

**MISSION STATEMENT:**  
Grand Traverse Area Catholic Schools are dedicated to providing a Catholic education ensuring educational quality for all families willing to enter into a partnership to develop each child to his or her fullest spiritual and academic potential.



Jason Maday

### New to our staff!



Dewayne Litwiller

Published October 2008

## A Happy Fall to All

Welcome to the October edition of our monthly Life Balance Initiative Newsletter. We here at the Life Balance Initiative are happy to say that the program is thriving and are excited to have Lake Leelanau St. Mary and Trinity Lutheran school districts join us in the LBI lunch program. Both programs are excited and understand that fresh, wholesome foods offer more nutrients and help increase attentiveness in the classroom.

Jason Maday, pictured here, is back in the St. Francis kitchen again. He shares his time between kitchen duties and has created a culinary arts program for the high school students. The program's curriculum involves mostly cooking techniques but also covers purchasing, sanitation, and recipe conversion analysis. Chef Maday also teaches about our wonderful northern Michigan bounty as well as global cuisine. Good luck Chef Maday!

We are proud to have Chef Dewayne Litwiller join the LBI staff. Chef Litwiller, photo to your left, is an NMC culinary graduate and has an extensive resume' which includes stints at Window's restaurant and 310 restaurants. His duties as Sous Chef will be driving daily production, as well as catering of events. Chef Litwiller has been married to Cheryl for eight years and son Mason is enrolled in the Holy Angels kindergarten program. Good luck Chef Litwiller!

Once again it's been a pleasure to accommodate the palates of varying age groups from the smallest mouths in elementary to the caloric needs of a high school student! I look forward to serving you this year!

Bon Appétit,

*Chef Michael Bauer*



Fresh delivery from Leelanau Produce—Ready for our school lunches!



### Recipe for Honey Mustard Dressing

¼ cup honey

¼ cup Dijon

¼ cup vinegar (rice or apple cider)

2 tablespoons tap water

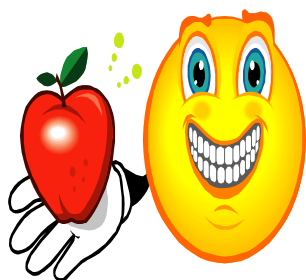
Salt and white pepper (to taste)

3 ounces soy oil

In a blender add all ingredients except soy oil. Pulse, then slowly drizzle oil into blender. Season to taste with salt and pepper

If vinaigrette is not thick enough, add more oil. If vinaigrette is too thick, thin with water.

**Enjoy!**



### Did You Know?

October is National Apple Month. This flavorful staple in school lunch programs is Michigan's largest and most valuable fruit crop, with the value of about \$100 million dollars annually to the apple grower. Michigan plays a vital role in processed apples with about 60 percent prepared into apple sauce, juice, butter, cider, and pie filling. The most prevalent variety is the Red Delicious followed closely the Golden Delicious. Recent interest has been with the Honey Crisp variety. This sweet apple is best for eating fresh and also a great addition for salads. I like to add blue cheese, toasted walnuts, and dried cherries over mixed greens with this juicy variety. Honey mustard vinaigrette compliments this salad quiet nicely! See recipe above.

Our LBI program features tomato sauce on our menu a lot. The health benefits are great with the antioxidant lycopene. Studies have shown that lycopene has the ability to fight both breast and prostate cancer. So eat your tomatoes!

It's a wonderful time to enjoy the local tomatoes. Farmer Bob from Leelanau Produce dropped off 10 bushels of Roma tomatoes the other day. We are busy making marinara from scratch so students can enjoy it all winter long. The tomatoes, peppers, and basil are all local! We make 60 gallons batches at a time! I'll downsize the recipe to you may enjoy the wonderful flavors and health benefits of tomato sauce

## Recipe for Marinara

¼ cup extra virgin olive oil

1 small onion, finely chopped

3 garlic clove, minced

1 celery stalk, finely chopped (no leaves please, can make your sauce bitter!)

