

The project I chose for my rotation at Washington Township Food Service was to create a recipe for Orchard Valley Middle School. The children are in grades 6-8th grade, aged 12–14-years old. The goal of this project was to create a recipe the children would enjoy. I would be making the recipe in the kitchen and sampling the food for the students during their lunch. I chose a broccoli casserole recipe. The effectiveness was evaluated by the students.

Jennifer Mullin, the FS Manager and Preceptor, approved the recipe and we ordered the ingredients but most of the items were already stocked in the kitchen. I had to order cream cheese and butter ahead of time. I was able to make the recipe in the kitchen before the children came in for lunch. The casserole was distributed into cups, and I went around the cafeteria to hand out the samples to the students. After giving out the broccoli casserole, the students were asked if they liked the sample. Our goal was for the students to enjoy eating the food that is served in the lunchroom but also meets the criteria for the National School Lunch Program along with being a healthy option for them to pick from. The kids loved this recipe and were very enthusiastic about trying it. I really enjoyed visiting the school and interacting with the kids to sample the casserole.

Improvements: I don't think there would be any improvements to make to the preceptor for this project. The lunch ladies had made recommendations to modify the recipe to make it easier to make for a larger serving size. Making the roux is time consuming for the kitchen. I think it is important to keep the kitchen

in mind when choosing the recipe because they must serve a large amount in a short period of time.

Broccoli Casserole

Ingredients:

1/2c Breadcrumbs

8 c Broccoli

Minced Garlic

1/3 c flour

4c Chicken Broth

1c Cream cheese

Salt and pepper for taste

4 oz Shredded Cheddar Cheese

Instructions:

Preheat the oven to 300 degrees. Coat a 1/2-inch hotel pan with cooking spray. Spread 1/2 c of breadcrumbs on the hotel pan and bake until dry and crispy for about 10 minutes. Steam broccoli until tender, 4 to 6 minutes. Chop coarsely and spread evenly in the prepared baking dish. Increase oven temperature to 350 degrees. Heat 1 Tbsp of butter in a large pan over medium high heat. Add garlic, stirring frequently until soft and translucent, 3 to 5 minutes. Sprinkle flour over garlic and cook for 1 minute. While stirring, slowly pour chicken broth, stir occasionally until thickened for 3 minutes. Stir in cream cheese, salt, pepper until smooth for about 2 minutes. Remove pan from heat and stir in 1 1/2 cups of cheese. Pour cheese sauce over the broccoli. Melt the remaining of the butter, combine butter and 1/2c off breadcrumbs in a medium bowl and spread evenly over broccoli mixture. Top with the remaining 1/2c of cheese. Bake until cheese is melted, and sauce is bubbling around edges, 25 to 30 minutes.

