

DIRECTIONS NEWSLETTER

SEPTEMBER 2016

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Determining the Volume of Juice Offered

This is the USDA Guidance on Volume of Juice Offerings:

DATE: August 3, 2015 MEMO CODE: SP 10-2012 (v.9) SUBJECT: Questions & Answers on the Final Rule, “Nutrition Standards in the National School Lunch and School Breakfast Programs”

Q41. How is the juice limit assessed if multiple fruits/vegetables and juices are offered each day? For the purposes of assessing the juice limit, an “offering” of fruits or vegetables is defined as the amount a child is able to select at a given meal, regardless of the number of options/variety of fruits or vegetables. The total amount of juice available at all meals over the course of the week (separately for lunch and breakfast) is then divided by this total fruit offering to determine the weekly juice offering. No more than half of the total fruit offering may be in the form of juice. For example, a school may offer ½ cup peaches, ½ cup applesauce, ½ cup oranges, and ½ cup grape juice every day and instructs the students to select a total of 1 cup of fruit (2 out of 4 choices). In this case, the daily fruit offering is 1 cup, and the weekly fruit offering is 5 cups. A ½ cup of juice is offered every day, the weekly juice offering is 2.5 cups. Since 2.5 divided by 5 is 50%, this school is within the weekly juice limit.

This means if a student is only allowed to select one juice at breakfast, you will still be okay offering 3 choices of juice and one fruit. The fruit requirement is to offer 1 cup of fruit at breakfast. The 1 cup can

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be divided into 2 ½ cup servings. If one ½ cup is juice, the other choice needs to be solid fruit. The student can take both fruit and juice, just not 2 juices.

Possible sign for the serving line: “We offer 1 cup of fruit at breakfast. You may take 1 or 2 of the ½ cup servings, only 1 can be juice.”

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Farm to School Month, Great Apple Crunch - Where do I start?!

Join the Midwest states of Iowa, Kansas, Missouri, Nebraska, North Dakota, Oklahoma and South Dakota in celebrating National Farm to School Month by crunching into locally and regionally grown apples at NOON on Thursday, Oct. 13, 2016. Participants of all ages are invited to join others around the Midwest in eating apples at exactly noon on Thursday, Oct. 13, from the comfort of your own schools.

The Midwest Great Apple Crunch encourages healthy eating and supports farm to school and other local food purchasing initiatives throughout the region. It’s also a fun way to connect food and agriculture to all kinds of classroom curricula – from science to art. Of course, if you are unable to participate on Oct. 13, or exactly at noon, we encourage you to plan an Apple Crunch event anytime during October for National Farm to School Month.

When you sign up, you can download the Apple Crunch Guide where you’ll find resources and links to help you put together a successful Farm to School Month Activity. Farm to School is not about getting overly complicated, we encourage you to enhance or highlight what you might already be doing or start with an activity that is easy to implement. Either way, you’ll easily be able to build from there

Please consider joining the Midwest States for the Great Apple Crunch on October 13, 2016.

[Register](#) your school.

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Fuel Up to Play 60 – Grant Applications Due by November 2, 2016

The Midwest Dairy Council Has Fuel Up to Play 60 Grants available for up to \$4,000 per year to qualified K-12 schools. Grant applications are due by November 2, 2016. For more information, please go to:

[Fuel of to play 60](#)

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Local Wellness Policy Final Rule

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017. A summary of the Final Rule provisions is available at this link: [Final Rule](#)

[Provisions](#)

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School Nutrition Programs - Important Dates to Remember for School Year 2016-2017

Beginning of School Year - - - All families must receive the [Letter to Households](#) and [Application for Free and Reduced-Price Meals](#). (Students from households with approved applications or Direct Cert list on STARS on file from the previous year must be allowed a 30-day carry-over of the previous eligibility determination. Once a current year application is received, it takes precedence over the previous year's application.)

Note: Application Processing Timeframe: Free and Reduced-Price Meal Applications must be reviewed and an eligibility determination made within 10 working days of receipt of the application. The completed signed application must be dated when it is received. The determining official must date, sign, and document eligibility on the back side of the application.

10th of Each Month - - - The claim for reimbursement for each site is due for submission over the NDFoods system for prompt payment. (You do have 60 calendar days to complete/submit your claim.) The [Claims Review Process/Edit Check](#) must be completed each month before submission of Claim Reimbursement and retained in school files.

