

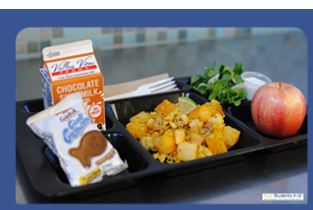
FRESH BITES NEWSLETTER

March 2019

Featured: Menu fatigue? Beat it!



Teriyaki Chicken Bowl
Brown Rice
Spinach Salad with Pinto Beans & Dressing
Fresh Carrots & Assorted Fruit



Meat and Potato Pilaf
Salad Greens with Dressing
Fruit
Assorted Cookies



Albondigas Mexicanas
Mashed Potatoes
Dinner Roll
Salad w/Garbanzo Beans & Dressing
Assorted Fruit

Is menu fatigue affecting your foodservice program's participation rates? Depending on when school started and the length of your menu rotation, you may be repeating entrees for the second or third time. Have students noticed?

Freshen up your menu rotation and overcome menu fatigue with NutriStudents K-12. We offer 15 complete menu weeks for K-5, K-8, 6-8 and 9-12, with and without salad bar -- all certified by our Registered Dietitian as being fully USDA compliant. We also offer a variation on those 15 weeks with pizza on Fridays. Spice up your rotation by adding in a week or two or three of NutriStudents K-12 menus, or use the full 15-week rotation! You can pick and choose the menu weeks your students like best, using them in any order you choose. You do not have to use every menu week, nor do you have to use them in consecutive order. And, you can use them to supplement your existing menu weeks.

Freshen up your menu rotation with our chef-created, student-approved meals. Take advantage of our FREE DOWNLOAD at the right to access three of our most popular menu days.

In this issue

Beat menu fatigue. FREE Download
[Page 1](#)

What about bag lunches? [Page 2](#)

'Commodities First' menus equal savings [Page 3](#)

Make This: Cowboy Salad, Grant Opportunity [Page 4](#)

Free Download

Access three of our most popular menu days (pictured above left) for FREE. We've included scalable recipes, FPRs and certification reports, as well as photos for your digital display and single-day menu posters. **Act fast: Offer good through March 31, 2019**

DOWNLOAD NOW



Common Question: What about bag lunches?



We have had some clients asking about the USDA nutritional guidelines relative to bag lunches - those occasional meals provided to students when they're still in the care of your school/district but aren't able to eat in the cafeteria.

General Manager Laurie Yohn, SNS explains, "Bag meals must meet the daily meal pattern but do NOT need to meet the required vegetable subgroups since bag lunches are only used on an occasional basis." The exception to this provision is when students leave daily for programs such as work study. Then the meals provided to those students would also need to meet the vegetable subgroups.

A compliant bag lunch doesn't need to be elaborate: a simple turkey deli or peanut butter and jelly sandwich, fresh carrots, vegetable juice, fresh apple and animal crackers can suffice. Don't forget the milk. If your program is offer vs. serve, determine how many milks must be taken on the event to ensure there's not a shortage. You must not run out.

If you'd like more guidance on field trip meals, check out our [Field Trip \(Bag\) Lunch toolkit](#). NutriStudents K-12 clients, you can [access the toolkit, recipes and reports](#) within the "Lunch" drop-down menu within the client portal.



Welcome to National CACFP Week, a prime opportunity to let your school community and the public in general know how they benefit from your school's/district's investment into preK students by participating in the USDA's Child and Adult Care Food Program. Tap into [many helpful, easy-to-use resources](#) to join the conversation. It's not too late!

Breakfast Menu Builder Users' Guide and Tutorial video posted

If you're new to using our handy Breakfast Menu Builder, you'll appreciate our new users' guide and tutorial video, now available on the client portal. If you'd like a personal tutorial, [click here to schedule an appointment](#) when it's convenient for you.

'Commodities First' menus equal savings



The USDA gives schools a gift every year in the form of commodity foods, officially known as USDA Foods. They provide nutritious foods to federal child nutrition programs while supporting American agriculture production. Using your commodities' entitlements to the fullest extent is just one of the ways NutriStudents K-12 helps ensure the integrity of your foodservice budget.

