

FRESH BITES NEWSLETTER

May 2019

Featured: Sneak Peek! New Menu Weeks!



We have a lot of system enhancements in the works that will be available for use in the fall. Among those, we'll be launching **10 new menu weeks** -- including 5 weeks comprised solely of student favorites from our current menus. If you've been using NutriStudents K-12 for some time, these new menu weeks will give your returning students a fresh rotation of chef-created meals to hold their interest.

More than 115 different entrees!

Some of the new delicious menu items you can look forward to include turkey pancake on a stick, creamy chicken saubzy, chicken penne alfredo and the scrumptious meals pictured on page 3. You will want to tap into these menus...trust us, your students will love them!

Like our current menu weeks? Don't worry, they'll still be available in their entirety on our client portal. That said, we think you'll love the 5 new weeks of menus we've compiled from our most popular meals. The same recipes you love, reordered alongside other student favorites.

As always, all our menu weeks are 100% compliant with USDA guidelines and certified by our Registered Dietitian as such.

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Editor's Note

Sneak Peeks

We are so excited for fall 2019!

We love summer but we have so many system enhancements coming this fall that we can't wait for you to use! You can look forward to even simpler navigation in our client portal, redesigned menu pages, fresh new menu weeks, and an automated CookBook that will instantaneously scale recipes for your chosen menu weeks based on your student count. We're giving you a sneak peek into what's ahead from NutriStudents K-12 in this month's newsletter.

Redesigned Portal Launching This Summer

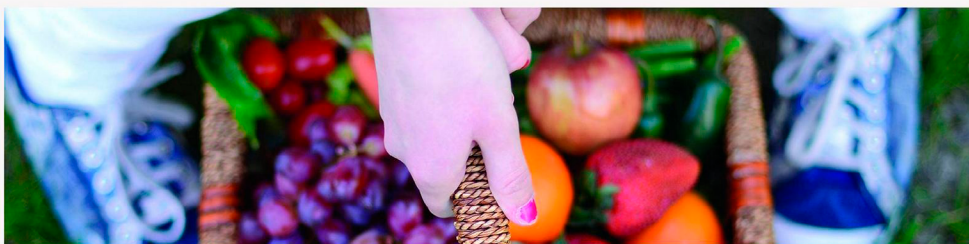
The NutriStudents K-12 client portal offers easy, 24-hour access to menus, productivity tools and resources for training and marketing. This summer, it will get even better. What can you expect?

Streamlined Navigation

The new portal will be even easier to browse through the portal and locate relevant menus and tools. You will be able to access menus for 4-day, 5-day and 7-day programs and every age group from a single landing page. All the automated tools and calculators you need to simplify food and commodity orders, including our new digitally editable FPR, the USDA Commodity Calculator, the promotional calendar creator and more will all be housed in a "Toolbox." DataBites will be accessible from the navigation bar (see below).

NSLP (K-12)

The NutriStudents K-12 NSLP (National School Lunch Program) menus provide fully compliant and reimbursable meals. These meals meet all of the current USDA regulations and standards including nutrition and meal pattern requirements. You will also find all the necessary forms and reports you need to confidently pass your administrative review.



4 DAY

PLANNED VEGETABLES & FRUITS

- K-5
- 6-8
- K-8
- 9-12

5 DAY

PLANNED VEGETABLES & FRUITS

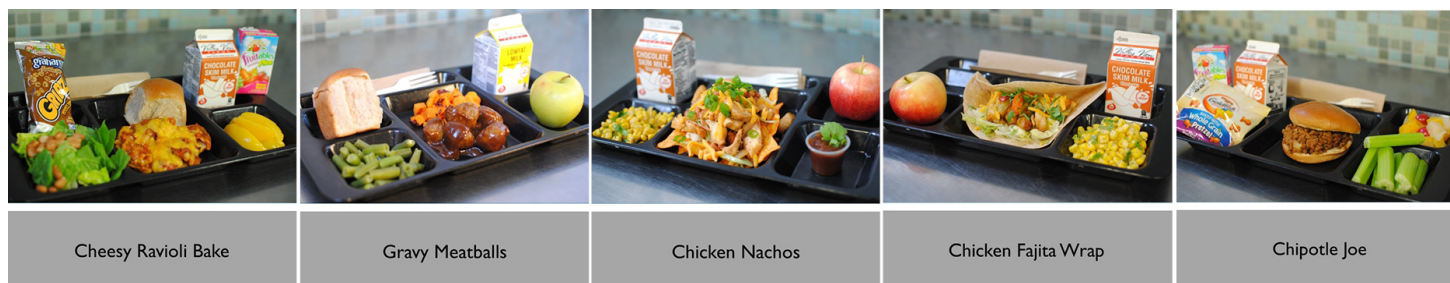
- K-5
- 6-8
- K-8
- 9-12

7 DAY

PLANNED VEGETABLES & FRUITS

- K-5
- 6-8
- K-8
- 9-12

Simplified Menu Page



*Week pictured is for example only, not an actual menu week.