Reminder - - - The [Racial/Ethnic Data Form](#) must be completed sometime during the school year and retained in the school's file.

September 2016 TBD---ND Farm to School Week

September 29, 2016 ---Pride of Dakota School Lunch Day

October 1 - - - This is the date that determines the number of applications to be verified. Record the number of approved applications on the district Verification Collection Report listed below due on December 15.

October 10-14, 2016 - - - **National School Lunch Week** This year's theme:" Show Your Spirit". Check the School Nutrition Association website for more details: [Schoolnutrition.org](#)

November 15 - - - Verification of 3% of Free and Reduced-Price Applications must be completed.

December 15 - - - Verification Summary Report due. Complete the fillable form on NDFOODS.

February 1, 2017 - - - Local agencies with more than one food service site must perform at least one [on-site review](#) of each site with food service under its jurisdiction. The on-site review must take place prior to February 1.

March 6-10, 2017 - - - **School Breakfast Week** This year's theme: "Take The School Breakfast Challenge"

Check the School Nutrition Association website for more details: [Schoolnutrition.org](#)

May 1-5, 2017 - - - School Nutrition Employee Week

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Midwest Dairy Council Fuel Up to Play 60 Equipment Grant Winners Announced

- Carrington Elementary and Carrington Jr/Sr High both were awarded \$1,700 for the purchase of commercial blenders to start serving smoothies for breakfast
- Davies High School in Fargo was awarded \$1,600 for a blender to serve smoothies as a reimbursable and ala Cart item at Breakfast
- Williston High School received \$5,000 for the purchase of a Franke Coffee machine for lattes in the new café area of the High School

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National School Lunch Week October 10-14, 2016

“We’ve got spirit, yes we do! We’ve got spirit, how about you?”

This year’s National School Lunch Week, “Show Your Spirit,” is about getting excited about the benefits of students consuming wholesome, healthy school lunches—fresh fruits and veggies, whole grains, milk, and smiling students.

So show your spirit!

Spread the word throughout your school and community about National School Lunch Week

Promote this week by using the NSLW toolkit found on the [School Nutrition Association](#) website

Involve students in coming up with ideas to help you celebrate the week. (menu planning, decorations)

Recognize the importance of a healthy school lunch!

Invoke parents, community members and local celebrities to have lunch!

Tell SNA and especially NDDPI about your celebrations!

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Pre-school Students Can Participate in NSLP Programs

Pre-school students enrolled in your school are eligible to participate in the school breakfast and school lunch programs. These students are also eligible for the free and reduced-price lunch program. All students must be allowed to participate if they are in the school during meal times.

If your school offers the After School snack program or Fresh Fruit and Vegetable Program, the pre-school students can also participate. If you are thinking of applying for the FFVP, be sure to include the pre-school students in your enrollment.

If you are running a pre-school program with a morning snack or milk break, please consider offering breakfast in the classroom instead of the snack/milk. This is a great convenience for the parents instead of thinking about what to send for a snack every day. We also find that when schools with poor breakfast participation start offering breakfast in the classroom, they see nearly 100% participation.

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Pride of Dakota School Lunch Day: September 29, 2016

Please celebrate Agriculture in the Classroom/ Pride of Dakota (POD) School Lunch Day by serving North Dakota grown food such as beef, corn, wheat, honey, cheese, sunflower seeds and pinto beans. The date is set for Thursday September 29, 2016. POD is a project of the North Dakota Agriculture Department.

[ND Local Foods Directory](#)

Every lead school food service worker and principal will receive information from the ND Agriculture Department. If you have questions, please call or write:

Jamie Good

Local Foods & Organics Marketing Specialist

ND Department of Agriculture

Office: 701-328-2659 | Main: 800-242-7535

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Professional Development

USDA requires professional development for all school food service staff.

- Food service director – 12 hours per school year
- Site manager – 10 hours per year
- Other staff – 4 hours per year (can be in sixteen units of 15 minutes each)

If you are a single site district, the manager (head cook) is the food service director. If a superintendent wants to be the food service director, he/she must take an eight-hour sanitation class and complete 12 hours of school nutrition professional development each year, PLUS, the head cook must complete 10 hours per year. We can skip the manager step; however, someone must be the designated food service director.

