

Gordon Nutrition News

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What's for Lunch?

Our new software will tell you!

by Lisa McKinney

Wondering about the meals at your child's school? You can find out what's being served with just a few clicks.

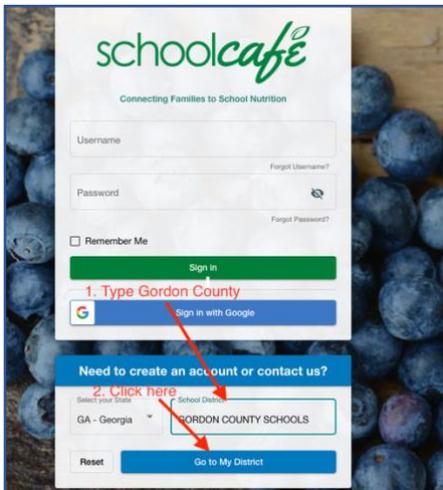
SchoolCafé is our nutrition software; it's an easy, online way to be sure your child always has lunch money, but the program also has many helpful features that go beyond just putting money on an account. One of the most helpful of these is

the ability to check the menus at your child's school. You don't even need a SchoolCafé account to see the menus – you can view them as a guest.

If you have a SchoolCafé account, log in and then click on "School Menus" in the column on the left of the page, or click on the "(Child's Name) Menus" link underneath each student's name (see the red arrows in the screen shot to the right):

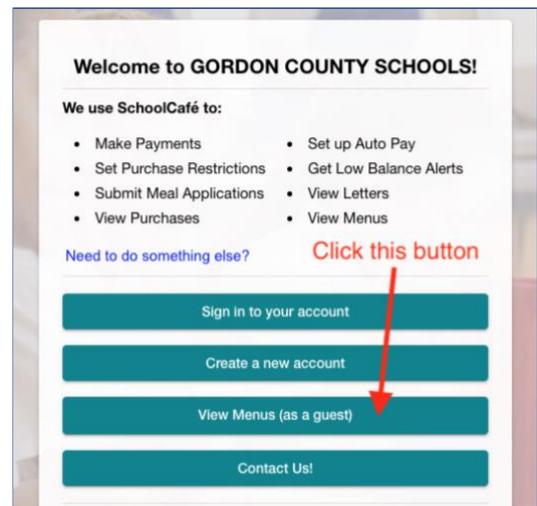
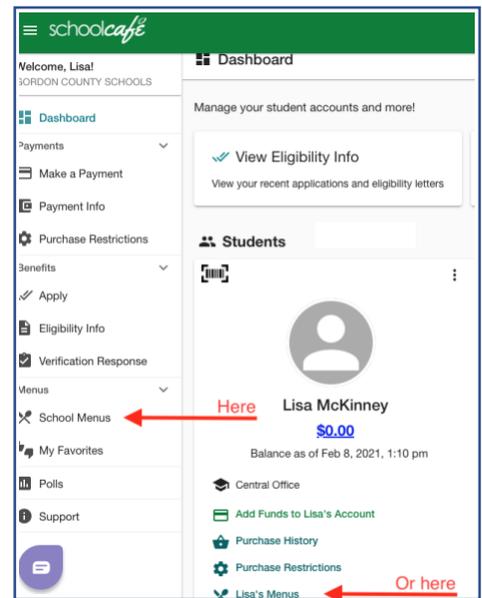
If you don't have a SchoolCafé account, here's how to view the menus as a guest: go to www.schoolcafe.com. Type

"Gordon County" for the school district and then click "Go to My District," as the red arrows in the screen shot to the left are showing.

