

# DIRECTIONS NEWSLETTER

## APRIL 2017

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### NEW USDA RECIPES

Tired of cooking the same old chicken nugget, hamburger on a bun, or slice of pizza—well then let us get to some real cooking! USDA has recently updated their recipe database with many new standardized recipes. How about breakfast pizza with a hash brown crust, maple baked French toast squares, corn pudding, Salisbury steak, or Shepard's pie to name of few.

[Take time to explore some new recipes or your old favorites.](#)

### SCHOOL LUNCH HERO DAY

#### **Celebrate School Nutrition Employee Week: May 1-5, 2017**

We all like to be recognized for our work. [School Lunch Hero Day](#) is a time to say thank you to your foodservice employees. Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies and offering service with a smile, school nutrition professionals are true heroes!

Showing how much you appreciate a school nutrition employee can be as simple as saying thank you or as special as holding a reception to recognize their achievements. School Nutrition Association has collaborated with Jarrett J. Krosoczka, author of the "[Lunch Lady](#)" book series, and Random House, to remind everyone—directors, managers, parents, students, and school staff—that school nutrition employees are superheroes that make a difference for every child who comes through the cafeteria.

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### RECIPE: BLACK BEAN HUMMUS

Group Code: Meat/Meat alternative or Legumes  
 Number of Portions: 25    Portion Size: 1/4 cup  
 Meal Contribution: 1 Ounce Meat Alternate

Ingredients	Measure	Instruction
Canned low-sodium black beans Drained and rinsed	1qt. 2 2/3 c. (approx. 1 1/2 No. 10 can)	Step A: Combine black beans, lemon juice, garlic, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.
Lemon Juice	2 1/4 c.	
Fresh Garlic	1 1/3 c.	
Olive Oil	3 TBSP.	
Ground Cumin	1 TBSP.	
Ground Pepper	1 1/2 tsp.	Step B: Scrape black bean mixture into a bowl
Fresh Cilantro	2 1/2 c.	Step C: Add cilantro. Stir well.
(Optional) Whole Grain tortilla chips	1 lb. 10oz.	Serve with chips or on salad bar

No. 16 scoop -1/4 cup - 1oz M/MA or 1/4 cup legume/vegetable

### USDA School Foods Update March/April 2017

#### Processed Foods School Year 2017-2018

Listed below are the processed foods items for the upcoming school year.

Breaded Chicken (TBD)	Asian Chicken (Yang's)	Beef (Advance Pierre)	Egg (Cargill (Sunny Fresh))
WG Chicken Nugget	Cherry Blossom Chicken	Beef Crumbles (100% Beef)	Colby Cheese Omelet
WG Breaded Chicken Patty	Tangerine Chicken	Beef Crumbles (w/VPP)	Grilled Egg Patties
WG Chicken Patty	Teriyaki Chicken	Beef Patty (100% Beef) 2oz	Pre-Cooked Scrambled Egg
WG Popcorn Chicken		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

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### USDA Foods for SY 2017-2018

Unfortunately, we are unable to order all the foods listed on the Annual Survey due to lack of demand. Because we are able to split full trucks with other states, we are able to get some of the foods in that do not reach the demand of a full truck. Quite a few of our foods are split trucks for SY17-18. We encourage you to order as close to your annual survey amounts when possible. Here is a list of what we will be ordering for the 17-18 SY.

#### **Dairy**

Cheddar, Reduced Fat  
Shredded  
Mozzarella, Shredded, 30#,  
Reduced Fat  
Cheese, String, Moz, Part Skim  
American cheese, Blend, Sliced

#### **Yogurt**

Strawberry Cup

#### **Vegetables**

Beans, Black  
Beans, Green  
Beans, Red Kidney, Low  
Sodium  
Broccoli, Frozen  
Peas, Frozen  
Corn, Canned  
Potatoes, Wedges  
Potatoes, Oven Fries  
Salsa  
Tomato Sauce  
Tomatoes, Diced  
Spaghetti Sauce

#### **Flour/Pasta**

Pancakes, WG  
Peanut Butter  
Spaghetti, WG Rich Blend  
Rotini, WG Rich Blend

#### **Poultry**

Chicken, Diced  
Fish Sticks  
Turkey, Roasts  
Turkey, Breast Deli  
Turkey, Breast Deli Sliced,  
Frozen  
Chicken, Fajita Strips

#### **Beef/Pork/Tuna**

Beef, Ground  
Pork, Ham Sliced, Frozen  
Pork, Ham  
Pork, Pulled, Cooked,  
Pork, Roast

#### **Fruit**

Applesauce  
Apples Slices, Canned  
Applesauce cups  
Blueberries, Frozen  
Orange Juice, Singles, Frozen  
Peaches, Cling, Diced, Extra  
Light Syrup  
Peaches, Cling, Sliced  
Peach Cups  
Strawberry Diced Cups  
Strawberry, Sliced, Frozen  
Pears, Sliced, Canned, Extra  
Light Syrup  
Pears, Diced, Extra Light Syrup  
Fruit, Mixed, Canned, Extra  
Light Syrup

Please reference our [website](#) for quantities and delivery dates of all products

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### MONTHLY SURVEY SCHEDULE 2017-2018

Survey Available	Delivery Month
April 4-17	August, 2017
May 2-15	September, 2017
Aug 7-20	October, 2017
Sept 5-17	November, 2017
Oct 9-22	December, 2017
Nov 6-19	January, 2018
Dec 4-17	February, 2018
Jan 2-14	March, 2018
Jan 22- Feb 4	April, 2018
<b>Annual Survey</b>	<b>February 12-25</b>
April 2-15	August, 2018
May 1-13	September, 2018

### DELIVERY SCHEDULE 2017-2018

Route A	Route B	Route C
August 7-11	August 14-18	August 21-25
September 11-15	September 18-22	September 25-29
October 9-13	October 16-20	October 23-27
November 6-10	November 13-17	November 20-24
December 4-8	December 11-15	December 18-22
January 8-12	January 15-19	January 22-26
February 5-9	February 12-16	February 19-23
March 5-9	March 12-16	March 19-23
April 2-6	April 9-13	April 16-20

[Find out which route your school is on](#)

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### END OF THE YEAR – TIME TO CLEAN HOUSE!

