEW Food Service Update!

### YOUR FOOD SERVICE PROGRAM FOR the 2017-2018 SCHOOL YEAR

Taher, Inc. is excited to begin our partnership managing your Dining Program starting in Fall 2017. Headquartered in Minnetonka, Minnesota, Taher, Inc. has maintained a matchless reputation based on standards of quality, driven by trained chefs, providing value, integrity and customized professional services. Taher, Inc. manages a portfolio of 250 clients in a 17-state area. It is the largest private company in the country serving private and public school communities. We are excited that we have been chosen to partner with your School and provide you with an exciting and nutritionally-balanced school food service program. Our lunch and a la Carte items will be prepared and served on-site by your local food service team supported by an on-site chef. **We look forward to serving you!**

### MEAL PRICES FOR 2017-2018:

K-5.....\$3.25                      Adult .....\$3.45  
6-8.....\$3.35                      Extra Milk.....\$0.50



### NEW HIGHLIGHTS of the dining program include:

Rotating selections of freshly prepared from scratch entrées, sandwiches, salads, pizza, soups, specialty items and desserts. Fresh cut seasonal fruit is offered daily.

- **Classic Café:** chef prepared student favorite meals like Chicken Parmesan, Santa Fe Rice Bowls, Build Your Own Burritos, Chicken Fried Steak and more!
- **Try our new full line Fruit and Vegetable Station!**
- **Pizza & Pasta:** fresh home-made pizzas including Pepperoni, BBQ, Basil & Tomato, and Meat Lovers. Chef-prepared pasta dishes include Chicken Alfredo, Penne Pasta and Spaghetti
- **Grab-n-Go:** selections of freshly prepared sandwiches & wraps. Sandwich offerings include Turkey Ranch Wrap, Combo Sliders, and Caprese Ciabatta. Salads include Buffalo Chicken Pasta, Cobb, Chef and Chicken Caesar
- **Check out our Menu and A la Carte offerings on the School's website in August.**

### WHAT WE WILL BRING TO YOU

Taher's Food4Life menu offerings incorporate the following:

- Chef-developed, made-from-scratch items, including trans-fat free.
- Fruit and vegetable selections which complement our menu offerings, rotating daily.
- Harvest of the Month program which features a specific fruit, vegetable, and grain or legume each month, along with educational flyers.
- A dedicated and trained staff who focus on customer service, attention to detail and a desire to serve people in a friendly and welcoming atmosphere.



### HARVEST OF THE MONTH ~ "HEALTHY TO A T" NEWSLETTER

As part of Taher's educational initiative, we promote our Harvest of the Month Program to expose our students to fresh, healthy foods and get them to try something they may not normally try at home. Featured items may be used in an "On Display" chef demonstration, included in the Fruit & Vegetable Station, or given out as samples for students and staff to try! Weekly educational fact flyers are prominently displayed in the café with fun facts aimed to garner interest and attention to the food.

In addition to the weekly education fact flyers for the Harvest of the Month, look for our "Healthy to a T" newsletter each month on the District's Food Service webpage. Taher's corporate dietitian Melanie Wirth, MBA, RDN, LD, incorporates tips on a healthy lifestyle in her article, and we'll feature interesting facts and a recipe for you to try at home for either the featured fruit, vegetable, spice or herb.

Month	Fruit	Vegetable	Herb/Spice
August	Watermelon	Zucchini	Mint
September	Cantaloupe	Corn	Cilantro
October	Apple	Squash	Cinnamon
November	Plum	Rutabaga	Sage
December	Clementine	Fingerling Potato	Ground Mustard
January	Lemon	Arugula	Ginger
February	Mango	Okra	Cayenne
March	Pineapple	Radish	Dill
April	Blueberries	Snow Peas	Nutmeg
May	Cherries	Mushroom	Rosemary
June	Berries	Swiss Chard	Harseradish
July	Apricot	Kohlrabi	Celery Seed

**The dining program needs the support of students and the entire St. Bernard School community to succeed! Please support the dining program through your patronage, and by not bringing other restaurant food into the dining room during lunch service.**