

THE FOODIES MONTHLY NEWS LETTER



A FRESH START

Aramark is hiring!

- Food Service Workers
- Cashiers
- NO nights or weekends

\$18 per hour

This Month’s Spotlight



You’re going to Love the new Coffee Shop at the High School! New to 2023 you will Java at the chance to get your coffee fresh every morning. There will be a variety of muffins, Danishes, donuts and breakfast sandwiches to choose from to start your day off on a great note!

And Action!! Tips from the Director Michele Pischl

Make fruits and vegetables part of every meal. They have lots of good benefits to good healthy eating. They are packed with vitamins and minerals we need daily. So, make sure you choose your favorite each and every day!



Questions?
Michele Pischl
610-489-5000
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Things to Know.....

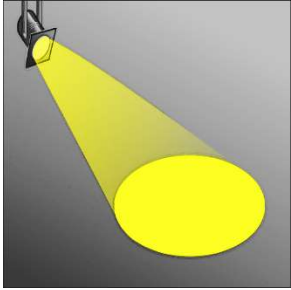
Building	Breakfast Meal	Lunch Meal	Premium Meal	Premium Entrée only
Elem	\$1.45	\$2.85	N/A	N/A
AC/SV	\$2.10	\$3.15	\$4.30	\$4.05
MHS	\$2.85	\$3.35	Ala Carte	\$4.45

New Menu Color Coding
Free & Reduced Eligible
Requires Sufficient Funds

What is a meal?

- **K-8 Make your plate!** To make your **COMPLETE** meal you need to take an entrée, 1 vegetable, 1 fruit, and a 4oz juice or milk. Capri Sun juices are extra.
- **High School its up to you!** To make a meal at the high school, you need to take one or all of the following: 1 fruit, 1 vegetable, or juice/milk. The cost is the same if you take one or all three.

Employee Spotlight



Our Employee in the spotlight is Arcola’s Maria Szam

Maria has been with Aramark for 12 years and Methacton for 11 years. Positions she currently holds are cashier, prep breakfast, and snack set up just to name a few parts of her job. Her favorite is cashiering, because she loves talking to the kids as they are getting ready to enjoy their meals. Maria was born and raised in Norristown. One of her hobbies is gardening. She loves to feed the squirrels, birds, and bunnies. Maria has 2 grand dogs they are Sophie and Penny that she loves to see and play with.

Chef’s Table – Executive Chef Furman

Chefs Table: Recipe of the Month: Making Vegetarian Fun!

Spiced Apple and Goat Cheese Quesadilla w/caramelized onion, sautéed button shrooms, and Arugula

Step 1 gather your ingredients

4 of your favorite apples(peeled, cored and sliced), 1 Log goat cheese
1sweet onion (julienne sliced), 6 button mushrooms (sliced thinly), 2-3 handfuls
fresh baby arugula (finely shredded), 4 large soft tortilla(preferably the more
expensive type), 1 stick salted butter (butter not margarine)

Step 2 Cook (fun part)

- Sautee Apples lightly in small amount of butter and a pinch of cinnamon if desired (about 2-3 min slightly softened). Set apples aside.
- Caramelize onions in the same pan. When browned nicely add a tablespoon butter and add mushrooms for about 2 min then add to the apples.
- Finally take each tortilla and paint half the surface with goat cheese (you may add mozzarella or American cheese if you like for melty texture). Add apple mix to the other half and fold together (half moon shape).
- Brown lightly on both sides in remaining butter(be sure to heat slowly as to allow a few minutes for cheese to melt.
- Slice in half then each half in half and serve hot over shredded arugula and sprinkle some on top for great flavor



This recipe was inspired by an evening with neighbors that I planned to make steak quesadillas for when all of a sudden they politely told me that they did not eat meat and so the fun began.

FOOD TRUCKS ARE COMING!!!

Look for our new food truck lunch service in September at all of the Elementary Schools!