


Food Service Assessment for New Hampton Community Schools



December 27, 2018

Mr. Jay Jurrens, Superintendent
New Hampton Community Schools
710 West Main Street
New Hampton, IA 50659

Dear Mr. Jurrens:

As New Hampton Community Schools considers Professional Food Service Management for the 2019-2020 school year, you can rest assured knowing that Taher will professionally manage your food service program, elevate your selections and service and deliver a positive financial result to your fund balance. Taher, Inc. has been a consistent and reliable partner to over 250 public school districts over the past 37 years.

Our success and reputation has been built on a “**Chef-based food service program**” with a focus on preparing our meals 70% from scratch, from fresh ingredients, served in a professional setting, and priced affordably.

Taher offers an array of culinary ideas which are designed to enhance and expand your current program. Here is a brief overview of several key elements:

- **Retain your current Director of Food Service** or recruit a local candidate to manage the day-to-day responsibilities of the program. We value your existing food service staff and would invest significant time and resources to train and support them.
- Provide the services of a Taher, Inc. **Corporate Chef** to help develop our chef-based program by providing the leadership for training the production staff at the art of preparing **fresh food from scratch, and from fresh ingredients**. They will also perform On-Display cooking and Chef Education Classes during their visits.
- Offer **2 daily entrée selections** for students at the elementary level. **Our self-service Fresh Fruit & Vegetable Bar is included with each meal.**
- At the Secondary level, **expand the menu to 6-8 daily selections** by offering a variety of Classic Entrees, Taher Signature Pizza, Hot Sandwiches, Mexican Grill, and Freshwich® Sub Sandwich Station. **Our self-service Fresh Fruit & Vegetable Bar is included with each meal.**
- Include Taher, Inc.’s proven **Food4Life®** program, to ensure **healthy meals**.



- Promote our **Farm to School program** to provide awareness to students of **Iowa produce grown by local farmers and featured in your cafeterias.**
- **Invest in vibrant, modern Signage & Décor, Serving Equipment and Technology.**
- **Guarantee a break even or positive financial result at the end of the 2019-2020 school year. *** *specific guarantee to be determined during the formal RFP process
- After issue of a formal RFP and award of the bid, **appoint a team of two individuals, made up of a Foodservice Specialist and a District Manager,** to begin the process of delivering our proposal.

The following enhancements, which would complement the District's opening of its new high school addition and cafeteria space, would be offered by Taher:

<ul style="list-style-type: none"> • Menu Options: <ul style="list-style-type: none"> ○ Elementary: 2 daily selections ○ Secondary: 6-8 daily selections ○ A la Carte ○ Fruit & Vegetable Bar
• Chef Visits
• Chefs in the Classroom
• Kids in the Kitchen
• School Garden
• Annual Catering Fair
• Separate Faculty/Staff Meals
• Discounts on Staff Meals
• Expanded Grab-n-Go
• Quarterly Formal District Manager Meeting with Administrators
• Student Advisory Council/PTA
• Harvest of the Month
• Farm to School
• Digital Signage & Menu Boards
• Student/Faculty/Customer Surveys
• After School/After Hours Sales
• Coffee Shop/Kiosk
• Second Chance Breakfast
• Investment in Serving Equipment/Technology
• Guaranteed Break Even or Positive Fund Balance



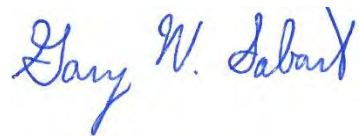
On the ensuing pages, we have included our **Firm Profile, Sample Menus** (High School, Middle School, Elementary, Fruit and Vegetable Bars) that could be offered in New Hampton Community Schools' cafeterias along with information about Taher's **Harvest of the Month, Food4Life, Nutritional Analysis and Farm to School programs.**

The philosophy of our company is anchored on this core belief: We are all about food - quality food served fast. As our mission statement says, we want "to be one of the most innovative companies in our industry, committed to customer satisfaction, dignity of our employees and excellence in all we do."

On behalf of Taher, Inc., we all look forward to our future partnership in serving the students, staff and community of New Hampton.

Sincerely,

TAHER, INC.



Gary Sabart
K-12 Development Director



Taher, Inc.
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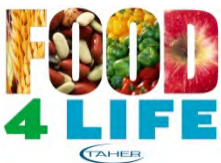


TAHER^{INC.}
Professional
Food Service Management
Partners in **Education**

Taher, Inc. is a regional company with *nearly 40 years of experience* providing specialized professional food service management to a large group of clients in public and private schools, technical, community colleges and universities, businesses and institutions, nursing homes and outdoor education service centers since 1981. Presently, Taher, Inc. partners with over 250 clients, employing and/or supervising over 2,600 employees!

Taher Inc.'s business has always been about food, and our customers are recipients of freshly prepared meals by a host of qualified chefs, bakers and friendly associates. What has made Taher, Inc. so successful is our ability to customize services to meet the needs of our stakeholders. We provide substantial resources in personnel management as well as training for our staff to deliver the very best in services while operating within desired budgetary parameters.

What really sets Taher apart in the Food Service Industry is our commitment to the well-being of your students and staff by utilizing the unique initiatives within our special programs such as Food4Life®, Farm to School, Chef Council, Taher University and Harvest of the Month, to name a few.



We partner with schools in promoting healthy eating by involving students and teachers in the learning process. We believe in bringing schools and farms together as often as possible to deliver fresh, healthy, locally-grown food to our customers. Our goal is simple: to create enthusiasm among students and adults alike by having nutrition become part of the service we offer and food we serve.

