

Deb Larock



"Deb Larock is one of the most kind-hearted and caring individuals I have ever met. She is someone that makes you smile as soon as she walks in a room even though she doesn't believe it. She is this way with every student that she has come into contact with over her 25 year career."

"We have a connected high school and middle school with 2 elementary buildings and it doesn't matter where you are in our district EVERYONE knows and loves her, and has an amazing story to tell about her. She welcomes all students when they start their middle school journey and cries when they go off to high school. She knows all their names and most of their families."



Jefferson County

Over 25 years of service!

"The kids show her the most respect out of all the staff members I have come in contact with in my career. She gives all her students love, sometimes tough love, a hug and their breakfast and lunch every day."

Those who work with Deb cannot say enough about the impact she has on the program and the students.

"Kids will go through the line just to get a hug or a simple "I love ya babe" or " be good be smart.""





Karen glamping/camping at Ningaloo Reef Australia.

Enjoying amazing snorkeling and swimming with





Karen was a Food Service Director at Monroe #1 BOCES for 24 years!

During this time, Karen was on the NYSNA Board for 13 years. She was also honored with the 2012 School Nutrition **Association outstanding Director of the** year award for NYS.

Karen retired in July of 2024, and plans to enjoy time traveling the world!

Karen has been a Master Instructor for SED since 2001.



BLUE JAY FENLONG





CANTON CENTRAL

SCHOOL DISTRICT



Blue Jay worked
3 years at Edwards-Knox CSD
6 years at Heuvelton CSD
11 years at Canton CSD

Blue Jay retired in 2024 from St. Lawrence-Lewis BOCES

Blue Jay has been a Master Instructor with SED for 13 years!



Tim began working as a dishwasher at age 13, and continued in the food industry.

He began at Nassau Boces in 1993, and is retiring after over 30 years of pride and enjoyment!

Tim worked with Special Education, providing 800 breakfast and 1,200 lunch meals daily to the 1,800 students who make up this division.





SOME OF THE PROUDEST MOMENTS TIM LOOKS BACK ON ARE:

- NEW MENU DEVELOPMENT
- ACHIEVING COMMUNITY ELIGIBILITY PROVISION FOR NASSAU BOCES
- CATERING EVENTS LIKE THE GEORGE FABER AWARDS, WHICH HONORS A SPECIAL STUDENT IN EACH SCHOOL OF NASSAU BOCES
- RECEIVING THE SCOPE AWARD, WHICH RECOGNIZES EMPLOYEES FOR OUTSTANDING SERVICE TO EDUCATION

TIM'S RETIREMENT PLANS ARE TO WORK ON IMPROVING HIS PICKLEBALL GAME, CATCHING LOTS OF FISH, EXPANDING HIS HOME COOKING MENU, AND VISITING NUMEROUS MAJOR LEAGUE BASEBALL PARKS WITH HIS SON.

DEB MAGKEY



HOOSIC VALLEY CSD

QUOTE FROM DEB:

"My hope is that the food service team here finds as much joy and satisfaction as I do in providing quality meals with the best customer service to everyone in our cafeterias. We're excited to see new faces, and we hope both students and staff will give us a try and share their great experiences!" - Deb

Deb has extensive experience as a Food Service Director, and is a SED Master Instructor, assisting schools with training.

The school paper wrote an article about Deb and the changes she has implemented, including:

- More menu options
- Using fresh ingredients
- Offering meals students suggested

QUOTE FROM SCHOOL PAPER:

"For the first time students are happy to walk through the lunch lines, happy to be getting a school lunch. You overhear conversations from waiting students, and what are they talking about: next week's lunch. They are excited for next week's lunch!"

KAREN PAGANO BEACON CITY SCHOOL DISTRICT





KAREN WORKED AT BEACON CITY SCHOOL DISTRICT FOR 12 YEARS AND HAS WORKED IN MANY DIFFERENT AREAS OF FOOD SERVICE

DURING HER TIME AT BEACON CITY SCHOOL
DISTRICT, KAREN WORKED TO GROW FARM TO
SCHOOL PARTNERSHIPS, AND PRIORITIZED
LOCAL FOODS IN SCHOOL MEALS.



KAREN HAS
BEEN A SED
MASTER
INSTRUCTOR
FOR 3 YEARS
AND IS
CURRENTLY
TEACHING THE
LOCAL FOODS
CULINARY
TRAINING

Larry Anthony Red Hook CSD, Rhinebeck CSD, Pine Plains CSD

With his newly found free time, Larry plans to see family in the Carolinas and Smokey Mountains, and visit more food/restaurant destinations.



Larry spent 10 years at Red Hook CSD, Rhinebeck CSD, and Pine Plains CSD.



Larry is also a fan of live music and car shows!



In retirement, Larry will

be working as a Master

Instructor with SED!