

DIRECTIONS NEWSLETTER

MARCH 2019

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Breakfast and Lunch Serving Times

We have been receiving questions about serving times with so many schools having late starts. There is no time limit on breakfast serving time. You can serve breakfast right up until lunch time. Lunch must be served between the hours of 10:00 AM and 2:00 PM.

Save the Date - 2019 Back-to-School Workshops

Bismarck: July 30, 2019
Minot: August 1, 2019
 Fargo: August 6, 2019

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If you have any ideas on what topics should be covered please write to Rhonda Amundson at rhondaamundson@nd.gov or Deb Egeland at degeland@nd.gov.

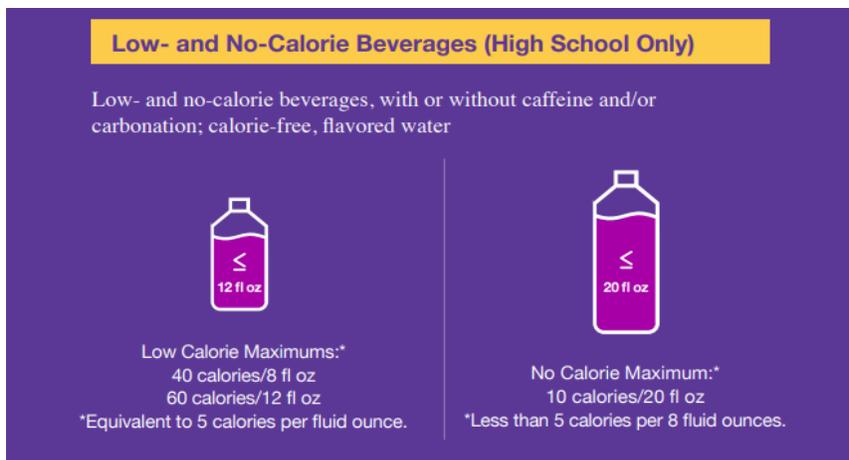
We also anticipate offering the ICN (Institute of Child Nutrition) Financial Management course on June 25th in Bismarck. More information will be sent out once this training is finalized.

Coffee in the Cafeteria?!?!?

Quite a few questions have been coming in to the office about kids and coffee. Is it allowable to have caffeinated drinks for the students? At the high school level, the answer is yes - if it is allowed in the district's policies, such as a local wellness policy.

The latest Smart Snack information from USDA (available at: https://fns-prod.azureedge.net/sites/default/files/tn/508_USDASmartSnacks_508_82218.pdf)

contains the following infographic:



So not only does this allow coffee, it also allows 'diet soda' (no calorie, with caffeine and carbonation) for High School students only. If the school district has put a "no pop" policy in place; however, this would trump the Smart Snack allowance.

There are other issues related to the coffee question that need to be reiterated. Most students do not drink their coffee black. It's the cream, sweeteners and flavoring that is the real seller. If cream, sweeteners and other things are added to a cup of coffee or tea, the additions must be included in the evaluation of the drink against the beverage standard listed above or basically 5 or less calories per 1 fluid ounce – no matter what size is sold, up to the maximum 12 ounces. There are non-dairy substitutes and no-calorie sweeteners available to make this work.

Schools should also consider the stance of the Food and Drug Administration when weighing the options of coffee or diet soda in the school. "The FDA has not set a level for children, but the American Academy of Pediatrics discourages the consumption of caffeine and other stimulants by children and adolescents." as stated on the www.fda.gov website. Caffeinated products often cause shakiness,

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headache, poor sleep patterns and other symptoms of dependency that affect students' concentration and learning.

Celebrate National PB & J Day

April 2nd is national PB&J day! Peanut butter and jelly sandwiches are a fairly recent food introduction, with the first recipe printed in 1901 as compared to the cold meat sandwich, first noted in 1762.

According to nationaldaycalendar.com, "the average American will have eaten over 2000 peanut butter and jelly sandwiches by the time they graduate from high school." We all know that kids love their peanut butter and jelly!

Celebrating the PB&J in a school kitchen could start at breakfast. Many North Dakota schools serve small cups of peanut butter and jelly with their toast. For those of you making muffins from scratch, try a plain muffin batter in the muffin cup with a dab of PB and another of jelly in the middle, then swirl it a bit before baking.

At lunch, the traditional sliced bread recipe might be changed up to include a bread choice of biscuit, bagel or flatbread. For those kitchens with more labor, try using a large cookie cutter to stamp an image into the middle of the PB&J. Serve the crust and cut-out together in a sandwich bag, but many kids just eat the crustless middle normally.

