



# GOING GLOBAL WITH MINNEAPOLIS PUBLIC SCHOOLS

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**TRUE FOOD**  
MPS CULINARY & WELLNESS SVCS  
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# TRUE FOOD 101

MPS CULINARY & WELLNESS SVCS



- 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 restaurateur in town with 72 outlets! (Bigger than Starbucks or McDonalds)



Students enjoying  
Turkey Lentil Tostada  
with Pickled Beets





## APPROACH 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

smart chicken waverly, ne

# BASMATI RICE

in harvest bemidji, mn

# BUTTERNUT SQUASH

l & r poultry and produce kenyon, mn

# MANGO FROZEN YOGURT

mixmi minneapolis, mn

**FRESH, LOCAL LUNCH**

**MN THURSDAYS**

**FOR GREAT, LOCAL KIDS**

## Eat Local.

[f](#) [t](#) [i](#)

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**M P S**

# CHANA MASALA

INGREDIENTS	PREPARATION
1 TSP CUMIN SEED	1. HEAT OIL IN A PAN ON MEDIUM LOW HEAT.
1 1/3 TBSP OIL	2. ADD CUMIN SEEDS. SIMMER FOR 2-3 MIN, OR UNTIL YOU SMELL CUMIN.
1 SMALL ONION, DICED	3. ADD ONIONS. SIMMER UNTIL TRANSLUCENT, DO NOT CARAMELIZE.
1/2 TSP TURMERIC POWDER	4. ADD TURMERIC, CORIANDER, CUMIN, GINGER, GARLIC & CAYENNE PEPPER. SIMMER FOR A FEW MINUTES.
2 TSP CORIANDER, GROUND	5. ADD DICED TOMATOES. LET JUICE DEGLAZE THE PAN. ADD GARBANZO BEANS, TOMATO PUREE, SALT & WATER.
2 TSP CUMIN, GROUND	6. RETURN TO A SIMMER. CONTINUE TO COOK UNTIL SAUCE THICKENS.
1/2 TSP GINGER POWDER	7. WHEN SAUCE REACHES DESIRED THICKNESS STIR IN THE GARAM MASALA. SIMMER. SERVE WITH BASMATI RICE OR NAAN.
3/4 TSP GARLIC, GRANULATED	
PINCH CAYENNE PEPPER	
1 CAN PETITE DICED TOMATOES	
2 CANS GARBANZO BEANS, DRAINED	
1/3 CUP TOMATO PUREE	
1 TSP SALT	
3/4 CUP WATER	
1 1/2 TSP GARAM MASALA	

**TRUE FOOD TASTE TEST!** **Wedge** **UNIVERSITY OF MINNESOTA**

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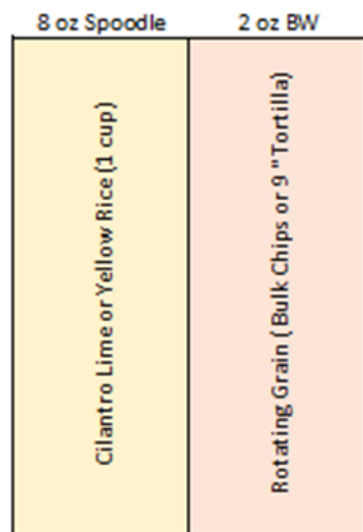


# GLOBAL market

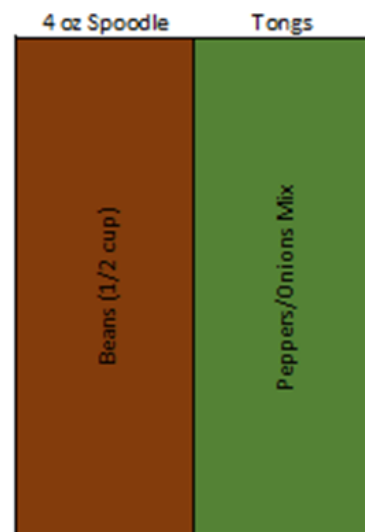


# Latin Bowl Station Setup (HS)

Server Side



Student Side



Chamula  
Hot Sauce  
(Bottle)  
1 oz BV

Spicy Sour  
Cream  
(Bottle)  
1 oz BV



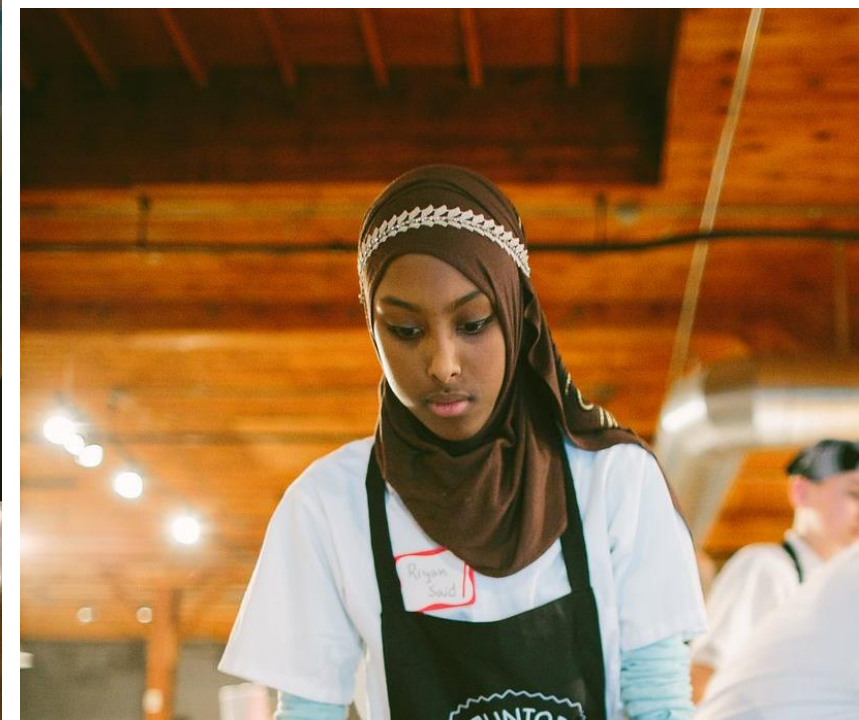
\*these are toppings, please use the .5 oz serving spoon or tongs to help from over serving

Self Serve



New Recipes  
Lentil Crumble-LR2539  
Chamula Hot Sauce-LR2538









# Thank You!

Rebecca Polson C.C., SNS



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