



# QuickBites



Oct 2024

TESD Food and Nutrition Services Newsletter

1 of 2

## New Eagle Elementary Lunch Heroes Serving Nutritious Meals Everyday!

**Presenting the New Eagle Elementary issue of QuickBites. As we begin another school year, please take the opportunity to recognize the hard work and dedication of the New Eagle cafeteria staff. I think you will be impressed after reading the employee bios!**

**Chris Switucha**



I was born and raised in Canada have lived in Ottawa, Montreal , Victoria ,England , Boston , San Francisco and PA. Worked as a pastry chef at the Westin Hotel in Ottawa and Boston. I have three amazing boys and two terrific granddaughters  
Unknown fact about myself I was on a US triathlon team and qualified for the Iron Man in Hawaii when I was in my twenties. I did the Boston Marathon twice.



**New Eagle Food and Nutrition Services Staff  
from left to right: Kathy Balog, Chris Switucha (Manager), Denise Gordon. Elani (not present for picture)**

**New Eagle Cafeteria**



**Fall is here!**



### **Why should fruits and vegetables be a part of a balanced diet?**

**Fruits and vegetables contain vitamins, minerals and dietary fiber. There are several ways to prepare them and enjoy them at every meal.**

**Including fruits and vegetables in your daily diet will add color, flavor, texture and a variety of nutrients and they're yummy too!**

### **Food Service Tidbits**



New Eagle Elementary School participates in the National School Lunch and Breakfast programs. (NSLP/NSBP)



All meals meet specific nutrition standards including calories, sodium, total fat and sugar.



The cafeteria served 32,457 meals in the 2023-2024 school year.



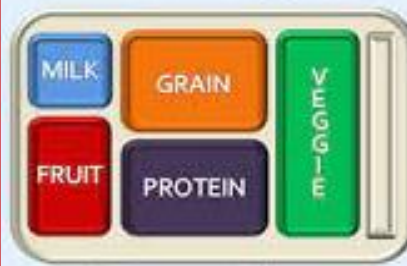
You can find most of the information you need about Food Service at: <https://www.tesd.net/domain/34>

**Kathie Balog**

Kathie was born and raised in Detroit, Michigan. After graduating from high school, I started my career in retail advertising at Montgomery Ward. I completed artwork and wrote copy for all advertisements published by The Detroit News and The Detroit Free Press newspapers. I also modeled fashions for Montgomery Ward. After marrying my husband, we moved to PA where I continued my advertising career as the Copy Writing Chief at Sears at their corporate center in St. Davids, PA. I wrote all of the copy for the Sears store grand opening in the Deptford Mall and collaborated with the store's merchandise buyers on their fashion Roto Ads. In 1979 I left Sears to be a stay-at-home mother for our amazing daughter Amy. I joined TE food services in 1997 to help pay for Amy's college expenses. Currently, my husband and I purchase and sell antiques, which allows me to enjoy restoring 18<sup>th</sup> and 19<sup>th</sup> century furniture. We live in Strafford, PA where we have two adorable cats that are spoiled rotten.

## What Makes a Lunch?

Select 3-5 Components



One must be a



### OFFER vs SERVE

#### Food Items for School Breakfast

Choose **at least 3** including:



• **½ Cup of Fruits or Vegetables**

• **At Least 2 Other Food Items**

For best nutrition, **choose all**

**Available Daily at  
New Eagle Elementary**

**Daily Feature Menu (A),  
Weekly Hot Entree (B)  
Pre-wrapped Uncrustable  
PBJ (C), and a weekly  
Vegetarian Entree (D)**

**delish<sup>o</sup>us**

**Denise Gordon**

Denise has over 40 + years of work and life experiences in the corporate and retail worlds in Sales, Marketing and HR. She was an Office Manager of a corporate catering company when the pandemic hit in March 2020 and subsequently lost her job. In August of 2021 she decided she wasn't done working yet so she applied for a position with the TESD and wanted to try working in a different environment interacting with children. She was hired as a kitchen assistant at VFES, where she once attended as a young sixth grader. In May of 2023 she was transferred to NEES. Denise enjoys gardening, cooking, flower arranging, traveling and exploring with her Husband of 35 years (a retired Detective Sergeant - 42 years) and resides in Chesterbrook.

## SchoolCafe App

**\*APPLY FOR FREE & REDUCED MEALS, \*MANAGE BALANCES, \*RECEIVE LOW BALANCE ALERTS!**

School Cafe is a 3rd Party Service, while most features are free, on-line payments are capped at \$100 plus a fee of \$2.25. You can use all the free services and avoid fees by making payments for any amount by sending in a check with your child made out to: "TESD Caf Fund".

Get It Now



[www.schoolcafe.com](http://www.schoolcafe.com)

