



**BUSY EATING** — (Left) Justice Wiley, Echo Jones and MaKayla Taylor were enjoying others at the table. Above, Jason Owens, left, and Carl Fabre liked what they were eating.

# Fixing school lunches can be challenging

By Karen Krien

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Planning and cooking for 300 to 350 people can be challenging — even hair raising, especially when some of the supplies do not come in.

However, Alice Kinen, St. Francis schools food service manager, forgets the harried moments as soon as students tell the cooks how good a meal is and say “thanks.” The cooks enjoy pleasing the students and often participate in school and holiday events.

During Homecoming Week, the high school students enjoyed a decorated cake, made by Barb Holzwarth. Kathy Vandike decorates some but Mrs. Holzwarth decorates cakes for holidays and other special events. Also, during Homecoming Week, the high school cooks dressed like a bottle of mustard or catsup during “Twin Day.”

At the grade school, students sometimes bring little gifts for the cooks and sent thank-you notes for special treats.

Mrs. Kinen said every week, she plans the menus, checks the supplies with what she has and what she will need, orders, then checks orders when they come in. There are different state forms to fill out, making sure children are served the right portions of the food groups. To top off her food service manager duties, she is also the athletic director, which is a busy job within itself.

Tacos were served this week. They were made with 65 pounds of hamburger, three cans of No. 10 beans, six green peppers and onions. The mixture was completed with 25 pounds of shredded cheese, 45 to 50 pounds of chips, 15 to 20 pounds of shredded lettuce and 20 tomatoes.

To complete the government regulations for serving a balanced meal, the cooks served 30 to 35 pounds of frozen corn and an apple crisp which was made with 12 cans of No. 10 apples. Of course, there was also milk.

Favorite meals appear to be hamburgers and pizzas which Mrs. Kinen said she tries to have every so often but she also thinks it is important that the menu changes and kids have a variety. Each year, she tries to attend a food show so she knows the types of foods that are available.

The cooks are always looking for new recipes and some are found in local cookbooks. These recipes will need to be multiplied and adjusted to feed the students and staff. Mrs. Kinen said the internet also has

recipes and, if she needs to have it multiplied, she only has to push a key and it is done for her.

There is also a salad bar available each day at the high school.

In year’s past, the salad bar was served only three days a week and, at one time, people had to request salad bar in advance. Today’s salad bar consists of lettuce, cucumbers, carrots, pickle spears, pickled beets, fruit, cottage cheese and boiled eggs, along with some different salads such as macaroni, broccoli and cauliflower or cucumber/tomato salad. Sometimes, kids not only eat the meal but also have a salad with it.

### Breakfast

When the schools began providing breakfasts for students, that meant earlier hours for the cooks. The full-time grade school cooks come in at 6 a.m. and the junior-senior high school cooks arrive at 6:30.

At the high school, anywhere from 40 to 70 students and staff enjoy breakfast but, in the grade school, that number is around 100 students.

Cold cereal, milk and juice, are served every day. Cereal is ordered in bulk.

Along with these items, another main dish is served. The dishes range from waffle sticks with syrup, breakfast pizzas, breakfast casseroles, oatmeal, pancakes with sausage on a stick, and biscuits and gravy. They sometimes have waffles with strawberries, turnovers, or their version of Egg McMuffins.

However, the favorite breakfast is coffee cake and Orange Julius.

While she may be the service manager, Mrs. Kinen, who has been the director for 4 years, gives her cooks the credit for coming up with delicious food. Junior-senior high school cooks are Kathy Vandike, who has worked for 27 years; Barb Holzwarth, 12 years; and part-time is Brenda Nelsen, who has worked for 4 years. At the grade school, Loretta Ford has been there for 11 years; and new on the job this year is Marsha Kechter. Part-time at the grade school is Laura Pugh, who has been with the school for 1 year.