**We
Know
good
food.**

Taher, Inc.
Corporate Headquarters
5570 Smetana Drive
Minnetonka, MN 55343
(952) 945-0505
(952) 945-0444 fax

Bruce Taher
CEO & President
b.taher@taher.com





Remember to eat your fruits & vegetables.

Sample High School

November 2018

Lunch Menu

29

MONDAY

- Classic Cafe** BBQ Pulled Pork Sandwich, Kettle Potato Chips
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

30

TUESDAY

- Classic Cafe** Lasagna Rollup with Sauce, Caesar Salad, Garlic Toast
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

31

WEDNESDAY

- Classic Cafe** Monster's Selection
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

1

THURSDAY

- Classic Cafe** Creamy Chicken Enchilada, Refried Beans
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

2

FRIDAY

- Classic Cafe** Italian Meatball Sub, Golden French Fries
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

EXTRA INFO



Milk choice of 1% White, Skim or Chocolate Skim is included with lunch. For questions or comments, contact the FSD

Menus are subject to change without notice. This institution is an equal opportunity provider.





Remember to eat your fruits & vegetables.

Sample High School

November 2018

Lunch Menu

5 MONDAY

- Classic Cafe** Sloppy Joe on a Bun, Kettle Potato Chips
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

6 TUESDAY

- Classic Cafe** Grilled Cheese Sandwich, Homemade Tomato Soup
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

7 WEDNESDAY

- Classic Cafe** Buffalo Chicken Tender, Potato Wedges
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

8 THURSDAY

- Classic Cafe** Chef's Choice
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Build Your Own** Country Bowl Built the Way You Like It!

9 FRIDAY

- Classic Cafe** Chicken Alfredo w/Pasta, Garlic Bread
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

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Remember to eat your fruits & vegetables.

Sample High School

November 2018

Lunch Menu

12

MONDAY

NO SCHOOL

13

TUESDAY

Classic Cafe Corn Dog, Golden French Fries

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

14

WEDNESDAY

Classic Cafe Chef's Choice

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

15

THURSDAY

Classic Cafe Breakfast for Lunch

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

16

FRIDAY

Classic Cafe Creamy Chicken Enchilada

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

EXTRA INFO



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Remember to eat your fruits & vegetables.

Sample High School

November 2018

Lunch Menu

19

MONDAY

Classic Cafe Biscuit Bites & Gravy, Breakfast Potatoes

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

22

THURSDAY

Happy Thanksgiving!

20

TUESDAY

Classic Cafe Roast Turkey, Gravy, Cranberry, Maple roast apples, carrots, Mashed Potato, Cookie

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

23

FRIDAY

NO SCHOOL

21

WEDNESDAY

NO SCHOOL

EXTRA INFO



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Remember to eat your fruits & vegetables.

Sample High School

November 2018

Lunch Menu

26

MONDAY

- Classic Cafe** Double Dogs, Kettle Potato Chips
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

27

TUESDAY

- Classic Cafe** Spicy Chicken Tenders, Potato Wedges
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

28

WEDNESDAY

- Classic Cafe** Beef Chili, Cornbread
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

29

THURSDAY

- Classic Cafe** Chef's Choice
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

30

FRIDAY

- Classic Cafe** Philly Flatbread, Kettle Potato Chips
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

EXTRA INFO



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Don't forget to eat your vegetables.

Sample High School

November 2018

Sandwich & Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



31

1

2

Tuna Salad Sliders
Beef Taco Salad

Cold Cut Combo Sub
Turkey BLT Salad

5

6

7

8

9

Crispy Chicken Wrap
Asian Chicken Salad

Double Decker PB & J Sandwich
Chicken Caesar Salad

Turkey BLT Wrap
Combo Munchables

Ham Deli Sandwich
Turkey BLT Salad

Italian Sub
Chef Salad

Veteran's Day

12

13

14

15

16

Double Decker PB & J Sandwich
Beef Taco Salad

Ham Deli Sandwich
Chef Salad

Cold Cut Combo Sub
Chicken Caesar Salad

Buffalo Chicken Wrap
Asian Chicken Salad

19

20

21

22

23

Cold Cut Combo Sub
Chicken Caesar Salad

Double Decker PB & J Sandwich
Southwest Chicken Salad

Happy Thanksgiving

Happy Thanksgiving

Happy Thanksgiving

26

27

28

29

30

Italian Sub
Beef Taco Salad

Double Decker PB & J Sandwich
Chicken Caesar Salad

Combo Munchables
Chef Salad

PB&J Sandwich
Turkey BLT Wrap
Southwest Chicken Salad

Ham Deli Sandwich
Asian Chicken Salad

Prices

Regular	\$
Reduced	\$
Extra Water	\$
Extra Milk	\$

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the FSD





Don't forget to eat your vegetables.

