

FRESH BITES NEWSLETTER

March 2018

Featured FAQ:

How involved are NutriStudents K-12 recipes? Will they take more staff or more time to prepare?

NutriStudents K-12 recipes are scalable to the size of your student population, with easy step-by-step instructions. Many meals include scratch-cooked items that may take more time to prepare initially than heat-and-serve meals but the reward is better tasting food that more students will eat. Some clients, such as Judy Gertz, head cook at Park Rapids (MN) Public Schools, report food prep is easier with NutriStudents K-12. She says, "With NutriStudents K-12 my whole job is easier. We're spending less time doing food prep and cooking. Production reports are all right there and so easy to do now." Often the time saved by using NutriStudents K-12 for menu creation, purchasing support, reporting and training, can be redirected to preparing meals.

[More FAQs](#)

Featured

National CACFP Week, March 11-17, celebrates program sponsors



Help spread the word,
CACFP

serves over **4,000,000** children
with healthy meals & snacks.
Learn more at cacfp.org
CACFP is an indicator of quality child care.

Every day, 4.2 million children and 130,000 adults in the U.S. receive healthy meals and snacks through the USDA Child and Adult Care Food Program (CACFP). The program helps minimize food insecurity in the U.S., and complements the National School Lunch and Breakfast Programs to help keep kids well-nourished all day every day.

To celebrate the program's success and the hard work of sponsors, including many schools, this week, March 11-17, 2018, has been declared National CACFP Week by the CACFP Sponsors Association. If your school offers after-school snacks or dinners or provides food for preK students, #cacfpweek celebrates you!



In this issue

National CACFP Week celebrates program sponsors [Page 1](#)

NutriStudents K-12 rolls out 10 new menu weeks for CACFP childcares [Page 2](#)

New breakfast promotional video made for sharing [Page 3](#)

New CACFP menus now on NutriStudents K-12



CACFP Resources

Make the most of your participation in the CACFP with these resources:

- [USDA CACFP Website](#)
- [USDA CACFP Infographic](#)
- [Updated CACFP Meal Pattern](#)
- [CACFP Sample Meal Pattern Visual](#)
- [How to Participate in the At-Risk Afterschool Meals Component of CACFP Fact Sheet](#)
- [NutriStudents K-12 CACFP Afterschool Program Menus](#)
- [NutriStudents K-12 CACFP PreK Menus](#)

James Hanold, our director of menu development and training, has been hard at work creating 10 new USDA-compliant menu weeks for Child and Adult Care Food Program (CACFP) childcare centers. These menus, for children ages 3-5, offer the same entree as our standard K-8 menus with modifications in the side dishes and portion sizes. These menus also provide flexibility for you to choose the vegetables and fruits you offer each day. Simply provide a 1/4 c. serving of any vegetable and a 1/4 c. serving of fruit each day. We recommend rotating the fruits and vegetables daily to help keep kids interested in their meals and to expose them to a variety of flavors and nutrients.

It's important to note that these menus are for preK children only. According to the [updated CACFP meal pattern](#) (October 1, 2017), the portion sizes for vegetables are different for children ages 6 and older. To preview these menus, [download our pictorial menu](#). To access the menu in our client portal, [log into NutriStudentsK-12.com](#) today.

If you also serve meals to K-12 kids participating in enrichment programs outside of school, NutriStudents K-12 has you covered there as well. You can find 3 weeks of 7-day menus on the client portal.

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	½ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		½ cup		¼ cup		¼ cup		
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Featured Video: School Breakfast: a convenient, inexpensive, time-saving option



Looking to build interest in your school breakfast program? Use our new breakfast promotion video! You can share it via email, social media or on your website. It's a nice complement to our other shareable content: [this blog post](#) and [the breakfast edition](#) of Cafeteria Connection, a newsletter we provide for you to send to your parents.

If your breakfast program could use some help, we're here for you. We've helped increase students' participation in breakfast at many schools and districts. Breakfast can become a great source of revenue, perhaps even more profitable than lunch. Check out [our tips](#) for running a simple, compliant breakfast program and our Breakfast Menu Builder, accessible from the Breakfast dropdown menu in the client portal.



Available Grant

There's still time to submit an application for an [Action for Healthy Kids](#) school breakfast, Game On or Parents for Healthy Kids grant. Deadline to Apply: Friday, April 6, 2018

Time to bid your food distribution contract?

If your district is due to solicit bids for your food distribution contract, or any contract for that matter, save yourself time and trouble by taking advantage of the competitively bid contracts available through the National Joint Powers Alliance (NJPA). NJPA is a national public service agency providing cooperative purchasing solutions that assist government and education entities as they strive for efficient public service. To learn more visit www.njpacoop.org.