As the school year ends, it is the time to do some warehouse, pantry, freezer & refrigerator cleaning. Check the dates of all USDA foods to ensure that the food carried over the summer will not be outdated or expired by the time the school year begins. If there are foods nearing their best if used by dates, please donate the food to a local food pantry and/or non-profit agency.

Please check our [website](#) for USDA Food information:

Contact Information:

Tara Koster

[tkoster@nd.gov](mailto:tkoster@nd.gov)

1-701-328-3210 (direct)

1-888-338-3663 (toll free)

### USDA FOOD SAFETY TRAINING RESOURCES

[Flash of Food Safety](#) is an educational video series designed to help busy school nutrition professionals understand and practically apply safe food practices. The [videos](#), available in English and Spanish, address five food safety topics: *Handwashing: Why to Wash Your Hands*, *Handwashing: How to Wash Your Hands*, *Calibrating a Thermometer: Ice Water Method*, *Calibrating a Thermometer: Boiling Water Method*, and *Active Cooling with a Chill Stick*.

Each “flash” video is 2-4 minutes long – perfect for onsite training! Employees can earn 15 minutes (1/4 hour) of continuing education for Professional Standards when they watch all five videos in the series.

The USDA FNS Office of Food Safety, in collaboration with the [Center of Excellence for Food Safety Research in Child Nutrition Programs](#), is excited to share a new [website](#). This new website features the [Food-Safe Schools Action Guide](#), a 2015 publication, in a user-friendly format. The *Food Safe-Schools Action Guide* provides school nutrition directors with specific steps to promote a culture of food safety within their school communities. When visiting the website, school nutrition professionals are invited to “Share Your Story” by describing how they have created a culture of food safety in their school communities.

THE USDA FNS Office of Food Safety also released a video series called [Produce Safety Hacks](#). These five, minute-long, social-media friendly videos educate foodservice professionals on “tricks of the trade” to help them keep produce safe and at a high quality. The [video series](#) is available in English and Spanish languages.

The new Food Safe Schools website and the *Produce Safety Hacks* series can also be accessed through the [FNS Office of Food Safety website](#), which hosts a variety of food safety resources for USDA’s nutrition assistance program operators. Let’s grow food safety!

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### SAVE THE DATE

#### SCHOOL NUTRITION PROGRAMS - BACK TO SCHOOL WORKSHOPS

**Williston** – Wednesday, July 26, 2017 – Area Recreational Center (ARC)

**Dickinson** – Thursday, July 27, 2017 – Astoria Hotel

**Bismarck** – Tuesday, August 1, 2017 – Ramada

**Minot** – Thursday, August 3, 2017 – Grand International Inn

**Grand Forks** – Wednesday, August 9, 2017 – Canad Inn

**Fargo** – Thursday, August 10, 2017 – Holiday Inn

Conference registration, fees, agenda and details will be available at a later date. Please mark your calendars for the date and location that best fits your needs.

#### NDDPI SCHOOL NUTRITION SUMMIT 2017 FOR ADMINISTRATORS AND FOOD SERVICE PERSONNEL

Please join us in Bismarck on July 18, 2017 for a Nutrition Summit that will feature ideas on creating a school environment that promotes healthy practices for better learning. We will also cover reducing food waste and improving the cooperation between administration and child nutrition departments.

Dr. John Skretta of Norris, NE will speak about overcoming resistance to new ideas in school and facilitating buy-in by all staff.

Gay Anderson of Brandon Valley, SD will speak about getting buy-in from students, staff and parents on reducing the amount of wasted food in schools with tips on teaching kids to take only what they will eat.

Dr. Jeff Lind and Becky Heinert of Mandan Public Schools will talk about how communication between the administration and nutrition departments helps every school run more efficiently.

We will have success stories from schools on topics such as providing carb counts and other nutrition information to students/parents and possibly the results of a study on using permanent silverware vs disposable silverware.

We will have a mini food show of Smart Snack compliant items in the afternoon.

[Mini food show registration](#) is free.

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### NORTH DAKOTA SCHOOL NUTRITION ASSOCIATION CONFERENCE

This year's North Dakota School Nutrition Association (NDSNA) conference will be June 7-8, 2017 in Fargo. This annual conference is filled with valuable professional development sessions for school nutrition employees. The conference is a great networking opportunity and a place to gain new ideas from other schools across the state. A food show is held in conjunction with the conference. [Register for the NDSNA conference](#) June 7-8<sup>th</sup>.

June 6<sup>th</sup> will be a NDSNA pre-conference day featuring Nutrition 101 training and the 3-hour sanitation update course. The 3-hour sanitation course is offered as an in-person training only once a year, but is also available online upon request. If you would like to attend the in-person trainings please [register for Nutrition 101](#) and [register for 3-hour sanitation course](#).