[USDA Professional Development Flyer](#)

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Examples of allowable professional development activities:

- NDDPI Child Nutrition Back-to-School Workshops
- Reading NDDPI Child Nutrition Newsletters at [DPI Child Nutrition Website](#)
- ICN on-line courses or videos at [ICN Online Courses](#)
- Reading *School Nutrition* Journal articles
- NDSNA Conference June 6-8, 2017 in Fargo
- Chef Cyndie Story videos at [Chef Cindy](#)

[Professional Development Log](#)

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Simple Hummus Recipe

Here is the simple hummus recipe that was demonstrated at the Back to School Workshops. This would make a great option on your salad bar. Enjoy!

Ingredients:

	For 10 Servings:	For 70 Servings:
Garbanzo beans (chickpeas), drained and rinsed	1 (15 oz.) can	1 No. 10 can (105 oz.)
Water	3-4 Tbsp.	1-1 ¾ c.
Olive Oil	1 Tbsp. + 2 tsp.	¾ c.
Lemon juice, fresh or bottled	1 Tbsp.	¼ c. + 3 Tbsp.
Garlic powder	¼ tsp.	1 ½ tsp.
Ground cumin	½ tsp.	1 Tbsp.
Salt	¼ tsp.	1 ½ tsp.

In the bowl of a food processor, add the garbanzo beans, 2 tablespoons of water for 10 servings or 1 c. water for 70 servings, olive oil, lemon juice, garlic powder, cumin, and salt.

Process until smooth and creamy. If needed add additional water to thin out the hummus. Taste test to determine if additional garlic powder or cumin needs to be added.

Store covered in the refrigerator until ready to serve.

2 Tbsp. serving provides 1/2 oz. eq. meat/meat alternate or 2 Tbsp. vegetable (legume).

¼ c. serving provides 1 oz. eq. meat/meat alternate or ¼ c. vegetable (legume).

Simple Hummus nutrition information based on a 2 Tbsp. serving:

72 calories

2.8 grams of total fat

0.36 grams of saturated fat

0 grams of *trans* fat

105 mg of sodium

Simple Hummus meets Smart Snacks Regulations!

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Smart Snacks in School Regulations

The Healthy Hunger Free Kids Act of 2010 (HHFKA) ushered in many changes for school meals. It also granted USDA the authority to establish nutrition standards for all foods and beverages **sold** to students in school during the school day. **Any food that meets the standards can be sold during the school day.**

We have been receiving questions on the Smart Snacks regulations.

Q 1: What times do vending machines need to be turned off?

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A: Never, if all the items in the machine meet the Smart Snacks nutrition standards. Vending machines with non-smart snacks need to be turned off until 30 minutes after the school day ends.

Q 2: What about students bringing unallowable food items from home?

A: The Smart Snacks rule only applies to food SOLD in school. Schools are free to write any extra rules in their Local Wellness Policy if the school does not want students, staff or parents bringing in certain items. Several people mentioned soda. There is no law that students cannot have soda in school, only if someone is selling it to students. The Smart Snack rule for beverages does not allow soda to be sold to students in grades K-8, however, high school students can be sold carbonated beverages with less than 60 calories in 12 ounces or less than 10 calories in 20 ounces. This would allow the sale of diet soda, diet teas and some coffee drinks in high schools if the beverage meets the calorie limits.

The following regulations apply to all foods SOLD to students during the school day. ***The school day is considered midnight until one half-hour after the last bell.***

Any food sold in school must first:

- Be a “whole grain rich” grain product; OR
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; OR
- Foods must ALSO meet these nutrient requirements (unless it is a fruit or vegetable with low amount added sugar)

Calorie Limits

- Snack items must be less than 200 calories
- Entrée items must be less than 350 calories

Sodium Limits

- Snack items must be less than 200 mg
- Entrée items must be less than 480 mg

Fat Limits

- Total fat must be less than 35% of calories
- Zero grams trans-fat (<.5 grams)
- Saturated fat must be less than 10% of calories. Exemptions for: reduced fat cheese, part skim mozzarella cheese, nuts, seeds, nut or seed butters.

Sugar Limit

- Less than 35% of weight from total sugars

Entrees originally sold as part of the reimbursable meal are exempt for that day and the next day.

