

# FRESH BITES NEWSLETTER

October 2019

Featured: 30 Weeks of CACFP Child and Adult Care Menus Hit Prime Time



NutriStudents K-12 is pleased to provide #MenuFreedom for childcare (ages 3-5) and adult care programs that serve meals under the USDA's Child and Adult Care Food Program (CACFP). You now have access to a deeper library of

USDA-compliant menu weeks - a full 30 weeks of lunch menus ([download pictorial menu](#)). These menus feature a wide variety of entrées that appeal to all ages. You can [mix and match the weeks](#), choosing the weeks your staff and your consumers like best, using them in any order. We know that providing food in a child or adult care setting often has staff juggling programming as well as food prep and serving. If that sounds like your program, then you'll gravitate to the menu weeks that are easier to prepare than others.

Just like our menu weeks for the National School Lunch Program, the [continued on page 2...](#)

[Schedule a demo](#)

## Editor's Note

### Lots to Love.

There's lots to love about October. This week is National School Lunch Week (#NSLW19) and the month of October is of course Farm-to-School Month (#F2SMonth) and Farm-to-Childcare Month. We also participated in the #GreatAppleCrunch last week. Need more reasons to love this October? We've rolled out our full 30 weeks of CACFP menus and a new issue of Cafeteria Connection, visited with food-service pros at our client sites and are welcoming new clients taking advantage of our fall promotion. Dig into our newsletter for all the details.

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## Featured: CACFP Menus

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CACFP recipes can be instantly scaled to the number of servings you need using our [new CookBook](#) and easily output those recipes by the day or week. And, as always, each menu week comes with the necessary compliance reports: weekly calendar menus and verification reports, and daily food production reports for downloading.

You can access all our CACFP menus within the client portal under the “Lunch” tab. To preview the recipes for a given day, simply click on the photo on your desired menu page. If you have any questions, contact us via the website’s chat feature or via email: [CustomerService@NutriStudentsK-12.com](mailto:CustomerService@NutriStudentsK-12.com).

# Fall Trade Shows

- MISSOURI SNA ANNUAL CONFERENCE**

October 18-20  
Chateau on the Lake, Branson, Mo.
- MICHIGAN SNA ANNUAL CONFERENCE**

October 24-27 (Exhibits October 26 only)  
Grand Traverse Resort & Spa, Acme, Mich.
- UPPER LAKES FOODS FALL FOOD SHOW**

October 29  
Duluth Entertainment Convention Center,  
Duluth, Minn.
- WISCONSIN SNA FALL CONFERENCE**

November 5-6  
Madison Marriott West, Middleton, Wis.

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Stop by our booth to learn about our fall promotion\* offering over 50% off our set-up fee and to enter to win a one-year subscription for free!

\*Fall promotion ends 10/31.

NutriStudents K-12  
Menu Freedom. Over 100 Certified Weeks.

## This Just In: New Issue of Cafeteria Connection

Sometimes the hardest part of getting kids to try school meals is convincing their parents of the quality, nutritional content and convenience of your offerings. That's why we developed Cafeteria Connection. The newsletter is written for a parent audience and speaks to the merits of school meal programs while also providing some nutritional tips and tricks parents can try at home.

### New Issue: Broadening Appeal of School Lunch Entices Students

We recently added a new issue to the newsletter series. The latest edition, "Broadening Appeal of School Lunch Entices Students," highlights how school lunch programs have expanded to attract and hold students' interest throughout the year. The issue delves into the way NutriStudents K-12 builds its menus to appeal to students and beat menu fatigue throughout the year, including:

- Offering an extensive rotation of menus. We have a full 30 weeks of USDA-compliant menu weeks from which our client districts can choose. Choose 6, 15, 30 or however many weeks you want - it's up to you. You also have the freedom to choose the order in which you use them.
- Adding culturally relevant and culturally diverse entrées. Think street tacos and walking tacos, and meatless or embellished burgers, such as our Cowboy Cheddar Burger or the Mozzarella Ranch Burger. For ethnic diversity, our menus include General Tso's Chicken, Mongolian Meatballs, Beef Pad Thai, BBQ Chicken Carnitas Sandwich and Beef Pho, to name a few.
- Taste testing with students and staff prior to adding items to our menus.

The issue also mentions that districts often have multiple options from which students can choose every day. Many districts offer two hot entrées, a cold deli option, a la carte service and a fruit and vegetable (salad) bar to appeal to most every student.

### A Growing Library

In addition to the new issue, our growing library of Cafeteria Connection includes the following:

- Goodness abounds in the cafeteria
- School cooking vs. restaurant cooking - not so different
- Meal time is a time for learning
- Bag lunch vs. school lunch - which is better?
- Farm to school movement brings fresher foods to schools
- Teaching kids to choose 'smart snacks'
- Salad bars - a bountiful buffet
- School breakfast - a time-saving, nutritious choice
- Ending the food fights; creating meals kids love

Each issue of Cafeteria Connection has a form field where you can add either your logo or text information to tailor it to your school/district.

