

FRESH BITES NEWSLETTER

January 2020

Featured: Join Us at the National Conference on Education
February 13-15 in San Diego

Superintendents and business managers will have an opportunity to learn about NutriStudents K-12 at AASA's National Conference on Education, the most comprehensive professional development and networking event for superintendents in America. This three-day event, to be held February 13-15, 2020, in San Diego, combines peer-to-peer networking among superintendents and school administrators from across the country, and world-class education from seasoned practitioners and thought-leaders outside the public education field. The NCE Exhibit Hall is an interactive and valuable resource with more than 200 companies, including NutriStudents K-12, committed to addressing districts' most pressing needs.

NutriStudents K-12 is proud to be endorsed by the AASA and to be an official AASA School Solutions Provider.

If your school/district administrators will be attending NCE, encourage them to stop by booth 840 or to email Amanda Craig at amanda@NutriStudentsK-12.com for an appointment.



Learn about NutriStudents K-12 at
NCE BOOTH 840.
Register there to win one year free!

Learn more today
844.204.2847
MenuFreedom.com

NutriStudents K-12[®]
Menu Freedom. Over 100 Certified Weeks.



In this issue

Join us at NCE [Page 1](#)
#NSBW20 is Coming [Page 2](#)
Grant Opportunities [Page 2](#)
Commodities Season is Coming
[Page 3](#)
7-Day Menu is Treasure Trove of
"Hidden" Entrees [Page 4](#)
Make This: Beef Breakfast Skillet
[Page 5](#)



#NSBW20 is March 2-8

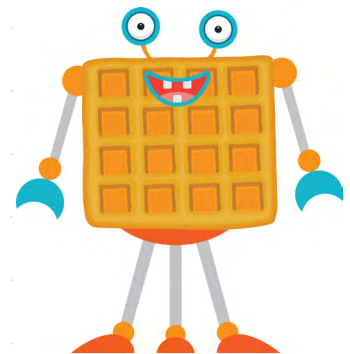
SCHOOL BREAKFAST OUT OF THIS WORLD!



National School Breakfast Week 2020 (#NSBW20) is around the corner! Join schools across the country in promoting the health and academic benefits of school breakfast. The School Nutrition Association offers many resources you can use to raise awareness of your school breakfast program with students, parents and the community. Access social media posts, infographics, artwork and even a proclamation you can send to your local government to have the week officially deemed School Breakfast Week.

Also, #NSBW is a great time to use the breakfast edition of our parents' newsletter, Cafeteria Connection. [Download it today!](#)

Need help with your School Breakfast Program? [This article](#) provides tips for making the most of your breakfast program. You can also reach out to us for ideas and answers to your questions: customerservice@NutriStudentsK-12.com.



Grant Opportunities

Dreaming of new equipment for your school kitchen? Are funds needed to build a new playground or launch a wellness activity? Nonprofit organizations, corporate foundations and industry partners offer grants that could help. We've rounded up a few that are currently accepting applications.

The [School Nutrition Foundation Equipment grants](#) provide an opportunity for eligible applicants to win one of three grants, each worth up to \$60,000 of equipment. Applications must be submitted by a district's foodservice director and the director must be a member of the School Nutrition Association. Click the link for full eligibility and application details.

- [Good Sports equipment donations](#)
- [KaBoom Playground Grants](#)
- [Salad Bars to Schools Salad Bar Grants](#)
- [School Nutrition Foundation Equipment Grants](#) (see above)
- [2020 Gro More Good Grassroots Grant](#) (Deadline: Friday, Feb. 14)

Get In Touch!
NutriStudents K-12
844-204-2847

info@NutriStudentsK-12.com

MenuFreedom.com

[Fresh Bites Blog](#)



[@MenuFreedom](#)



[NutriStudentsK12](#)

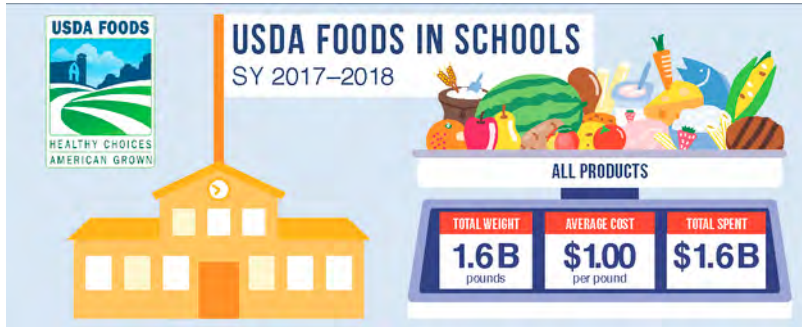


[NutriStudents K-12](#)



[@MenuFreedom](#)

Commodities Season is Coming



The USDA recently released [a series of infographics](#) highlighting the use of USDA Foods and USDA Department of Defense Fresh Fruits and Vegetable Program in schools during 2016-17 and 2017-18.

In 2017-2018, 1.6 billion pounds of commodity foods were used in school meals nationally. At average costs ranging from \$.33/pound for grains and up to \$1.74/pound for dairy, the

overall average cost for commodities was just \$1. What a bargain! Protein accounted for the highest entitlement spending while fruits were the highest by total pounds.