The new menu pages will still include photos of each menu day and the entree name, with the ability to download all the accompanying reports, recipes and daily menu posters. We've also slimmed down the format of our click-and-print Food Production Reports to a single page per day per age group.

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Redesigned Portal Launching This Summer

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DataBites

When we launch the redesigned portal, everyone will have access to DataBites, which has been in beta testing since last fall. It will become your one-stop-shop for choosing a menu cycle, forecasting meal counts, printing calendar menus, tracking inventory and compiling your shopping list for weekly orders.

All clients will automatically be upgraded to the new portal when it goes live. If you'd like a preview, schedule a demo today.

[Schedule a Demo](#)

Generate Order

Click "Generate Order"

Click "Send to"

Send To:

NutriStudents K-12®

Menu Freedom. Over 100 Certified Weeks.

FAMILY-OWNED AND OPERATED

UPPER LAKES FOODS

EST. 1967

Staples/Motley Schools

Sent To: amy@renownmarketing.com

202 Pleasant Ave.

Date/Time: 5/5/2018 - 8:59 PM

Staples, MN 56479

Order for the Week of 5/14/18

55 Products		1197 Pieces			
Distributor #	Manufacturer #	Product Name	Total Cases Needed	Current Inventory	Amount to Order
902935	833254	SAUCE TACO EL PASADO	3	0	3
902941	5151	BUN HOTDOG PAN OF GOLD 1.5G	19	0	19
902959	803299	POTATO CRISPY CUBE LAMB WESTON	5	0	5
902970	295503	PANISLEY DRIED	1	0	1
902991	78365	PEAR FRESH	64	5	59
903068	1204	MARGARINE PC CLIP	3	0	3
904319	129536	ORANGE FRESH	36	0	36
903178	610050	JUICE VEG 4OZ FROOT	14	0	14
903179	610048	JUICE VEG 4OZ FROOT	14	0	14
903188	6140	TURKEY SAUSAGE LINK JENNIE O	7	1	6
903203	0	CORN FROZEN COMMODITY USDA	1	0	1
903205	610002	JUICE CARAMEL APPLE CITRUS SUN	29	0	29

Sneak Peak! New Menu Weeks Coming Soon!



Chicken Fried Rice



Chicken BBQ Carnita



Baja Fish Tacos

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Sausage, Egg & Cheese Biscuit



Small Noodle Beef Pho

Get In Touch!
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NutriStudentsK-12.com
[Fresh Bites Blog](#)



@MenuFreedom



NutriStudentsK12



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Trade Shows



NutriStudents K-12 President and Co-Founder Eldon Brustuen, and our Registered Dietitian and School Relations Advisor Jeanne Hopkins, RD recently attended the 2019 Spring Food Show hosted by Upper Lakes Foods. Eldon chatted with Upper Lakes Foods' COO Jim Bradshaw. Jeanne caught up with Anita Maki, head cook for the Superior, Wis., school district. Jeanne was previously Foodservice Director in Superior and worked with Anita.

Check us out at these shows & expos:

Colorado SNA
June 10-12 in Loveland, CO
Wisconsin SNA
June 23-25 in Green Bay, WI
Nebraska SNA
June 24-26 in Kearney, NE
SNA Annual National Conference
July 14-16 in St. Louis, MO
Cash-Wa Healthcare & Food Show
July 17 in Sioux City, IA
South Dakota SNA
July 23-25 in Pierre, SD
Minnesota SNA
August 4-7 in St. Cloud, MN
Missouri SNA
October 18-20 in Branson, MO

Observe National Dairy Month



Help raise awareness of dairy and its role in a healthy diet by observing National Dairy Month in June. It's the perfect time to have classes take a field trip to a local dairy farm, or invite a farmer to schools to talk with students. The Midwest Dairy Council offers a [toolkit of resources](#) you can use for social media posts, trivia contests and posters for your cafeteria. (The materials aren't written specifically for schools, so choose what's relevant for you or adapt as needed.)

