GOING GLOBAL WITH MINNEAPOLIS PUBLIC SCHOOLS

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CULINARY TRAINER
MINNEAPOLIS PUBLIC SCHOOLS
We serve over 43,000 meals each day at 73 schools
We serve true food that tastes good without high fructose corn syrup, trans fats, artificial colors or preservatives
We have installed 67 Market Cart Salad Bars since 2012
We serve FREE breakfast for ALL students
We serve food from small, sustainable farmers in our region
We feature a locally-sourced lunch on the first Thursday of every month
We work with great Minneapolis chefs to develop recipes and engage students
We conduct True Food Taste Tests with over 20,000 elementary & middle school students
We provide free meals & snacks to children in after school programs at schools and community sites throughout the city
We provide a daily fresh fruit or vegetable snack in over 700 elementary classrooms
MPS Culinary & Wellness Services

36,531 students
- 59% eligible for free or reduced price meals
- 68% identify as students of color

~ 56,000 meals & snacks served daily
- 14,000 breakfasts
- 22,000 lunches
- 11,500 fresh fruit and vegetable snacks
- 5,000 after-school snacks
- 3,500 suppers

72 sites
- 1 central kitchen
- 37 kitchen sites
- 35 satellite sites
- 67 salad bars
- 38 CEP schools
WHY GO GLOBAL?

- Evolving diversity in student population
- Offer good food, not just school food
- Customize as per taste
- Largest restauranteur in town with 72 outlets! (Bigger than Starbucks or McDonalds)

Students enjoying Turkey Lentil Tostada with Pickled Beets
APPRAOCH TO GOING GLOBAL

❖ Adding spices and seasonings
❖ Recipe development using commodity ingredients (ex: beans, tomatoes)
❖ Add ‘missing’ flavors
❖ Global Market stations (Asian / Indian / Latin American, etc.)

WHAT TO WATCH FOR

❖ Ensuring authenticity
❖ Meal crediting
❖ Keeping cost down

TOP 3 CUISINES

❖ Somali
❖ Indigenous
❖ Hmong
Tikka Masala & Chana Masala

INGREDIENTS
1 TSP GAYNOR SEED
1/2 TSP GAYNOR
1 SMALL ONION, DICED
1/2 TSP TURMERIC POWDER
2 TSP CORIANDER, GROUND
1/2 TSP GAYNOR, GROUND
1/2 TSP TURMERIC POWDER
3/4 TSP GARLIC, GRANULATED
PINCH CAYENNE PEPPER
1 CUP PETITE DICED TOMATOES
2 CANS GARBANZO BEANS, DRAINED
1/3 CUP TOMATO PUREE
1 TSP SALT
3/4 CUP WATER
1/2 TSP GARAM MASALA

PREPARATION
1. HEAT OIL IN A PAN ON MEDIUM LOW HEAT.
2. ADD GAYNOR SEEDS, SMOTHER FOR 2-3 MIN. OR UNTIL YOU SMELL GAYNOR.
3. ADD ONIONS, SIMMER UNTIL TRANSLUCENT, DO NOT CARAMELIZE.
4. ADD TURMERIC, CORIANDER, GAYNOR, GINGER, GARLIC & CAYENNE PEPPER. SIMMER FOR A FEW MINUTES.
5. ADD DICED TOMATOES, LET JUICE DISGALIZE THE PAN. ADD GARBANZO BEANS, TOMATO PUREE, SALT & WATER.
6. RETURN TO A SIMMER, COOK UNTIL SAUCE THICKENS.
7. WHEN SAUCE REACHES DESIRED THICKNESS, STIR IN THE GARAM MASALA.
8. SERVE WITH BASMATI RICE OR NAAN.

Smart Chicken Waverly, MN
Basmati Rice
In Harvest Bemidji, MN
Butternut Squash
& Poultry & Produce Kenyon, MN
Mango Frozen Yogurt
Mixmi Minneapolis, MN
Eat Local.

This meal is an equal opportunity provider
CWS.MPHS.K12.MN.US
Latin Bowl Station Setup (HS)

**Server Side**
- 8 oz Spoodle
- 2 oz BW
- Cilantro Lime or Yellow Rice (1 cup)
- Rotating Grain (Bulk Chips or Tortilla)
- 4 oz Spoodle
- Beans (1/2 cup)
- Peppers (Onions Mix)
- Tongs
- Beef (#10 Disher)
- Chicken (#10 Disher)
- Lentil Crumble (4 oz spoodle)
- Chamula Hot Sauce (Bottle) 1 oz BV
- Spicy Sour Cream (Bottle) 1 oz BV

**Student Side**
- Student Side

**New Recipes**
- Lentil Crumble-LR2539
- Chamula Hot Sauce-LR2538

*These are toppings, please use the .5 oz serving spoon or tongs to help from over serving.

Self Serve
Thank You!

Rebecca Polson C.C., SNS