Sample District-wide Fruit & Vegetable Bar Selections

November 2018

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

5
Corn
Peas
Celery
Fresh Fruit Bar

6
Romaine
Pepper Mix
Pickles
Fresh Fruit Bar

7
Vegetable Choice
Garbanzo Beans
Spinach
Fresh Fruit Bar

8
Kidney Bean
Winter Squash
Cabbage
Fresh Fruit Bar

9
Water Chestnuts
Tomato
Broccoli
Fresh Fruit Bar

12

13
Peas
Carrots
Radish
Fresh Fruit Bar

14
Corn
Pepper Mix
Pickles
Fresh Fruit Bar

15
Broccoli
Pinto Beans
Olives
Fresh Fruit Bar

16
Vegetable Choice
Corn
Radish
Fresh Fruit Bar

19
Vegetable Choice
Carrots
Celery
Fresh Fruit Bar

20
Peas
Romaine
Great Northern Beans
Fresh Fruit Bar

21
Happy Thanksgiving

22
Happy Thanksgiving

23
Happy Thanksgiving

26
Vegetable Choice
Black Beans
Salsa
Fresh Fruit Bar

27
Corn
Tomato
Romaine
Fresh Fruit Bar

28
Vegetable Choice
Cilantro & Romaine Mix
Onion
Fresh Fruit Bar

29
Vegetable Choice
Pinto Beans
Salsa
Fresh Fruit Bar

30
Zucchini
Pepper Mix
Jicama
Fresh Fruit Bar

Prices

Regular	\$
Reduced	\$
Adult	\$
Bottled Water	\$
Extra Milk	\$

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
PB&J or Yogurt Pack are available every day.
For questions or comments, contact the FSD





Sample Middle School

November 2018

Lunch Menu

29

MONDAY

Classic Cafe BBQ Pulled Pork Sandwich, Kettle Potato Chips

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

30

TUESDAY

Classic Cafe Lasagna Rollup with Sauce, Caesar Salad, Garlic Toast

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

31

WEDNESDAY

Classic Cafe Monster's Selection

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

1

THURSDAY

Classic Cafe Brown Rice, Sweet & Sour Meatballs, Fortune Cookie, Rosemary Potatoes

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries

Taste of Mexico Nachos, Tacos & Burritos with all the fixings.

Build Your Own Country Bowl Built the Way You Like It!

2

FRIDAY

Classic Cafe Buffalo Chicken Fajita Wrap, Roasted Broccoli

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

EXTRA INFO



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Sample Middle School

November 2018

Lunch Menu

5
MONDAY

- Classic Cafe** Sloppy Joe on a Bun, Sweet Potato Fries
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

6
TUESDAY

- Classic Cafe** Grilled Cheese Sandwich, Glazed Carrots
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

7
WEDNESDAY

- Classic Cafe** Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

8
THURSDAY

- Classic Cafe** BBQ Rib Sandwich, Green Beans
- Pizza Parlor** Cheese, Pepperoni or Chef's Choice
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

9
FRIDAY

- Classic Cafe** Cheesy Bread, Broccoli Salad
- Grill Station** Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!
- Taste of Mexico** Nachos, Tacos & Burritos with all the fixings
- Build Your Own** Country Bowl Built the Way You Like It!

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Sample Middle School

November 2018

Lunch Menu

12

MONDAY

NO SCHOOL

15

THURSDAY

Classic Cafe Breakfast Burrito, Breakfast Potatoes

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

13

TUESDAY

Classic Cafe Chicken Parmesan Sandwich, Glazed Carrots

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

16

FRIDAY

Classic Cafe Italian Meatball Sub, Tator Tots

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

14

WEDNESDAY

Classic Cafe Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

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Sample Middle School

November 2018

Lunch Menu

19

MONDAY

Classic Cafe Breakfast for Lunch, Breakfast Potatoes

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

22

THURSDAY

Happy Thanksgiving!

20

TUESDAY

Classic Cafe Roast Turkey, Gravy Cranberry, Maple roast apples, & Carrots & Mashed Potato, Cookie

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

23

FRIDAY

NO SCHOOL

21

WEDNESDAY

NO SCHOOL

EXTRA INFO



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Sample Middle School

November 2018

Lunch Menu

26

MONDAY

Classic Cafe Cheese Quesadilla, Refried Beans

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

27

TUESDAY

Classic Cafe Spicy Chicken Tenders, Golden French Fries

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

28

WEDNESDAY

Classic Cafe Chicken Waffle Sandwich, Glazed Carrots

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

29

THURSDAY

Classic Cafe Beef Chili, Cornbread

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

30

FRIDAY

Classic Cafe Easy Egg Bake, Mixed Vegetables

Pizza Parlor Cheese, Pepperoni or Chef's Choice

Grill Station Chicken Patty, Spicy Chicken Patty, Cheeseburger, or Mini Corn Dogs w/ Tots or Fries!

Taste of Mexico Nachos, Tacos & Burritos with all the fixings

Build Your Own Country Bowl Built the Way You Like It!

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Don't forget to eat your vegetables.

