

Day 1: Culinary Basics

Chef Demonstrations

- Mise en place for kitchen efficiency
- Ergonomics: understanding the physical ramifications of a manual labor kitchen job and how to prevent injury
- Knife Skills
 - How and what and why we use which knife
 - When to use equipment for efficiency
- Spice Blends-non sodium-based blends that add a lot of flavor for greater appeal

Culinary Lab Hands-on Cooking: Knife skills with a variety of product and a variety of applicable cuts

Lecture: Why it matters that we change what we feed our students:

- Changing the food culture
- Nutrition guidelines
- Help students develop healthy eating habits at a young age
- Helps with staff buy to big picture impact of school meals

Day 2: Cooking Vegetables for Greater Appeal

Chef Demo

- Proper vegetable cooking techniques
- Flavor vegetables
- Creating delicious vegetables for maximum student appeal
- Which vegetables to buy precut and which to prep in house
 - Labor cost
 - Purchase price
 - Efficiency
- Culinary Matters: Weights and Measures

Culinary Lab Hands-on Cooking: Vegetable preparation

Lecture: Farm-to-School information and guidance on best practices

Day 3: Great Grains

Chef Demo

- Whole Intact Grains
- How to flavor and cook both hot and cold grain dishes
- Cooking ratios
- Flavor profiles
- Culinary Matters: Reducing the SKU's while expanding versatility

Culinary Lab Hands-on Cooking: Grain preparation variety: Bowls, Cold Salads and Main Dishes

Lecture: What are whole grains? Fiber and health

Day 4: Build a Better Sandwich

Chef Demo

- Components of Sandwich
- How to build a sandwich based on flavor profile
- Variety of whole grain breads available and how to use them
- Spread and Dips
- Quick Pickling
- Reminding to check out local food trends in community
- Culinary Matters: Dried Beans and Peas

Culinary Lab Hands-on Cooking: Sandwich preparation and making a variety of dips

Lecture: Reducing sodium and enhancing flavor

Day 5: Success with Salads and Salad Bars

Chef Demo

- Efficiencies and benefits to processing lettuce in house
- Presentation and Student Friendly
- Themed Salad bars and presentation
- Scratch based Salad Dressings
- Culinary Matters: Presenting Food to Students

Culinary Lab Hands-on Cooking: Salads and Salad Bars- preparation of whole head lettuce, composed salads, garnishes and salad dressings