Our executive chef creates our school lunch menus with a "commodities first" mindset. Starting with available USDA Foods, she masterfully develops flavorful recipes that students will love. USDA offers more than 75 dry, canned, and frozen USDA Foods such as meat, cheese, produce, flour and pasta. Using commodities first, NutriStudents K-12 menus can help you reduce your overall food costs.

To help you allocate your USDA Foods entitlements for 2019-2020 accurately, access our Commodities Forecasting Tool. Simply enter the number of times you plan to use specific NutriStudents K-12 menu weeks in your rotation next year, and the tool will instantly give you the quantity of each commodity food to order on your survey. If you'd like a walk-through on how to use our Commodities Forecasting Tool, contact customerservice@NutriStudentsK-12.com.

Clients who are not able to identify the specific NutriStudents K-12 menus weeks to offer in 2019-2020 yet can use [these general recommendations](#) for help with your USDA Foods' survey.

Establishing a Winning School Foodservice Program

Attending [Cash-Wa Distributing's 2019 Annual Spring Trade Show](#) (March 26-27 in Kearney, Neb.)? Be sure to catch our professional development presentation, "Establishing a Winning School Foodservice Program through Preparation, Promotion and Procurement."

Precisely predict needed USDA Foods

It's the time of year when districts order USDA Foods for the 2019-2020 school year. If you're sitting with a freezer full of commodity foods yet to use, you may be wondering how to bring more accuracy to your USDA Foods' allocations for next year. The answer? NutriStudents K-12 Commodities Forecasting Tool! It has been updated in the client portal and is ready to use. This intuitive tool will tell you the precise amounts to order of all USDA Foods on your chosen menu weeks.

[Click here to schedule a demo of this time and money-saving tool today.](#)

Make This! NutriStudents K-12 Cowboy Salad

NutriStudents K-12 Cowboy Salad is a satisfying recipe that makes use of several USDA Foods/ commodity foods. It's also easy to make and a versatile side dish that complements many school lunch entrees.

Number of Portions: 45 (3/4 c. serving size)

Vegetable Component: 0.75 cup (3/8 cup legume subtype; 1/4 cup starchy and 1/8 cup of other)

2 qts. + 3-1/4 c.	Corn, Canned
1 qt. + 1-5/8 c.	Black Bean, Canned
1 qt. + 1-5/8 c.	Kidney Beans, Canned
1 qt. + 1-5/8 c.	Pinto Beans, Low Sodium
3-1/2 c.	Celery, Diced
2-1/8 c.	Red Onion, Diced
1-1/4 c.	Cider Vinegar
1-3/4 c.	White Sugar
3/4 c.	Soybean Oil, Low Sat Fat
1 tsp.	Black Pepper



Directions

1. Add the vinegar, oil, salt and pepper to a large pot, mix well. Bring the mix to a boil, then whisk in the sugar slowly. Once the sugar dissolves, remove the pot from the heat and cool the cowboy salad sauce as shown below.
2. Open, rinse and drain the canned corn, kidney beans, black beans and pinto beans.
3. Add the canned corn, beans, diced celery, red onions and cooled cowboy sauce to a 4 inch deep, full hotel pan and mix well.

Keep cooled below 41 degrees until ready to serve

CCP: Cool to 41° F or lower within 4 hours.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

[Download the printable version](#) of the recipe for HACCP procedures and full nutritional detail.

Apply Today! Action for Healthy Kids offering grants up to \$3,000

Do you have ideas for amping up your breakfast program or expanding physical fitness initiatives in 2019-2020? Apply for an **Action for Healthy Kids school grant!** School breakfast grants are valued up to \$3,000 and the Game On grants up to \$1,000. Participate in informational webinars next week to learn more.

Deadline to apply: Friday, April 5, 2019

Get In Touch!

NutriStudents K-12

844-204-2847

info@NutriStudentsK-12.com

NutriStudentsK-12.com

[Fresh Bites Blog](#)



@MenuFreedom



NutriStudentsK12



NutriStudents K-12