Middle School

November 2018

Sandwich & Salad Menu

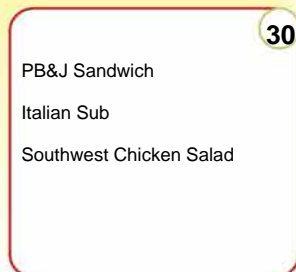
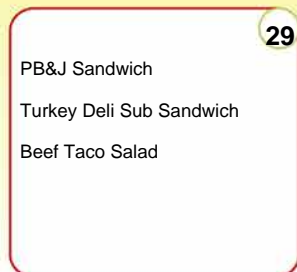
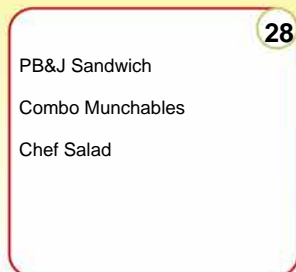
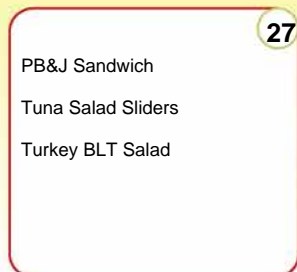
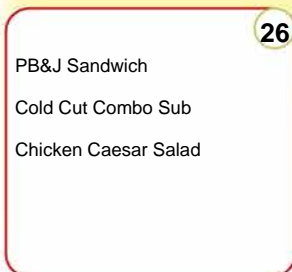
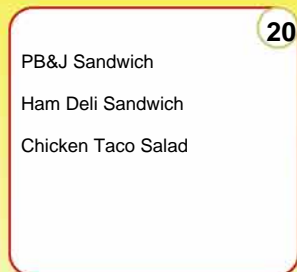
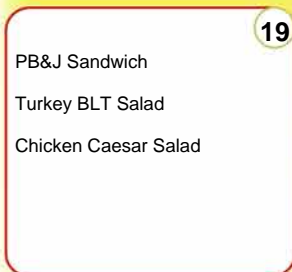
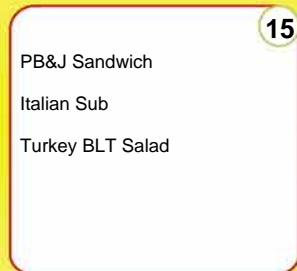
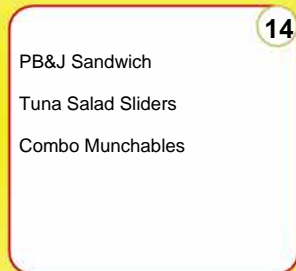
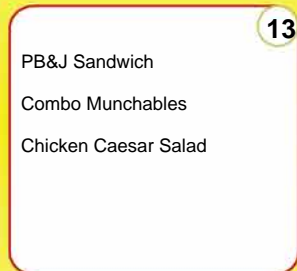
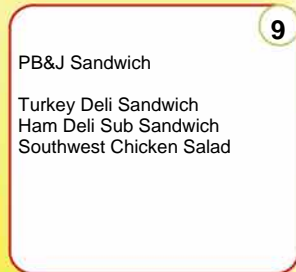
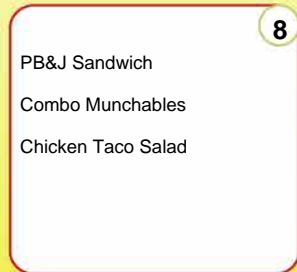
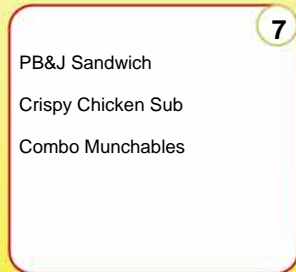
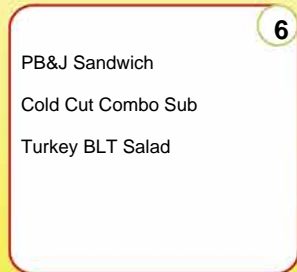
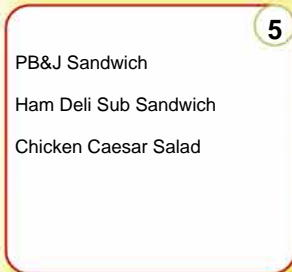
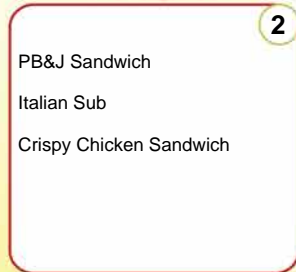
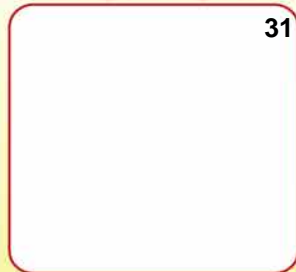
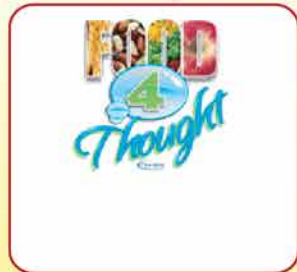
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Prices	
Regular	\$
Reduced	\$
Adult	\$
Bottled Water	\$
Extra Milk	\$



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the FSD





Don't forget to eat your vegetables.