Beverage Standards

- All Schools may sell
- Plain Water (with or without carbonation) There is no portion size limit for water.
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

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- Elementary Schools may sell up to 8 oz. portions, middle and high schools may sell up to 12 oz. portions of milk and juice.
- High schools may sell caffeinated beverages and beverages up to 20 ounces within the following calorie limits:
 - \leq 40 calories per 8 ounces or
 - \leq 60 calories per 12 ounces
- 20 ounce beverages must be \leq 10 calories per 20 ounces.

Fundraisers, Food Brought from Home and Classroom Parties

The standards do not apply to food brought in for birthdays, parties, and other classroom activities, or a student's cold lunch brought from home.

The standards do not apply during non-school hours, on weekends and at off-campus fundraising events or for food ordered during the school day and taken home.

States have the flexibility to set a certain number of fundraisers that can sell foods or beverages that do not meet the nutrition standards. North Dakota has set the limit at 3 exemptions per school building per year with a duration of one day.

There is no limit on fundraisers that DO meet the new standards.

Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and the sale of foods not intended for consumption at school may continue.

A product calculator can be found online at: [Calculator](#)

Enter the snack item nutrients, etc., (using the label on the snack), the calculator will determine if the snack qualifies! FYI: water is a beverage; ice is a food.

A list of approved products can be found at: [Approved Products](#)

Another list of healthy products: [Healthy Products](#)

Detailed information can be found at [Smart Snacks Info](#)

You may also contact NDDPI Child Nutrition: Deb Egeland, Kaye Knudson, Linda Schloer or Joe Oster at 701-328-2294 or 1-888-338-3663 or Lesli Murch at 1-888-788-8901 for more information.

Deb Egeland degeland@nd.gov

Kaye Knudson ksknudson@nd.gov

Joe Oster jjoster@nd.gov

Lesli Murch lmurch@nd.gov

Stephanie Miller smiller@nd.gov

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2016-2017 School Review List

LA #	Name	LA #	Name	LA #	Name
15-010	Bakker	18-303	GF Juvenile Det Center	38-001	MLS
34-043	St Thomas	40-007	Belcourt Sch-TMCHS	38-026	Glenburn
18-301	NE Human Service	10-409	St. Alphonsus	06-001	Bowman County
49-009	Hillsboro	21-009	New England	02-409	St. Catherine's
08-301	Charles Hall	18-409	Holy Family	53-008	New Public
36-409	St Joseph's DL	39-900	Circle of Nations	46-010	Hope
51-401	Dakota Boys Ranch	43-900	Standing Rock	47-019	Kensal
30-049	New Salem-Almont	09-405	Oak Grove	17-305	Home on the
32-001	Dakota Prairie	22-001	Kidder Co Steele, Tappen	09-080	Page
25-060	TGU	12-001	Divide County	09-002	Kindred
39-044	Richland County	13-037	Twin Buttes	34-019	Drayton
23-007	Kulm	40-029	Rolette	28-008	Underwood
19-018	Roosevelt (Carson)	40-001	Dunseith	03-029	Warwick
36-714	Lake Region Spec. Ed	45-001	Dickinson Public	51-161	Lewis & Clark
51-016	Sawyer	05-017	Westhope	36-002	Edmore
35-409	Little Flower-Rugby	06-033	Scranton	28-085	Whiteshield
53-006	Eight Mile Public	28-051	Garrison	43-008	Selfridge
08-028	Wing	19-049	Elgin/New Leipzig	47-003	Medina
08-302	Manchester House	37-024	Enderlin Area 24	35-001	Wolford
08-415	Shiloh Christian School	27-036	Mandaree	45-009	South Heart
40-410	St Ann Belcourt	40-004	Mt Pleasant (Rolla)	09-004	Maple Valley
39-409	St Johns-Wahpeton	09-401	Fargo Catholic Schools	10-019	Munich
30-410	St Josephs-Mandan	43-004	Fort Yates Public	18-412	St Michaels-GF

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USDA School Foods Update

August / September 2016

Per Meal Rate SY 2015-2016

The USDA has announced that the national average meal rate for 2016-2017 will be \$.32.

USDA Foods for SY 16-17

Listed below are all the foods that we will be getting in. For a more detailed list with delivery dates and quantities please go to our website. We experienced delivery delays with WG rotini & WG macaroni. These items were expected the first half of August but did not get delivered. The vendor was producing 100% whole grain, rather than a blend of whole grain and enriched flour. They are working on producing the correct product. The vendors plan is to have it delivered by the end of September. I will put the pastas on the November survey; however, if they don't come in by mid-September, I will have to cut

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them. We did order extra ground beef; if you put something on your annual survey that we didn't order please feel free to spend your entitlement on ground beef.

