



QuickBites



April 2024

TESD Food and Nutrition Services Newsletter

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What's cooking at the Big C?

TESD Food Service kicks off the first edition of our newsletter featuring the Conestoga High School cafeteria staff at the high school cafeteria providing balanced wholesome meals that meet strict nutritional guidelines to support student growth, well-being, and academic success. Here is a snapshot of a day at the cafeteria, and some fun facts about our staff.



Did you know that our Head Cook Dora speaks 4 languages.

Spotlighting Dora Difrancesco

Dora was born in Italy and is married with 3 children and 3 grandchildren. Dora is an extremely hard worker. She not only works as a fulltime cook at CHS but also helps her husband at the family restaurant on nights and weekends. Dora's family restaurant, has been in business for over 40 years. Her favorite food to prepare is pasta alfredo with chicken and broccoli. We are lucky to have Dora and all her cooking experiences as she prepares great meals at Conestoga

GRAB-N-GO SNACKS BY SEASON

#52NewFoods Tip: Keep healthy, colorful snacks stocked in your fridge to make it easy for your kids to make healthy choices when hunger strikes.

<p>Strawberries Cherries Apricots Blueberries Sweet Peas</p> <p>SPRING</p>	<p>Cherry Tomatoes Peaches Radishes Green Beans Boysenberries</p> <p>SUMMER</p>	<p>Apples Persimmons Pears Rainbow Carrots Walnuts</p> <p>FALL</p>	<p>Mandarin Oranges Kiwi Celery Kumquats Asian Pears</p> <p>WINTER</p>
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Eat Colorfully

When you are selecting your choices at lunch, focus on colors. Why? The different, vibrant colors of fruits & vegetables represent the difference nutrients that are necessary for a whole, healthy diet. Your meal includes 2 fruits and 2 vegetables!



Guipeng is an artist and painter. His profession in China was a Construction Engineer involved in commercial buildings.

Catherine has been a girl scout leader for over 25 years.

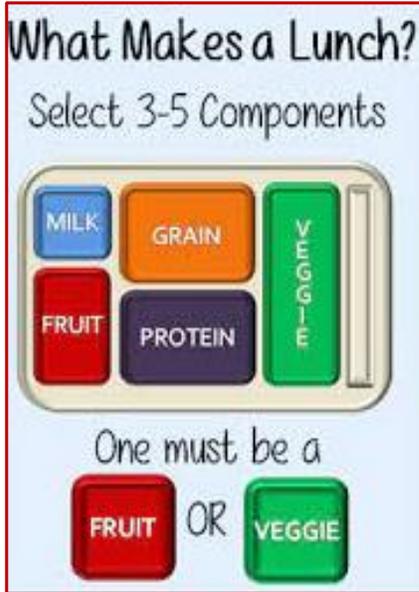


Annie is passionate about reading her books. "I love reading".





Zisheng and Yuping both love gardening. Zisheng also loves creative design. Yuping was a Middle School Teacher in China.



Karen's motto is "kindness matters, I am a judgment free zone".



Besides greeting students with a big smile at the deli line, Lynne is a lifelong resident of the District and a graduate of Conestoga High School!



Marianne loves serving the children and staff at TE School District. She has worked at all levels and is a jack of all trades!



Did you know that Deb Came to this area on a horse all the way from Coudersport, Pa with the Bicentennial Wagon Train Pilgrimage of 1975-1976! Click link to learn more- <https://www.fordlibrarymuseum.gov/library/exhibits/bicentennial/038900000-004.pdf>



Chef Jimmy is a musician and loves performing at local venues. In his early days he traveled with a band!

Carmela is known for her generous smile serving the daily menu.



Miss Louise loves her grandkids and being together with her family. She also loves the Conestoga students and it is evident at her cash register each day as many students will only go to Louise's register!



Did you know? Conestoga participates in the National School Lunch and Breakfast programs. (NSLP/NSBP) All meals meet specific nutrition standards including calories, sodium, total fat and sugar.

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