As you prepare to allocate your commodities entitlements for the 2020-21 school year, use our Commodities Forecasting Tool to ensure you order exact amounts of the appropriate commodities you need. You can minimize the chances of wasted or leftover commodities at the end of the school year by using this calculator to guide your allocations. Simply enter your student headcount, the number of weeks in your school year and the number of times you project using each NutriStudents K-12 menu, and the tool automatically computes the precise quantities of various commodities to order. You download the Commodities Forecasting Tool from "[Toolbox](#)" in the client portal.

Not a client? We'd love to demonstrate for you how the commodities calculator works. [Schedule a demo today.](#)



7-Day Menu is Treasure Trove of “Hidden” Entrees



Those of you running 4-day and 5-day programs, we want to let you in on a secret. Did you know you can find new entrees to sub into your menus weeks on our 7-day menus? That’s right. Our 7-day menus offer many entrees found exclusively in our 7-day menu rotation. On Sundays, you’ll find breakfast-for-lunch entrees including:

- Chicken and Cheese Biscuit
- Breakfast Fajita (pictured above)
- Scrambled Egg Wrap
- Breakfast Pizza
- Cheese Omelet
- Turkey Sausage and Gravy

There are also exclusive entrees offered on Saturdays. These include items such as:

- Cuban Sandwich
- Beef Curry
- Grilled Cheese Sandwich and Tomato Soup
- Hot Ham & Cheese Sandwich
- Chicken Tortilla Soup
- Cheese Calzone
- Beef Rib Sandwich
- Been & Cheese Burrito
- Beef Chili

To offer one of the entrees from the 7-day menu, look for one that offers the same components and amounts as the day you’re swapping out to ensure your menu week remains in compliance. You can find the components and equivalencies of each recipe at the bottom of the recipe card in the CookBook. If the entree you want to replace includes 1.5 oz. M/MA, choose a recipe that also offers 1.5 oz. M/MA. Be sure to include all the recipes that comprise your entrees when determining the components and equivalencies that need to be offered. For example, the Beef & Potato Wrap entree includes recipes 1350-Beef & Potato, 1371-Cheddar Cheese and 373-Whole Wheat Tortilla for a total of 2 M/MA and 2 WGE. A suitable substitute from the 7-day menu would be waffles and sausage from week 22, day 1, which also provides 2 M/MA and 2 WGE.

Check out the new menu options available to you today!

Make This: Beef Breakfast Skillet



As we mentioned on page 4, our 7-day menus have many exclusive entrees you won't find on our 4-day or 5-day menus. The Beef Breakfast Skillet is one example of the breakfast-for-lunch recipes you'll find on the 7-day menu.

Servings: 100

Serving Size: 1/2 c. beef and potato filling, 1/8 c. mozzarella cheese, 1 tortilla

[Download recipes, instructions and nutritional detail.](#)

Ingredients

Beef & Potato Filling

Select One:

7 LB Beef Crumble - Advance Pierre 8837

OR

7.25 LB Beef Crumble - USDA 100134

6.25 LB Scrambled Egg - Sunny Fresh 110026384

15-3/4 Cup + 1 Tbsp + 2 Tsp Potato Crispy Cube - McCain MCL03624

3.25 LB Cheese Mozzarella Shredded - USDA 100021

OR Foremost 10000995

1 Tbsp + 2 Tsp Oil Soybean - USDA 100442 OR

Chef's Pride 54107

3-3/4 Cup + 1 Tbsp + 2 Tsp Pepper & Onion Blend

1/8 Cup 1 Tbsp + 2 Tsp Garlic, Granulated

1/8 Cup 1 Tbsp + 2 Tsp Kosher Salt

1 Tbsp Black Pepper, Ground

Mozzarella Cheese

3.25 LB Cheese Mozzarella Shredded - USDA 100021

OR Foremost 10000995

Tortilla

100 Tortilla 9" whole wheat - Catallia 40029

Instructions

Cooking method: 4" deep full hotel pan in standard oven

1. Saute onions & peppers with oil in a saucepan to bring out their flavor.
2. Place thawed beef & eggs into the pan.
3. Add spices & juice and mix well.
4. Spread cheese & potatoes evenly over the top.
5. Wrap pan with plastic wrap & tinfoil.

HACCP: Keep cooled below 41° until ready to cook.

6. Preheat oven to 325° (if using a convection oven, decrease temp by 25° to 50°)

Heat until entrée reaches 165° or above, hold above 135° until end of service.

Service: Serve each student 1 tortilla and 1/2 c. of filling, topped with 1/8 c. shredded mozzarella

Creditable Products

- Advance Pierre #8837 - 2.2 oz, credits as 2 meat/meat alternative
- USDA 100134 - 2.3 oz, credits as 2 meat/meat alternative
- Sunny Fresh 110026384 - 2 oz, credits as 2 meat/meat alternative
- Foremost 10000995 - 1/2 oz, credits as 1/8 meat/meat alternative
- USDA 100021 1/2 oz, credits as 1/8 meat/meat alternative
- Catallia 40029 1 each, credits as 2 whole grain rich equivalents