

Bulletin January 2013

Fairfield Public Schools
Food & Nutrition
Services



Word of the Month
well-round·ed
adj. 1. having a broad range of interests and abilities 2. fully developed; comprehensive 3. Not limited or too narrowly focused

JANUARY BIRTHDAYS

- Ellis Island (121) -- Jan. 1
- Bradley Cooper (38) -- Jan. 5
- Dr. Martin Luther King -- Jan. 15
- Michelle Obama (49) -- Jan. 17
- Betty White (91) -- Jan. 17
- Franklin D. Roosevelt -- Jan. 30

Spicy Fat Fries

"We perfected this recipe while working on the Food Revolution television project in West Virginia and tested it in our Pilot Schools here in Fairfield.. It seems wherever we go, kids can't stop raving about this version of a better steak fry. You may adjust the seasoning however you see best fits your families taste." – John Turenne, Food Consultant working with the Food & Nutrition Services Department this year.

- | | |
|--------|-------------------------|
| 4 each | Russet (Idaho) potatoes |
| ¼ cup | Vegetable Oil |
| 1 tsp. | Paprika |
| 1 tsp. | Cumin, ground |
| 1 tsp. | Garlic, granulated |
| ½ tsp. | Salt |
| ½ tsp. | White pepper |

Wash and cut the potatoes the long way into 8 equally sized wedges. Mix spices together. In a large enough bowl, mix potato wedges, oil and spices and toss to coat evenly. Lay seasoned potato wedges in one layer on a baking pan. Roast in 425 degree oven for 15 - 20 minutes (turn the wedges once after 10 minutes) or until lightly browned and crisp on the outside and fluffy on the inside.

Visit our website

www.fairfieldschools.org/parent_resources_food_services.htm