And for something really out of the norm, try a Grilled PB & J on the menu.

Just a note on the PB & J recipe: according to the food buying guide – 2 Tablespoons of peanut butter (or sun butter, soy butter, etc.) equals one ounce of meat/meat alternate.

PEANUT BUTTER and OTHER NUT or SEED BUTTERS					
Almond butter, Cashew nut butter, Peanut butter, Reduced fat peanut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter <i>Includes USDA Foods, peanut butter and Sunflower seed butter</i>	No. 10 Can (108 oz)	97.50	2 tablespoons nut/seed butter provides 1 oz meat alternate	1.10	2 Tbsp = about 1.1 oz nut/seed butter

If you are using the .5 ounce cups of peanut butter, you will need to offer 2 of the cups to make the 1 ounce of meat/meat alternate.

Field Trips

Spring is coming! Many schools will conduct field trips. When several students are gone at lunch, the food service program loses revenue and free and reduced-price students may end up without a lunch. The food service could provide lunches to the students on the field trip to alleviate both problems. We have developed a field trip catering order form to help with the planning.

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From: FNS Instruction 788-2 Rev 1

National School Lunch and Commodity School Programs – “In general, school food authorities must make program benefits available during meal service periods to all children attending participating schools. The practice of requiring students who live near a school to eat lunch at home denies the opportunity to participate in the program and is inconsistent with the intent of the law. Discrimination on the basis of the proximity of a child's home to the school is unallowable. While a school may have legitimate problems accommodating all students within a given time or space, it is improper to arbitrarily deny a certain segment of the student body access to the lunch program. However, there is no requirement to provide lunch to partial day students (e.g., pre-school, kindergarten, half-day high school students) who are not scheduled to be in school during the lunch hours.”

Our Denver Regional Office has interpreted that to mean that if the students are scheduled to participate in school day activities before and after the lunch hour, the school would be required to provide lunch. A field trip involving an entire class would be a school activity. An athletic team of select people traveling to a game would not be considered a school activity.

In their memo to us, the Denver Regional Office noted that “meals must be offered to students (all students – not just free and reduced students, due to overt identification requirements) on field trip days. If a school participates in the (National School Lunch) Program, it has agreed to provide reimbursable meals “to children each school day” §210.1 General purpose and scope.”

It is exciting for students to get out of their classroom and do their learning in a different venue. Sometimes it is also exciting for students to ask their parent to pack a lunch for them or send \$5 to participate in the planned field trip meal at a restaurant. But, please put yourself in the shoes of a student whose household has qualified at the free or reduced status. They have qualified for a reason. Asking Mom or Dad for money or even a sandwich in a bag may be hard for them if they know their parent's financial situation.

Teachers/Parents Need to Know

Please alert the teaching staff that, as a part of their field trip planning, they should be notifying the kitchen of the classroom activity that will decrease the number of students eating a meal in the cafeteria on the given day as well as the potential need for sack lunches on that day. Teachers should offer the option of sack lunches to all students AND make this option known to the parents/guardians of students.

What to Pack in the Lunch

The daily meal pattern must be met when putting together the field trip lunch, however the weekly minimums do not need to be considered on these rare occasions. For Kindergarten through 8th grade, the daily meat and grain minimums are 1 ounce each and will easily be met with most sandwiches. The half cup of fruit might be an apple or applesauce cup. Please remember that the daily minimum for vegetables is $\frac{3}{4}$ cup for this age group and that a small bag of baby carrots (often called ‘carroteenies’)

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does not meet the full $\frac{3}{4}$ cup. AND there is no rule saying you can't add a treat to the sack lunch for this special occasion.

Finally, the requirement of milk choice must also be met. With milk and possibly other items, food safety must be thought out. The Extension Service in Iowa has developed an excellent resource for Field Trip Meals Food Safety. Find the standard operating procedure for dealing with the time and temperature issues at: <https://iastate.app.box.com/s/umtbvbe21qgrd5qy2pwan22ui9cavw3q>

Please give ND DPI Child Nutrition a call if you have concerns about field trip meals. The number is 1-888-338-3663 or email Deb Egeland at degeland@nd.gov

Got Suggestions - for Revising the Production Records?

We will start the process of revising the North Dakota template for production records to copy for next year's production record book. We have heard some suggestions in our administrative review work this year, but if you have an issue with the production record page, please let us know what could be changed.