Elementary School Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

November 2018

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

HOM Sweet Potato 5

Sloppy Joe on a Bun

Fish Nuggets
Whole Grain Dinner Roll

Chicken Caesar Salad

Sweet Potato Fries

Grilled Cheese Sandwich 6

Chicken and Cheese Quesadilla

Ham Deli Sub Sandwich

Pinto Beans

Crispy Chicken Tender Basket 7

Texas Toast

Ham and Cheese Calzone

Chef Salad

Dill Seasoned Potato Wedges

HOM Rosemary 1

Sweet & Sour Meatballs
Brown Rice

Italian Meatball Sub

Ham Deli Sub Sandwich

Rosemary Garlic Potatoes

Pizza Parlor Pizza 2

Buffalo Chicken Fajita Wrap

Crispy Chicken Salad

Roasted Broccoli

Veteran's Day 12

Chicken Parmesan Sandwich 13

Corn Dog

Salad Sliders

Caesar Salad

National Pickle Day 14

Spicy Chicken Patty on Bun

Crispy Chicken Sandwich

Chef Salad

Creamy Potato Salad

Dill Pickles

Walking Taco 8

Turkey Wrap

Corn

Cheesebread Dunkers with Marinara 9

All American Burger

Southwest Chicken Salad

Broccoli Salad

Pancakes 19

Sausage Patty
Fruit Topping

Biscuits & Gravy

Chicken Caesar Wrap

Breakfast Potatoes

HOM Apple 20

Roast Turkey with Gravy & Cranberry

Chicken Nuggets & Roll

Ham Deli Sandwich

Maple Roasted Apples & Carrots & Mashed Potato
***Cookie

Happy Thanksgiving 21

Happy Thanksgiving 22

Beefy Nachos with Cheese

Turkey Deli Sandwich

Refried Beans

Happy Thanksgiving 23

Pizza Parlor Pizza

Bean & Cheese Burrito

Chicken Caesar Salad

Tator Tots

Bean & Cheese Quesadilla 26

Roasted Hot Dog on a Bun

Chicken Caesar Salad

Seasoned Ranch Wedges

Crispy Chicken Tenders 27

Cheeseburger on Bun

Ham Deli Sub Sandwich

Golden French Fries
Whole Grain Dinner Roll

Beef Chili 28

Combread

Chicken Waffle Sandwich

Chef Salad

Italian Tomato Salad

Beefy Nachos with Cheese 29

Turkey Wrap

Refried Beans

Cheesebread Dunkers with Marinara 30

Easy Egg Bake

Southwest Chicken Salad

Garden Salad

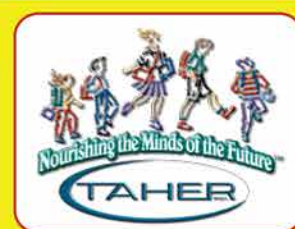
Prices

Regular	\$
Reduced	\$
Adult	\$
Bottled Water	\$
Extra Milk	\$



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
PB&J or Yogurt Pack are available every day.
For questions or comments, contact the FSD



Sample Fruit & Vegetable Bar



A fresh Fruit & Vegetable Bar features fresh fruits and vegetables as a part of every meal in every cafeteria.



Elementary Fruit & Vegetable Bar

Read what students, staff and parents say about the menu choices and offerings!

Email sent to Deb Graunke, Taher FSD at Rockford Schools in MN

Subject: **LOVE, LOVE, LOVE the new Menus!**

*Deb – I just wanted to pass on to you how much I am enjoying our school lunches!!! More importantly, how much my kids are 😊. **The sub sandwich and the broccoli salad are absolutely delicious!** I've also introduced the jicama into our family's home menus now too – All because we had it first at our school lunch! Please keep up the wonderful job with the delicious lunch entrees! **You are setting a new standard for our school lunch program. Thank you so much for giving our kids such healthy and delicious choices😊** Thank You!*

Email from Cathy Graham, FSD for Taher at Pewaukee Schools in WI

*I just have to pass this on. Last week we had a function at church. I was working with a mom who has 2 boys at Pewaukee Elementary. She said she asked her oldest son (2nd grade) what he wanted for supper. He replied salad...salad?? She couldn't believe it. This from the kids who didn't like to eat vegetables! He replied **he loves the salads at school** and could she put it in the same kind of container. She couldn't have been more surprised and pleased and **thanked me immensely for all the great healthy alternatives in the lunch program.** I thought this was great! -CG*

Email from Shelly Bailey
Taher's Head Cook/Cashier
at Dallas Center Elementary in
Dallas Center-Grimes Community School District, IA

Good morning Ladies!

*Just wanted to pass along some **rave reviews from our resident staff and students** concerning the fresh fruit bar that Chef Shelley Blish masterpieced for us this past Tuesday! The general consensus from the students is as follows: **"It was rocking sweet!" "Can we have that every day?!" "When are we going to have the fresh fruit bar again?!"** and so on! They were so excited about it that several of them went home and told their parents! I, myself, am very excited that **they are so enthused about FRESH FRUIT!** So...kudos to Chef Shelley! You did a fabulous job and left a definite impression on the staff and students here at DCE! Thank you so much! Let's do it again! Have a great day ladies! - Shelly*



Harvest of the Month



Taher, Inc. believes in educating its students, staff and community. As part of that educational initiative, we promote our Harvest of the Month Program throughout ALL of our locations to expose our customers to the vast and interesting varieties of fruits, vegetables, herbs and spices that they might not otherwise be familiar with. Each year, a Harvest of the Month Calendar is created, with a carefully selected Fruit, Vegetable and either an Herb, Grain, Spice or a Legume that will be featured each month. We strive to use local produce from nearby farms, specific to the location of that particular cafeteria, whenever available and in-season.

At each of our locations, our On-Site Managers are given guidelines on how to incorporate the Harvest of the Month into their menus. They will display the provided signage, create a display that changes weekly, and then include the featured fruit, vegetable and herb, grain, spice or legume in harvest-related recipes created by Taher's team of chefs and dietitians. In past school years, we featured recipes such as Hummus, Mediterranean Veggie Bowls and Lemon Garbanzo Bean Herb Salad to highlight our featured legume, the Garbanzo Bean. A Harvest of the Month fruit or vegetable may even be featured in an "On Display" chef demonstration, included in the Fruit & Vegetable Bars, or given out as samples for students and staff to try! Weekly educational fact flyers are prominently displayed in the café with information pertaining to origin and history of the fruit or vegetable, nutritional facts, fun facts and botanical information aimed to garner interest and attention to the food. At Taher, we have great success with exposing students to fresh, healthy foods and getting them to try something they may not try at home!