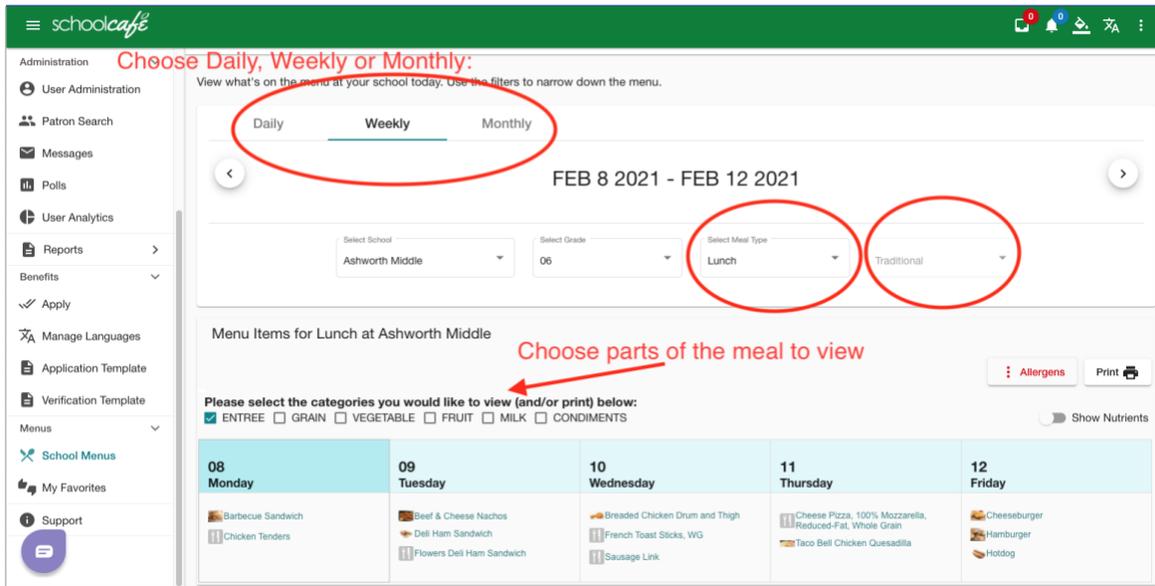


On the welcome screen, click the "View Menus (as a guest)" button, as you see in the screen shot to the right:

Once you are on the menu page, you can choose to see menus by day, by week, or by month. Be sure to choose the Meal Type (breakfast or lunch) and choose "Traditional" in the last drop-down list to see the meals. Also notice the check boxes just above the



calendar – these allow you to choose to view entrees, grains, vegetables, fruits, etc, or to check all boxes and see the whole meal for each day—see the screen shot, below:



SchoolCafé is a powerful piece of software with many helpful options for parents, students, and teachers. Log in, click around, and see what else it can do for you!

We hear a lot about the importance of protein, but just why do we need it? Quite

simply, because protein is what our bodies are made of. Proteins are made of amino acids, and our bodies use them to build and repair muscles, bones, skin, hair, nails, and more.

For athletes, protein really matters. Because protein provides the building blocks for our bodies, it increases muscle mass and strength and repairs the body after injury. But all people benefit from protein; it is a key factor in maintaining health and strength as you age.

In addition, protein helps us lose weight and keep it off by reducing ghrelin, a hormone that makes you feel hungry, and

Nutrition 101: What's the Big Deal About Protein?

increasing peptide YY, a hormone that makes you feel full. Eating high protein foods

will keep you full on fewer calories and thus lead to weight loss.

There are many sources of protein, but the best ones are eggs,

lean meats, nuts like almonds, and low-fat dairy like cottage cheese or reduced fat milk.



Vegetables like peas, spinach and asparagus also contain protein.

To lose weight, gain muscle, increase strength, age well, or simply be your healthiest, eat protein-rich foods.

Who We Are

A School Nutrition Profile: Eva Ann Parker

Eva Ann Parker appreciates the unique benefit of working in School Nutrition: you work among children, but you get to do a part that is relatively easy and very rewarding—feeding them.

“We get to see the children every day,” Eva says. “But we don’t have to teach or discipline them, just give them a smile and a meal and that’s it.”

Eva has a long history with Gordon County School Nutrition. She worked as a lunchroom monitor at Red Bud Elementary, Dr. Elizabeth Anderson hired her to help open Sonorville Elementary School, and now she’s at Swain Elementary. She’s been working with Manager Mitzi Lindsey for about 10 years, and Mitzi is like a daughter to her.



Eva and Manager Mitzi Lindsey planning lunch for the children at Swain Elementary School.

Eva grew up in Florida; lived in a few other places, including Alaska for a

short time; and eventually moved to Georgia with her husband Glenn when he retired after a long career with Publix supermarkets. They will celebrate 60 years of marriage in June.

What does Eva do in her leisure time? “I don’t have any leisure time,” she laughs, but



quickly admits that she spends most of her free time just hanging out with her husband and their grandson, Devin, who they raised after his mother passed away. Eva is happy that she is able to be close to extended family: she has sons, a daughter, and grandchildren in Florida, and nieces and great grandchildren that she sees regularly when COVID-19 is not a factor. “Fortunately, we had a big family Thanksgiving in 2019, before the virus stopped everything,” she says.

The children and her co-workers at Swain are the most important part of Eva’s job. “I’ve always enjoyed being around children,” she says. “If I hadn’t gone into working with food, I probably would have been a teacher. I just love working with the kids.”

March 8 – 12, 2021 is National School Breakfast Week

New breakfast items! Celebrity Servers! Eat breakfast and SCORE BIG!





Autumn Gibson – Our New Accounting Specialist

Please help us welcome Autumn Gibson to the School Nutrition program. Autumn is our Accounting Specialist; she previously handled accounting and inventory for Sakai American, a Bartow County manufacturer of heavy equipment used in roadwork and site preparation.

Autumn is a Gordon County native and graduate of Gordon Central High School. She and her husband of 21 years, Ryan, have two teenage children. When she’s not busy raising children or working, Autumn likes to read or cook, and her family likes to travel whenever they can.

Autumn is enjoying her work here in Gordon County School Nutrition because she handles procedures that she knows well—accounting—but she gets to learn about a new field and different products. We are happy to have Autumn as part of our team!

Want to know more about School Nutrition? You can find us:

On the web: www.gcbe.org/Page/2996



Gordon County School Nutrition

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