Remember, the following information is required on any production record for school meals:

The items that the USDA Food and Nutrition Service mandates to be on the production record are:

- o Date
- o Site
- o Age/Grade group
- o Offer vs. Serve status
- o Planned numbers of meals to be served (students and adults)
- o All menu items (including non-creditable items like gravy and ketchup, ala carte, milk, and milk substitutes)
- o Recipe or Brand/Product number or reference to Child Nutrition label/Product Formulation Statement documentation
- o Planned portion size
- o Planned number of servings
- o Meal pattern contribution for each menued item
- o Total planned quantity
- o Actual number of meals served (students and adults)

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- o Actual number of servings
- o Leftover amount of each menued item

We already know we will insert an “Other Category” under the “Milk” section to accommodate your gravy, ketchup and condiments. The “Utensil used” will also be eliminated as most cooks are not using this space and the information could be lumped into ‘Notes’. We would appreciate your comments on how they could be more useful to you.

Also, please note, that you may use any production record as long as it includes the above information. If your menuing program has production records included, you can use that. If you have surfed the web and found another state’s production record template that would work better for you, go ahead and try it.

Production records are tools for you to help in forecasting, food purchasing and overall planning. However, they are also the tool that the federal government uses to assure that students have received all the meal components that are required in return for the reimbursement dollars paid out for each meal claimed.

Send your suggestions to rhondaamundson@nd.gov or degeland@nd.gov

North Dakota School Nutrition Association

Your School Nutrition Association is a valuable resource for your kitchen! This is just one page from the annual calendar with so many ideas on how to celebrate school foodservice with menu items, cafeteria

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activities or newsletter tidbits.

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National Noodle Month

MONTHLONG EVENTS

- » American Red Cross Month
- » Irish-American Heritage Month
- » Music in Our Schools Month
- » National Caffeine Awareness Month
- » National Craft Month
- » National Ethics Awareness Month
- » National Noodle Month
- » National Nutrition Month
- » National Peanut Month
- » Women's History Month
- » Youth Art Month

WEEKLONG/MULTI-DAY EVENTS

- » National Sleep Awareness Week (Mar. 3-10)
- » National School Breakfast Week (Mar. 4-8)
- » Special Olympics World Summer Games (Mar. 14-21)
- » National Poison Prevention Week (Mar. 17-23)

SINGLE-DAY EVENTS

- » Employee Appreciation Day (Mar. 1)
- » Dr. Seuss' Birthday (Mar. 2)
- » Read Across America Day (Mar. 2)
- » National Grammar Day (Mar. 4)
- » Pancake Day/Shrove Tuesday (Mar. 5)
- » Mardi Gras (Mar. 5)
- » Michelangelo's Birthday (Mar. 6)
- » International Women's Day (Mar. 8)
- » Harriet Tubman Day (Mar. 10)
- » Daylight Savings Time Begins (Mar. 10)
- » Girl Scouts of America Anniversary (Mar. 12)
- » Registered Dietitian Day (Mar. 13)
- » Pi Day (Mar. 14)
- » Ides of March (Mar. 15)
- » National Quilting Day (Mar. 16)
- » St. Patrick's Day (Mar. 17)
- » Nat King Cole's 100th Birthday (Mar. 17)
- » Spring Begins (Mar. 20)
- » Holi (Mar. 20)
- » World Water Day (Mar. 22)
- » Harry Houdini's Birthday (Mar. 24)
- » American Diabetes Alert Day (Mar. 26)
- » National Spinach Day (Mar. 26)
- » World Theatre Day (Mar. 27)
- » Vincent van Gogh's Birthday (Mar. 30)
- » International Transgender Day of Visibility (Mar. 31)

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If you are a member of the School Nutrition Association, make sure you access this resource at www.sna.org

If not a member, consider joining at www.northdakotasna.com Your membership includes both the state and national dues and opens up ALL the resources of your professional organizations.

This year's North Dakota School Nutrition Association (NDSNA) conference will be June 4-6, 2019 in Fargo. Preconference sessions including sanitation training will be held on June 4th. The agenda is still being planned but the ever-popular Food Show will be back.

This annual conference is filled with stimulating 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.

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News You Can Use - Fresh Fruits & Vegetable Seasonality

The months of March and April are so exciting in the great state of North Dakota as we feel the stronger sunshine, longer day lengths and see mailboxes stuffed with seed catalogs. Not much will be growing outside but there are things you can grow inside.

Dr. Esther McGinnis, NDSU Extension Horticulturist has taught many to grow 'microgreens' as a way to get a quick hit of locally grown vegetation on the plate in North Dakota's "Spr-inter" time. This might be a project for the after school snack club or an elementary science class, but it could also be a kitchen project for all the kids to watch.