We Know good food.

"I've introduced jicama into our family's home menus now - all because we had it first at our school lunch! You are setting a new standard with our school lunch program. Thank you so much!"

-Michelle Friedrich, Principal's Secretary and parent of students in Taher's Food Service Program

MONTH	FRUIT	VEGETABLE	HERB/SPICE
August	Raspberry	Cherry Tomato	Oregano
September	Peaches	Cucumber	Parsley
October	Pears	Beets	Lemongrass
November	Apples	Sweet Potatoes	Rosemary
December	Persimmon	Cabbage	Sage
January	Grapefruit	Onion	Basil
February	Papaya	Peppers	Céantro
March	Strawberries	Spinach	Mint
April	Banana	Celery	Chives
May	Rhubarb	Asparagus	Thyme
June	Grapes	Leaf Lettuce	Tarragon
July	Cherries	Green Beans	Dill



HARVEST OF THE MONTH



2018-19

MONTH	FRUIT	VEGETABLE	HERB/SPICE
August	Raspberry	Cherry Tomato	Oregano
September	Peaches	Cucumber	Parsley
October	Pears	Beets	Lemongrass
November	Apples	Sweet Potatoes	Rosemary
December	Persimmon	Cabbage	Sage
January	Grapefruit	Onion	Basil
February	Papaya	Peppers	Cilantro
March	Strawberries	Spinach	Mint
April	Banana	Celery	Chives
May	Rhubarb	Asparagus	Thyme
June	Grapes	Leaf Lettuce	Tarragon
July	Cherries	Green Beans	Dill

Harvest of the Month

Plum

Calories

30

Total Fat

0g

Sodium

0mg

Sugars

7g

1
plum

FUN FACTS:

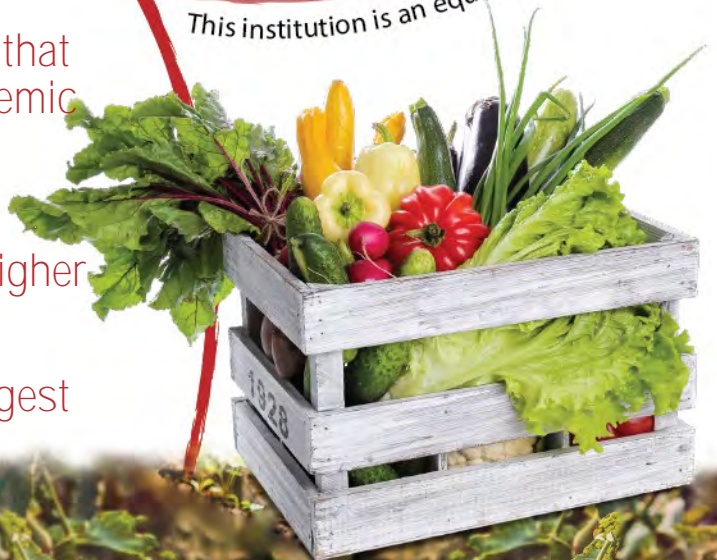
There are over 200 varieties of plums. They are grown on every continent except Antarctica.

Their sweetness comes from natural sugars that are digested slowly, giving plums a low glycemic index (GI).


Red-fleshed varieties have more nutrients than yellow flesh plums. They also have a higher sugar content which makes them sweeter.

Prunes are dried plums. California is the largest producer of dried plums.

This institution is an equal opportunity provider.



Harvest of the Month



Rutabaga



FUN FACTS:

Rutabagas are root vegetables, and a relatively newcomer in the world of vegetables. They were virtually unknown in the U.S. until the early 1800s.

They are part white and part purple, with a creamy yellowish-orange flesh. They can be eaten raw or cooked but must be peeled before eaten. When roasted, they have a slight sweet flavor.

Rutabagas are loaded with many vital nutrients. They are high in antioxidant and anti-cancer compounds, and very high in vitamins C and A.

This institution is an equal opportunity provider.



Harvest of the Month



FUN FACTS:

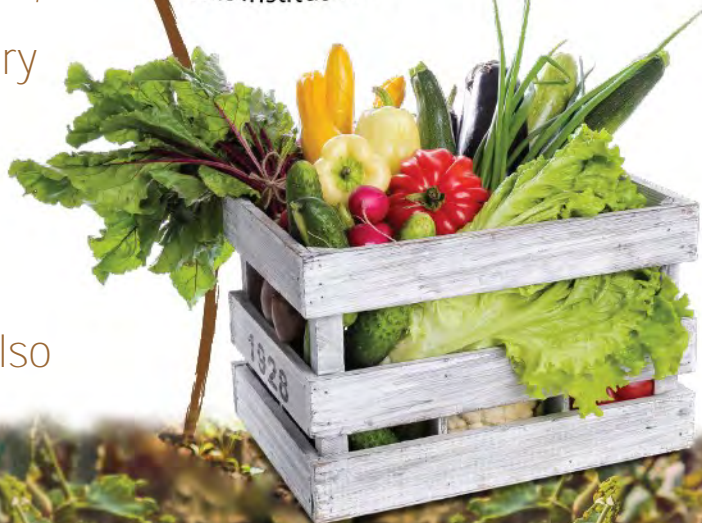
Sage is a small perennial shrub that grows about 3 feet tall. The leaves are oval, gray-green, soft, and fuzzy. The purplish-blue flowers are edible, too.

