



Master Class for Oak Park

Chef Aaron Mason held a master class for the Oak Park School District Food Service Team. Staff learned new cooking techniques, such as roasting, braising, grilling, sautéing, and other cooking methods. We're looking forward to implementing all these excited techniques this school year.



Dip'n to Flavor Continues

This fall, students can dive into bold new tastes with *Dip'n to Flavor*! A limited-time cafeteria promotion inspired by trending TikTok flavors. Featuring craveable, student-approved dips like Honey Buffalo, Korean BBQ, Chimichurri Ranch, and Sriracha Honey Mustard, it's all about dip'n, snack'n, and lov'n!

DISCOVERY KITCHEN FUN

FIT

Whether it's competing on an athletic team, staying active with friends, or studying for a math test; FIT teaches kids how to fuel their bodies and minds in the cafeteria and beyond. This innovative program brings together culinary demonstrations, nutrition education, and interactive classroom activities along with healthy recipes to help everyone perform at their best and stay ahead of the game.

FIT.

fuel.ignite.thrive.



Chef Tremaine Lewis

Chef Tremaine Lewis (Chef T.J) Has been working with Oak Park Schools for two years. Over the past two years, T.J has brought on new and exciting cooking concepts for our students at Oak Park. Such as Butchery, Knife cuts, Deboning chicken, and cooking demos with the kids. TJ is the perfect fit for our team!!

FUN DAYS THIS MONTH:

Sunday September 7, 2025, is Grandparents Day



This school year we added 8 new menu items to the elementary lunch menus



We will be making fresh to order Pancakes at Key Elementary Friday September 26, 2025



- This year, secondary schools will receive three new meal station options! A Ramen bar, hibachi bar, and a global eats station.



Elementary Students will now have meatless Mondays as a menu option!

We will continue our our daily options such as: Pizzas, burgers, hotdogs, chicken sandwiches, and other rotating menu options.

Teaching Classes for Parents

Starting in October (afterschool), we will be offering cooking demos and classes for parents and students. If you want to learn some new cooking techniques, you are welcome to join us! Classes will be focused on Plant Based Cuisine. If you have any questions, feel free to call.

Austin Jackson
(248) 336-7757

Plant-Based Update

The Plant-Based Meal Project is excited to roll out the program for the 2025-2026 school year to all schools! We look forward to hosting Meatless Mondays, additional taste tests, and live cooking demonstrations to illustrate the power of plant-based eating for the students and the greater school community. If you're interested in plant-based eating, participate in a Meatless Monday or stop by your cafeteria!

Do we have a dinner program?
Yes, dinner is served after school
at participating locations.

Menus are online? Yes.

<https://oakparkschools.nutrislice.com/>



Elementary Breakfast
8:15am – 8:45am

Secondary Breakfast
8:00am – 8:30am

Elementary Lunch
11:00am-1:00pm

Secondary Lunch
10:47am – 1:26pm



Life's Little
CELEBRATIONS

Tamia Edwards

New Staff Members

Welcome Back!!

Celebrating a
Birthday 09/13

Rashard Gray
Tonya Rucker
Jalen Carradine

Shamika Dixon
Aileen Mallory