



Ypsilanti Community School

Food Services Newsletter

January 2025



Welcome Back Grizzlies

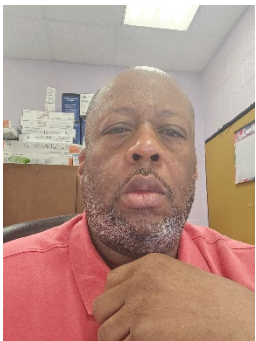
We're excited to welcome you into the new year with plenty of diverse breakfast and lunch options and if you ever wonder what's up next you can scan the qr code below to find out.



Martin Luther King Jr Birthday

January 15 is King's birthday, here some facts about him that you may not know.

- His Favorite dessert was pecan pie
- He was a big fan of soul food
- His birthname was Michael King
- He skipped two grades
- He entered college at the age of 15



Mr. Paul Garrett
DIRECTOR OF DINING SERVICES
734-221-1021
pgarrett7@ycschools.us

Chef's Corner

Recipe of the month: Chicken Noodle Soup

Ingredients

1 large yellow onion
3 medium carrots
3 medium stalks celery
3 cloves garlic
2 tablespoons unsalted butter or olive oil
2 1/2 teaspoons kosher salt, plus more as needed
1/2 teaspoon freshly ground black pepper
2 (32-ounce) cartons low-sodium chicken broth (about 8 cups)
5 sprigs fresh thyme
2 dried bay leaves
1 (2 1/2- to 3-pound) rotisserie chicken, or about 1 pound cooked, boneless chicken
6 ounces dried extra-wide egg noodles (about 3 1/4 cups)
1/2 medium bunch fresh parsley or dill

Recipe

1. Into one bowl add 1 diced onion, 3 peeled and cut medium carrots, 3 cut up medium celery stalks and 3 garlic cloves
2. Melt 2 tablespoons of Unsalted butter or olive oil then add onion mixtures, 2 1/2 tsp kosher salt and 1/2 tsp of black pepper cook and stir occasionally until the onion is translucent
3. add 2 32 ounce cartons of low sodium chicken broth, 5 sprigs fresh thyme and 3 dried bay leaves increase the heat to medium high and bring to a boil while shreds the meat from the chicken
4. Add the shredded Chicken and Egg noodles to the soup reduce the heat to keep a simmer and cook the noodles this they are just shy of al dente and finely chop 1/4 cup of parsley or dill
5. Remove and discard the thyme sprigs and bay and taste then add seasoning if needed and the chopped parsley or dill.



Coming Soon Global Eats

Developed by Chartwells chefs and dietitians with input from students, Global Eats turns food into a worldly adventure and encourages students to eat together and taste new foods and flavors while learning about different cultures. Once a Month new menu items will be introduced featuring the unique ingredients and authentic recipes from each featured country. The featured countries are: Mexico, China, Italy, India and Korea.

Upcoming Food Holidays:

January 11th is national milk day make sure to have a glass of your favorite type of milk



January 19th is national popcorn day kick back and watch your favorite movie with a bag of popcorn



January 4th is national spaghetti day invite your favorite person to have a bowl with you