Dr. McGinnis has an informative presentation on growing microgreens on the NDSU ag website at: www.ag.ndsu.edu/springfever/microgreens.pdf She basically takes any seed (radish, cole crops and peas work well) and sows it in any container that has about 1 inch of good soil, covers the seed with more soil, then gives it a good misting. She covers it and waits for the seed to germinate in about 7 to 10 days. When most of the seed has germinated, she uncovers the container and lets the little seedlings grow for about 2 weeks when they get their 'true' leaves. This is harvest time! Cut off the leaves and a small part of the stem and use in a salad OR place a few sprigs on an entrée for a restaurant-look.

Microgreens are different than sprouts of alfalfa or other plants in that the seeds are not used. Bacteria live on the seed surface and the high humidity growing environment for microgreens and sprouts, is also ideal for the bacteria to grow. School foodservice should never serve sprouts as the US government has categorized them as "Potentially hazardous food".

Microgreens can be sourced from your food distributor any time of the year but can be quite expensive – last time I looked: \$14.99 for ½ pound.

If you need other ideas for your fruit or vegetable of the month club, the following are in season:

March/April: Avocado, Artichoke, Asparagus, Broccolini, Chayote Squash, Chicory, Chives, Dandelion, Grapefruit, Ugli fruit, Parsnips, Pears, Rhubarb, Spinach

Sometimes it is tough to get a child to try grapefruit raw. You may want to try a trick that works with quite a few fruits – putting it in the oven which carmelizes the sugars and deepens the flavors in the fruit. Besides grapefruit, try pineapple spears, peach halves, orange segments, strawberries and blueberries.

Leftover grapefruit can also be chopped up for a salad bar or mixed into a fruit salsa.

Grapefruit in the Oven

Turn a convection oven to 400°F or the broiler of a conventional oven to high on to let the oven come to temperature.



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Cut grapefruit in half along the middle, not stem to stem. It is easiest for children to eat the grapefruit if a paring knife is used to cut around the edge of the fruit as well as along the sections. It is also easier to keep on the pan and the plate if a small slice is taken off the bottom to make a flat surface.

Line a full sheet pan with parchment paper then place grapefruit on the lined pan.

Place the pan of grapefruit in the oven for 3 to 5 minutes. The top of the grapefruit will caramelize and get bubbly, dark spots when it is done. Remove from the oven and let cool for a minute.

The grapefruit will release quite a lot of juice onto the pan. You could save the juice and make a vinaigrette for the salad bar or mix it into the powdered sugar glaze for your next batch of cinnamon rolls.

School meal component: ½ grapefruit will be a ½ cup fruit.



Consider Cherries...

During the months of March and April, school kitchens are usually fighting “menu fatigue” in the fruits and vegetable food component. Cherries are expensive but using them once a month for a couple months won’t break the budget. Dark sweet cherries are packed in both a 10 pound IQF frozen box and canned with the usual 6 – #10 cans in a case. “Melted snow” on Cherries might be an interesting way to pep up a

menu by adding a tablespoon of yogurt to the top of a ½ cup of cherries.

April 4 is International Carrot Day

What better way to celebrate than to whip up a batch of Moroccan Carrot Salad. Moroccan cuisine features heavy spices with sweet and savory tastes mixed together. Put up a map of the world and have students guess where Morocco is and/or the capital (I would have said Casablanca, but it actually is Rabat)

This dish was created for the school menu by Chef Didi Emmons for the Project Bread’s Chefs in Schools Initiative. Find may more interesting recipes to try on the lunch line at www.projectbread.org



Moroccan Carrot Salad - Adapted from Project Bread

Ingredients for 100 – 1/2 cup servings

25 cups peeled and coarsely shredded carrots (about 5 pounds of carrots or buy shredded from your food distributor)

10 crispy apples cut into small thin strips

2 1/2 cups raisins

Dressing

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1 1/4 cups orange juice
1 1/2 cups apple cider vinegar
2 teaspoon garlic powder
2 teaspoon ginger
2 teaspoons cumin
2 teaspoons cinnamon
3/4 cups brown sugar
1 1/2 cups vegetable oil
2 teaspoons salt
1 1/2 teaspoon pepper

Optional: 1 cup chopped fresh cilantro or parsley – include the stems

1. In a large bowl, combine carrots, apples and raisins. (Do not add the chopped cilantro/parsley.)
2. In a smaller bowl, whisk together all the dressing ingredients.
3. Add the dressing to the salad mixture. Let the salad sit for up to 3 hours for ingredients to marinate.
4. Add the cilantro/parsley just before serving.