Sage has been used for medicinal and culinary purposes for over 2000 years.

As a cooking herb, sage is considered to have a slight peppery flavor.

Medicinally, sage can help reduce excessive perspiration, sore throats, and cramping. It also promotes good digestion.

This institution is an equal opportunity provider.



FOOD 4 LIFE

4 STAGES OF LIFE

- Children and Teens / *Schools*
- Young Adults / *Colleges*
- Adults / *Business & Industry*
- Seniors / *Senior Dining*

4 FOOD GROUPS

- Grains
- Proteins
- Vegetables
- Fruits



BELIEF STATEMENT

Taher, Inc. recognizes foods and eating habits have changed. We are concerned about the impact to our customers and the future health of our children.

As mindful stewards, we are committed to the health, wellness, and responsible eating habits of our customers 4 life.

With the leadership of our Nutrition & Wellness Department, along with our Chef Council, we incorporate products and recipes that use fresh, high quality wholesome foods.

As part of our Food 4 Life Initiative, we will:

Offer items made-from-scratch

Offer fresh Grab-n-Go selections incorporating natural products with no artificial ingredients or preservatives

Incorporate naturally sweetened beverages and trans fat-free snacks

Promote locally grown fruit and produce

Publish Food 4 Life flyers incorporating tips on healthy lifestyles

Exclude trans fat in all we serve, and utilize healthy oils

Provided and Prepared by



Professional
Food Service Management



Food 4 LifeSM Menu Guidelines

Taher, Inc. is committed to providing fiscal responsibility while offering nutritious meals. It is in this spirit that we share our nutrition plan to meet and expand the Goals of your School Lunch Program. With this plan in mind, the Food Service Director promotes healthy eating by encouraging students to select the full meal rather than a la Carte.

Taher, Inc.'s Overall Dietary Goals

- ✓ Maintain fiscal integrity of program.
- ✓ Serve appealing menu items in a pleasant, professional manner, which meet the preferences of a multicultural student body.
- ✓ Provide nutrition education sessions as part of ongoing in-service training to all foodservice employees. In addition, use the talents of the Food Service Director to hold periodic Healthy Choices meetings for all secondary schools.
- ✓ Institute a menu program which exceeds the U.S. Dietary Guidelines, and where possible, complies with recommendations from the National Cancer Institute, American Heart Association, National Research Council and Academy of Nutrition and Dietetics.
- ✓ Maintain current dialogue with Taher's national vendor list to ensure compliance with sensitivity to environmental responsibilities and future recycling programs within the community.

Specific Action Plan

- ✓ Market our Fruit & Vegetable Bars at the serving sites to offer enhanced selections of fruits and vegetables, including offerings of fresh or canned fruits and fresh vegetables.
- ✓ Promote our "Harvest of the Month" featuring one fresh fruit, one vegetable, and one grain or legume each month of the year. The program focuses on exposing students to the vast and interesting varieties of fruits, vegetables, grains and legumes.
- ✓ Feature foods as "healthy" rather than good or bad. Include simple dietary identifications to encourage students to make wise decisions when selecting food products.
- ✓ Conduct parent-teacher group meetings to improve dialogue between parents and food service department.
- ✓ Maintain contact with Student Councils and Site Councils. Create ongoing discussions on menu selections and student acceptance of these selections.
- ✓ Incorporate whole-grain breads, and low sodium and low sugar foods into menu offerings at all grade levels.
- ✓ Develop student preference surveys for all students as a way to monitor acceptance to program and related services.
- ✓ Provide a nutritional analysis of the menu each month as requested.



Nutritional Analysis



Nutritional Analysis

We have included a Nutritional Analysis of your favorite menu items. Students and parents can use this data to help make the best choices for a well balanced diet.

TAHER LUNCH NUTRITIONAL ANALYSIS:

[CLICK HERE TO VIEW](#)

TAHER BREAKFAST NUTRITIONAL ANALYSIS:

[CLICK HERE TO VIEW](#)

[| TOP](#)

Thumbnail of a nutritional analysis table for TAHER NUTRITION. The table lists menu items and their nutritional values. The header includes 'UPDATED 3/8/2014', 'HOT ENTREES', and 'SERVING SIZES'. The table has columns for 'Calories' and 'Carbs'.

Item	Calories	Carbs
HOT ENTREES	133	4.07
Alfredo Sauce (1/2 cup, no pasta)	296	38.7
American Turkey Pot Pie	372	54.0
Apple Cider Pork Loaf	154	25.80
Baked Chicken Legs	353	44.87
Baked Potato Fries (KFC 025)	N/A	N/A
BBQ Burger	305	23.34
BBQ Chicken Pizza (BB 14" crust)	305	23.34
Beef w/ Cheese Quesadilla (2 each)	138	4.75
Beef Patty w/Gravy (1.5 oz patty, 2 oz gravy)	N/A	N/A
Beef Patty w/Gravy (2 oz patty, 2 oz gravy)	305	24.9
Beef Shepherd Pie (flat top)	315	28.4
Beef Soft Taco (2 each)	101	38.64
Beef Taco	138	22.1
Beefy Nachos	N/A	N/A
Breakfast Bake	206	5
Buffalo Chicken Pizza (BB 14" crust)	306	7
Cheese Omelet (Michigan 9")	130	2
Cheese Omelet (212 W/ Cornucopia)	323	52.32
Cheese Omelet (212 W/ Cornucopia)	N/A	N/A

Thumbnail of a nutritional analysis table for TAHER NUTRITION. The table lists menu items and their nutritional values. The header includes 'UPDATED 3/8/14' and 'FOOD 4 LIFE'. The table has columns for 'Calories', 'Carbs', and 'Fats'.