Mrs. Kinen said there have been some times when the menu has changed quickly because one of the ingredients didn’t come with the food order. One time, the hamburger didn’t arrive. She said she called the local grocery stores but, when feeding 300 people, it is a little hard to come up with that much food in just a few hours. She called the supplier and he made a special trip that evening so the hamburgers

would be there the following day.

A few things have changed through the years. They don’t peel potatoes, they no longer bake all the breads and often, they use convenience foods, mostly because they are quicker to prepare and the kids like them.

Today, the high school cooks recycle cans, plastic and cardboard boxes, washing the cans and bottles and breaking down the boxes, then taking them to the center.

They welcome new ideas and recipes. They also share recipes but warn that, their recipes are set to feed 300 to 350 people — there is some major adjusting to do.



**MANAGER, Alice Kinen, works on the order for the coming week.** Herald staff photos by Karen Krien



**CUTTING HOAGIES for French dip sandwiches (Top) were Kathy Vandike, left, and Barb Holzwarth; above, Loretta Ford, left, and Marsha Kechter clean up after lunch.**

## Cafeteria receives new green and yellow trays

The junior-senior high school have had the same off-white eating trays for as long as most people could remember. Alice Kinen, food service manager for the St. Francis schools, said the trays were worn and had become dull and looked used.

The St. Francis Alumni each year, pay a small fee for a meal and other expenses. Anything leftover it put in a fund and it is generally spent at the schools to help with a project.

When the trays came in, they were bright, shiny green and yellow trays. Mrs. Kinen and the

cooks kept the trays a secret and they were brought out for Homecoming Week.

Mrs. Kinen said it was a great way to start off Homecoming Week and the food looks nice on the trays. “The kids were excited,” she

said. The alumni money is spent for a variety of things. In the past, the alumni has provided money for landscaping, bathrooms in the park for alumni gatherings and new chair, just to name some.

## Walk

Continued from Page 1 trees that grow near the river. With the abundance of recent rains, the ground cover and trees are especially lush this year. And with the cooler weather the trees will soon explode in autumn colors.

In addition to the plant life, many wild animals can be found near the river. It is not unusual to spot wild turkey and white tail deer. It is also an ideal location for bird watching.

The trail follows the banks of the Republican to the north for about 3/4 of a mile. Near the end of the walk, the Cherry Creek joins the river from the west. Just beyond the juncture is what remains of a

large beaver dam. Not only is this a special place for people who like to walk, but Mr. Lampe offers rides in his golf cart.

“If someone can’t get around that good anymore, I can still take them for a ride,” said Mr. Lampe.

A recent passenger, Deloy Rogers, despite being legally blind, enjoyed the sounds and the feel of an occasional leaf brushing beside him.


Anyone interested in a riding tour of the River Walk should contact Mr. Lampe at 785-332-3119. And everyone should take advantage of this unique spot that is so close to home.

Good Bye Summer ... Hello Fall!!!  
... and it's "that" time again!

## CITY-WIDE CLEANUP

### St. Francis Citizens

Call the Power Plant 332-3031  
between 7:30 a.m. to 12 noon and  
1 p.m. to 4:30 p.m. Do not leave  
cleanup requests on the answering  
machine, they will not be  
picked up, talk to the dispatcher.  
Requests can be called in  
Monday thru Friday.  
**DEADLINE OCTOBER 10**  
Calls received after the deadline  
will have to wait until next fall.  
Your cooperation and patience  
will be appreciated.



## PTA Fall Festival and Carnival

**Oct. 7 – 6:30 pm to 8:00 pm**  
Grade School Playground

**Games • Hayrack Rides • Prizes**  
**Concessions • Firemen’s Train**  
**Bake Sale • Cupcake Walk • Crafts**

**THE COMMUNITY  
IS INVITED TO ATTEND!**

**Mention being a PTA member and get  
free tickets!**

**Dear Friends of PTA: Please bring a  
baked item for our Bake Sale scheduled  
for this evening. Proceeds to the General  
PTA fund!**

**Thank You for your support!**

In case of in climate weather, call Indian News for the new location 332-8111.