You can access and download the full library in the client portal under Tools & Resources, Promotional Tools.

**Take advantage of our free offer! Download five issues now!**

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

[info@NutriStudentsK-12.com](mailto:info@NutriStudentsK-12.com)

[MenuFreedom.com](http://MenuFreedom.com)

[Fresh Bites Blog](#)



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Not a Client? Don't Miss Out on our Fall Promotion!

**More than 50% off set-up fee thru 10/31.**

Details: [MenuFreedom.com/Fall-Promo](http://MenuFreedom.com/Fall-Promo)



Creating delicious entrées and menus your students love takes a lot of time, energy and knowledge. You've worked hard to build your menus and may get discouraged when students complain, waste food or stop eating school meals.

NutriStudents K-12 can help you with 30 weeks of student-approved menus and "behind-the-lines" tools, resources and support to save you time, money and food. You can use our chef-created, USDA-compliant menus to supplement your own, or exclusively, if you choose.

Our menus include:

- NSLP, SFSP, CACFP and Allergy-Free
- 4-day, 5-day and 7-day weeks
- Step-by-step, scalable recipes
- Specifications for meal components and ingredients
- Downloadable food production reports, verification reports and full nutritional analysis
- A simplified market basket to streamline purchasing

In honor of National School Lunch Week (THIS WEEK!) and Farm-to-School Month, we are currently running a fall promotion that can save you **more than 50% off our one time set-up fee!** We still have room to add several more districts to this year's program under this discounted price.

Save \$1,000 before October 31 and you can become one of our future success stories! Contact Amanda Craig today at [Amanda@NutriStudentsK-12.com](mailto:Amanda@NutriStudentsK-12.com) or 651.333.4295, or [schedule a demo now.](#)

[Schedule a demo](#)

## Testimonial

*"I really love NutriStudents K-12! It's very easy to learn and I love all of the menu options! There are so many! And the recipes are easy to follow. It saves a lot of time having all this at your fingertips."*

Jamie Kirsch, Alden-Conger (MN)  
Public Schools

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## Photo Gallery: Fall School Visits

Shelly Miller, our director of client relations, has been busy visiting districts and helping our foodservice friends get the 2019-2020 school year off to a great start. As the former school foodservice director at [Staples-Motley Public Schools](#), Shelly is an invaluable resource to you when you have questions about running a successful program or anything related to the NutriStudents K-12 system. Before joining NutriStudents K-12, Shelly was one of our biggest fans and most avid users. Now, clients like these pictured, benefit from her depth of knowledge.



Sierra Grande (CO) Public School



Madelia (MN) Public School



Waterville-Elysian-Morristown  
(MN) Public School



Sebeka (MN) Public School



Alden-Conger (MN) Public Schools



Martin County West School District  
(Dunnell, MN)

# Make This! Sloppy Joe Mac



Our Sloppy Joe Mac, featured on menu week 20, takes a fresh twist on a student favorite by swapping out the bun with macaroni. Clever, huh?

Servings: 100

Serving size: 1 #10 scoop of sloppy joe sauce, 1/2 c macaroni noodles

1 serving provides 1.5 oz equivalent meat/meat alternate, 1 oz equivalent grains

## Ingredients - Sloppy Joe

Beef Crumble – Choose one:

11.75 LB USDA – 100134

11.25 LB Advance Pierre – 8837

1/8 c + 1 T Soybean Oil

2-1/4 c + 1 t Yellow Onion, Diced

4-3/4 c + 1 T Ketchup

1/8 c + 1 T Yellow Mustard

1/2 c + 1 T + 1 t Brown Sugar

1-3/4 c + 2 t Distilled White Vinegar

4-3/4 c + 1 T Tomato Paste

9-1/4 c Water

1 T + 1 t Granulated Garlic

2 Tsp Ground Black Pepper

## Ingredients - Mac

6.25 lbs. Noodle Macaroni Elbow Whole Wheat  
(USDA - 100919 / Zerga - 8001-000)

## Creditable Products

- Product#: Advance Pierre #8837 - 1.65 oz, credits as 1.5 M/MA
- Product#: USDA 100134 - 1.725 oz, credits as 1.5 M/MA
- Product# USDA 100919 - 1 Oz, Credits As 1 WGR Equivalents
- Product# Zerga 8001-000 - 1 Oz, Credits As 1 WGR Equivalents

## Instructions - Sloppy Joe

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

1. Open cans.
2. Sauté onions with oil in a saucepan.
3. Place thawed beef into the pan.
4. Add spices, vinegar, paste, mustard, ketchup & sugar and mix well.
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°).
7. Heat until entrée reaches 165° or above, hold above 135° until end of service.

## Instructions - Mac

Cooking Method: Stove Top

1. Bring water to a rolling boil.
2. Fully submerge noodles in water.
3. Heat until the noodles are al dente.
4. Drain water & place into pan.
5. Wrap pan with plastic wrap.

**Service:** Serve each student 1/2 c. macaroni and #10 scoop of sloppy joe

[Download recipe and nutritional detail.](#)