1 carrot, peeled and finely chopped

1 red bell pepper, seeded and chopped

8-10 medium tomatoes, halves and squeezed, and chopped

4 basil leaves, rip basil with fingers so not to bruise basil when getting ready to add to sauce

Granulated sugar, 2 tablespoons

2 bay leaves

1 cup water

salt and black pepper, to taste

In a pot, add olive oil, when warm add onions, sauté 1 minute

Add carrots, bell pepper and celery, sauté one minute

Add garlic, sauté 30 seconds

Add tomatoes, bay leaves, sugar and water, bring to boil, reduce to a low simmer

Simmer for 30 minutes

Remove half of tomatoes and blend with blender, add back to pot simmer for 15 more minutes

Turn off heat and add freshly ripped basil, salt and black pepper

Season to taste



		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		That 'sa Pizza Or Turkey and Cheese Sandwich Cauliflower	Chicken Pot Pie Or Chicken Caesar Wrap Green Beans	Chicken Quesadillas Or Cheese Quesadillas Corn
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Sirloin Burger Or Ham and Cheese Sandwich Home Fries	Pasta with Marinara Or Turkey mozzarella Sandwich Corn	That 'sa Pizza Or Chicken Salad Sandwich Carrots	Local Organic Chicken Or Turkey Wrap Green Beans	Barbeque Chicken Sandwich Or Chicken And Rice Soup Cauliflower
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Plevalean Burger Or Turkey and Cheese Sandwich Redskin Potatoes	Pasta with Chicken Cacciatore Sauce Or Ham and Cheese Sandwich Corn	That 'sa Pizza Or Ham and Cheese Sandwich Broccoli	Meatloaf Or Corn Chowder Green Beans	Pulled Pork Sandwich Or Veggie Hummus Wrap Mashed Potatoes
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<b>Trinity Lutheran and Leelanau St. Mary's Only</b> Hot Dogs Or Turkey Sandwich Zucchini	Pasta Bolognese Or Chicken Noodle Soup Broccoli	That 'sa Pizza Or Ham and Cheese Sandwich Green Beans	<b>Sack Lunch for SF and HA</b> Grilled Cheese Sandwich Or Turkey Wrap Tomato Soup	<b>Trinity Lutheran and Leelanau St. Mary's Only</b> Macaroni and Cheese Or Chicken and White Bean Chili Carrots <b>No Lunch for GTACS</b>
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Local Hot Dog Or Veggie Wrap Broccoli	Beef Stroganoff with Egg Noodles Or Ham and Cheese Sandwich Cauliflower	That 'sa Pizza Or Chicken Corn Chowder Spaghetti Squash	Local Bratwurst Or Eggplant Parmesan Redskin Potatoes	Chicken Tacos Or Turkey Sandwich Roast Zucchini
Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread

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### GET TO KNOW THE MENU

MARINARA- A tomato sauce or spaghetti sauce

CACCIATORE- A tomato sauce with chicken meat added

BOLOGNESE- A tomato sauce with ground beef added

ROTINI NOODLE- A spiral shaped noodle

MIREPOIX- Carrots, celery, and onions used in the preparation for soups, stews, and sauces

PLEVALEAN- Local ground sirloin burgers enhanced with cherries

STROGANOFF- Stew meat that been braised with mirepoix, mushrooms, beef stock, sour cream and herbs. Served over noodles

SPAGHETTI SQUASH- A yellow hard shelled squash that can be steamed or baked. After cooking the interior of the squash can be flaked out with a fork. Resembles spaghetti with it's long threads

EGGPLANT PARMESAN- An Italian dish were eggplant is layered and baked with marinara and cheese.

CHOWDER- A hearty soup that has the addition of potatoes.

QUESADILLA- A Mexican style sandwich with grilled tortillas with cheese filling.

Chef Jason Maday assembles the food for the Hall of Fame luncheon on Saturday, September 27, 2008. Fresh sandwiches, Caesar salad and three homemade soup choices impressed the guests. Don't forget that LBI provides catering services for your next special event.

Call Karen Spencer at 995-8454 for more information!