Item	Calories	Carbs	Fats
...

Main nutritional analysis table for TAHER NUTRITION. The table lists menu items and their nutritional values. The header includes 'TAHER NUTRITION ANALYSIS', 'FOOD 4 LIFE', and 'UPDATED 3/8/14'. The table has columns for 'Calories', 'Carbs', 'Fats', and 'Protein'.

Item	Calories	Carbs	Fats	Protein
Taco Pizza (14" round BB)	N/A	N/A	N/A	391
Tator Tot Casserole	392	34.39	15.19	Same
Turkey and Gravy (1/2 cup)	112	4.32	16.58	Same
Veggie Pizza (BB 14" crust)	N/A	N/A	N/A	383
Waffle Sticks (A9496, 3 each)	210	30	3	Same
Walking Taco	521	30.53	18.94	Same
HOT SANDWICHES / WRAPS				
BBQ Meatball Sandwich	469	51.59	18.82	Same
BBQ Meatball Sub	469	50.75	18.55	Same
BBQ Pork Riblet (B4570, Hoagie Bun)	318	40.5	17	Same
Beef Hotdog on WG Bun (42170)	320	28	12	Same
Cheeseburger on Bun (1.5 oz, 1 slice cheese)	290	25.5	16.5	Same
Chicken cordon Bleu Sandwich (WG Hamburger Bun)	475	42.21	26.25	Same
Chicken Patty on WG Bun (43536 Tyson)	370	35	19	Same
Chicken Tender Wrap (RH 38042 tenders)	435	36.48	20.33	Same
Grilled Cheese Sandwich	351	29.52	13.59	Same
Grilled Chicken on WG Bun (C524 W1)	215	23	19	Same
Hamburger on a Bun (1.5 oz patty)	240	23	14	Same
Hamburger on a Bun (2 oz patty)	N/A	N/A	N/A	N/A

This is a sample of a nutritional analysis which is posted on your website



Taher's Farm to School Program



Our Farm to School initiative is in place to assist schools interested in securing locally grown produce within a reasonable geographic area by allowing the schools access to a network of local producers. This program supports sustainable farming practices, encourages local products to be sold to local business, provides fresher

products from the local market and benefits not only the local farmers but the community as a whole.

Our partnership with these local farmers allows us to have them to come into the cafe and present several hands-on activities for our students. The results and the feedback we have gotten are nothing short of exciting. The progress we are making to educate our customers by promoting healthier fruit and vegetable choices while supporting the local economy is something that Taher loves to stand behind.

Each year, we add partnerships as we continue to expand our ability to bring locally sourced products to more of our schools. Our initial efforts to launch the Farm to School initiative in 2009-2010 were limited to Wisconsin and Michigan, but by Spring of 2010 we had expanded with a core group of schools in Southeast Minnesota. We are proud that we now have local farm partnerships in each of the 13 states we operate in.

Highlights from Taher's Farm to School Program:

Taher has actively participates at the national level in support the Farm to School efforts.

- Taher continues to be a sponsor of the National Farm to School conference.
- Our Health and Wellness Director served as an Advisor to the National Farm to School Network.
- Several Taher Food Service Directors actively participate in State Farm to School workshops in Minnesota, Wisconsin and Iowa.

We
Know
good
food.



What's in store for Taher-managed schools...

Apples

- We negotiate with Bayfield and Prescott Orchards to provide all of our schools in Minnesota, Wisconsin and Iowa with local apples from October through December available through Reinhart. This program is in addition to the local orchards.

Wisconsin

- Through a partnership with Laredo and Catalano Produce, Wisconsin schools will be able to order all of their produce needs throughout the year with specific local products during summer, fall and spring.

Last fall, Anderson Truck Farms supplied our school locations in Minnesota and Northern Wisconsin with squash, pumpkins, watermelon, cantaloupe, tomatoes, and green peppers.

Kimball Director Sharon Lommel, along with Head Cook Tina Jonas, cooked the fresh pumpkin and used it to make pumpkin bars, muffins, and cookies.

Iowa

- We had such great success working with the Winterset students to grow hydroponic lettuce that we plan to expand this project with the local Iowa extension service. In addition, we will continue to work with local farms to source locally-grown produce.

Kansas/Nebraska

- Coordinate efforts to build partnerships with farmers in the area to promote the use of "local produce" on our menus.

Michigan

- Coordinated efforts in negotiating with local farmers will continue to be led by Jackson School District.

Minnesota

- Southeast Food Network, Ventura Farms, and Anderson Truck Farms will be providing all of our Minnesota schools with local produce from September through December.
- Online ordering will be available from both vendors and weekly delivery has been arranged by region.

Food Service Director Missy Taylor at Blooming Prairie Schools is a member of the Institute for Agriculture and Trade Policy (IATP) which promotes Farm2School. Through this organization Missy receives promotional materials designed to help schools educate their communities on all Farm to School activities.

We
Know
good
food.



TAHER