Outside of National Dairy Month, the Dairy Council also provides free [educator resources](#) and [Farm-to-School resources](#) as well as materials relevant for parents and consumers to use throughout the year. For recipes, health and nutritional worksheets, infographics and more, visit www.MidwestDairy.com. One of the programs the Dairy Council provides for educators is Discover Dairy, an interactive, cross-curricular, multi-leveled educational series of lessons that meets Common CORE Standards for math, science and reading.

The National Dairy Council also supports kids' active lifestyles through its partnership with the National Football League on [Fuel Up to Play 60](#). The school wellness program has been implemented in 73,000 schools across the country! It encourages youth to choose nutrient-rich foods, including milk, cheese and yogurt and to play for at least 60 minutes each day. If your school/s do not yet participate, you may want to look into the program and have someone from your wellness committee become a program advisor. Becoming a participating school allows you to access additional resources for wellness and physical fitness activities as well as grants to fund the Fuel Up to Play 60 "plays" you choose to implement.

Tap into CEP to Feed All Kids for Free



Your school may be eligible to feed all students for free under the Community Eligibility Provision (CEP). This USDA program introduced on a rolling basis in 2012 allows districts and schools in low-income areas to provide free school lunch and breakfast to all students without the burden of collecting household applications to determine eligibility for school meal programs. For students, it means they all get to eat, every day, without regard for whether there's money in their account. Foodservice professionals simply have to confirm students are taking the required components for a reimbursable meal and track the number participating. Your POS line will move much faster and no more worrying about overdue student meal accounts.

So who qualifies for the program? According to the CEP Fact Sheet, "Schools and (local educational agencies) with a minimum Identified Student Percentage (≥ 40 percent) in the prior school year." Identified students are those certified for free meals without the use of household applications, such as those certified through SNAP. CEP is available to all, some or a single school in a local educational agency. This page will connect you to information on CEP in your state and eligible schools/districts. If you're eligible, be sure to apply prior to the deadline and take advantage of this time-saving program next year.

Congratulations!

Congratulations to Diann Fuess, foodservice director for Agate School District #300, in Agate, CO! She is the lucky winner of our first quarter giveaway for one-year free of NutriStudents K-12. We look forward to helping Diann streamline her operations, comply with federal guidelines and thrill her students.

The Agate School District is a CEP-participating district with 45 total students in K-12. In 2011, Agate was billed as the smallest district in Colorado with 26 students.

Grant Opportunities

[Good Sports Phy Ed Equipment Donations](#)

[KaBoom! Playground Grants](#)

[Salad Bars to Schools Grants](#)

[Saucony Run for Good Physical Activity Grants](#)

Make This! NutriStudents K-12 Italian Chicken Pasta



Our Italian Chicken Pasta combines multiple USDA Foods and rich red sauce topped with mozzarella cheese. Our recipe specifies whole grain pasta. If your students aren't accustomed to it, feel free to substitute your preferred pasta.

Number of Portions: 20 Size of Portion: 1.5 c.

Components: 2 oz. meat/meat alternative, 2 oz. grains, .25 cup vegetable

Ingredients:

904149 Chicken Fajita Strip USDA 100117	8 lbs + 8 ozs
904164 Pasta Spaghetti Whole Wheat USDA 100427	2 1/2 LB (UNCOOKED)
903546 Sauce Tomato Low Sodium USDA 100334	1 qt + 1 cup
903684 Oil Soybean Low Sat Fat 1Gal USDA 100442	1 cup
903720 SPICE - Pepper Black Ground	1 Tbsp
903719 SPICE - Garlic Granulated	2 Tbsp
904316 SPICE - Salt Kosher	1 Tbsp + 2 tsp

Instructions:

1. Bring 2 gallons of water to a rolling boil in a large pot. Boil the pasta for 6 mins or until the noodles are al dente. Drain the noodles and run them under cold water to cool quickly.
2. Place a pan liner into a 4 inch deep full hotel pan. Add the noodles, sauce oil and seasonings and mix well. Wrap the pan with plastic wrap and tin foil. *keep cooled below 41 degrees until ready to cook
CCP: Hold for cold service at 41° F or lower.
CCP: Refrigerate until served.
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.
3. Set the oven to 300°, cook for 45 mins and temp. heat until the internal temp of the chicken reaches 165 degrees.
4. Serve each student 1.5 cup of Italian chicken pasta. Top with 1/8 cup of Shredded Mozzarella Cheese USDA 100021.
CCP: Heat to 165° F or higher for at least 15 seconds
CCP: Hold at 135° F or higher.

Please use the HACCP process #2 same day service, or #3 complex food production if not serving the same day

[Download PDF version of the recipe.](#)