Canned and Dry

Apple Slices

Mixed Fruit

Peaches, Cling, Slices

Peaches, Cling Diced

Pears, Slices

Pears, Diced

Cranberries, Dried

Beans, Green

Corn, Whole Kernel

Tomato, Diced

Tomato, Paste

Tomato, Sauce

Beans, Refried

Beans, Red Kidney

Peanut Butter

Applesauce Cup

WG, Macaroni

WG, Rotini

WG, Spaghetti

Applesauce, Canned

Frozen/ Refrigerated

Chicken, Diced

Chicken, Fajita Strips

Turkey Breast, Deli

Turkey Roast, Frozen

Beef, Ground

Pork Ham

Tuna

Peach Cups

Strawberry Slices

Strawberry Cups

O. J., Single Carton

Peas, Frozen

Potato, Wedges

Potato, Oven Fry

Pancakes, Frozen

Tortilla, Frozen

Yogurt, Strawberry

Turkey Breast, Deli, Sliced

Pulled Pork

Cheese

Cheddar, Shredded

Mozzarella, Shredded

American, Loaves

Mozzarella, String Cheese

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Processed Foods

There is a delay receiving the processed chicken products. This delay is a result of the April chicken recall. We expect to have the Teriyaki & Tangerine chicken available for delivery in November. Pilgrim's Pride breaded chicken products are projected to be available in December. If something changes in production, I will be sending an email. The state did try to find alternate breaded chicken product but the vendor could not meet our payment terms of 90 days so we could not enter into a contract with them. Listed below are the processed foods for school year 16-17

Breaded Chicken (Pilgrim's Pride) December - May	Asian Chicken (Asian Food Solutions) November-May
WG Chicken Nugget	Tangerine Chicken
WG Chicken Patty	Teriyaki Chicken
WG Chicken Strip	
WG Popcorn Chicken	

Beef (Advance Pierre)	Egg (Cargill (Sunny Fresh))
Beef Crumbles (100% Beef)	Colby Cheese Omelet
Beef Crumbles (w/VPP)	Grilled Egg Patties
Beef Patty (100% Beef) 2oz	Pre-Cooked Scrambled Egg
Beef Patty (w/ VPP) 2oz	Scrambled Egg Patty
Beef Patty (100% Beef) 3oz	Turkey Sausage & Cheese Frittata
Beef Meatballs (w/VPP) .5oz	WG French Toast Sticks

Delivery site Changes

We have had request to add delivery sites. Unfortunately, we cannot do this during the year, unless it's an emergency. There are entitlement amounts tied to each delivery site, when we change these it creates a problem with those amounts. We ask that if you need to change your delivery site (add or remove) do it in January 2017 (for the 17-18 school year). Please email me if you will have changes for the next school year.

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NDFoods

We encourage that all Food Service Directors have their own login in NDFoods so everyone is receiving emails and survey information. If you need help setting up an NDFoods account, please call our office and we can assist you.

It is recommended that you use internet explorer when running NDFoods. Other browsers (i.e.: Chrome & Firefox) may work, but NDFoods functions the best in IE.

Food Surveys

The November food survey will be available Sept 6th-18th. If you do not have the survey schedule, please go to our website. Every food survey is available for two weeks for you to complete.

Please check our website for [USDA Food Information](#).

Contact Information:

Tara Koster

tkoster@nd.gov

1-701-328-3210 (direct)

1-888-338-3663 (toll free)

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Whole Grains Still Required

Child Nutrition Reauthorization, (CNR), is still stalled in Congress. That means we are required to serve all whole grain rich, (WGR), items and meet the nutrition standards in the current law. The Senate Bill does call for only 80% of the grain items to be whole grain rich and the House Bill calls for 50%. Neither of the bills is law, the House and Senate need to agree before a law can be implemented. We must continue to serve all WGR grain items until the law changes.

Some schools are still struggling with acceptance of WGR pasta. We have heard great feedback on frozen WGR pasta. Whole grains are better for the students than refined grains, please continue to try the WGR pastas, however, if you need a waiver to serve white pasta, we have the [pasta waiver](#) form on our website.

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