Serve ½ cup with a ½ cup spoodle or No 8 disher.

School meal components for a 1/2 cup serving: 1/4 cup red/orange vegetable & 1/4 cup fruit servings

You may have some student's that absolutely fall for this recipe and would like to make it for their parents. It is easy enough. For a Family friendly sized recipe, use this:

Moroccan Carrot Salad - for 10 - ½ cup servings

2 ½ cups shredded carrots
1 crispy apple cut into small thin strips
1/4 cup raisins

Dressing:

2 Tablespoons orange juice
2 Tablespoons + 1 ¼ teaspoon apple cider vinegar
1/4 teaspoon garlic powder
1/4 teaspoon ginger
1/4 teaspoon cumin
1/4 teaspoon cinnamon
1 Tablespoon + ½ teaspoon brown sugar
2 Tablespoons + 1 ¼ teaspoon vegetable oil
1/4 teaspoon salt
Pinch of pepper

Optional: 1 Tablespoon Cilantro (or parsley) chopped

In a large bowl, combine carrots, apples and raisins. (Do not add the chopped cilantro/parsley.)

1. In a smaller bowl, whisk together all the dressing ingredients.

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2. Add the dressing to the salad mixture. Let the salad sit for up to 3 hours for ingredients to marinate.

Add the cilantro/parsley just before serving

Pre-school Students Can Participate in NSLP Programs

Pre-school students enrolled in your school are eligible to participate in school breakfast and school lunch programs. With approved eligibility documentation these students are also eligible for the free and reduced-price meals. All students must be allowed to participate if they are in the school during meal times. For instance, if a pre-school program runs from 8:30-11:30 AM and the school serves breakfast, students who attend pre-school must be allowed to participate in the school breakfast program if they wish to. The school also has the option of letting these students eat lunch at school before leaving for the day.

If your school offers the After-School snack program or Fresh Fruit and Veggie 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. Most students are not hungry before school; however, almost everyone will eat at 9:00.

Meal Pattern for Pre-K

Beginning with school year 2017/2018, pre-k students must be served the Child and Adult Care Meal Program, (CACFP), meal pattern instead of the National School Lunch Program, (NSLP) meal pattern.

Schools that serve preschoolers in the same area at the same time as K-12 students may choose to follow the NSLP grade K-5 meal pattern instead of the Child and Adult Care Food Program (CACFP) meal pattern. This is a flexibility allowed by USDA if it would be difficult to determine what grade students are in as they come through the line.

The major differences are:

- CACFP does not allow flavored milk to be served to pre-k age students
- CACFP only allows juice to be served once a day: breakfast OR lunch OR Afterschool snack
- CACFP only allows low-sugar cereals at breakfast
- Grain-based desserts do not credit towards reimbursable meals. This means granola/breakfast bars and breakfast rounds and long johns (for pre-k only).

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Registration IS OPEN!

Registration is now open for Orientation to School Nutrition Management course that will be held at the Institute of Child Nutrition in Oxford, Mississippi on June 10-14, 2019.

Orientation to School Nutrition Management (4 ½ day training) – This FREE training session for new and aspiring directors provides an overview of the management components of school nutrition programs. The target audience includes school nutrition program staff, specialists, and trainers.

Participants who complete this session will receive 30.5 units of continuing education that are credentialed by the School Nutrition Association. USDA Professional Standards Codes will be listed on Certificate of Completion.

June 10-14, 2019

Location: Institute of Child Nutrition

University of Mississippi School of Applied Sciences

97 Jeanette Phillips Drive

Oxford, Mississippi

Training materials and lunch will be provided each day. Participants are responsible for travel expenses. If you have questions or need additional information, contact Evan Williams at ecw1@olemiss.edu or 800-321-3054.

Serving Kiwi in a School Meal Program

We have visited a few schools during this year's administrative reviews that have served kiwi during breakfast and/or lunch. Kiwi are a beautiful shade of emerald green that will embellish any plate of food. The taste has been described as sweet like a strawberry/tart like a gooseberry. The hairy, outside skin is also edible with lots of fiber but most kids (and grownups) do not like that texture.

North Dakota schools serve the kiwi cut in half. When kiwi is served during our reviews, we will ask the cashier how many kiwi halves it takes to make a ½ cup serving. Do you know the answer?

The following chart is from the Food Buying Guide for Child Nutrition Programs:

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KIWI					
Kiwi, fresh <i>33-39 Count, Whole</i>	Pound	8.38	1/4 cup peeled fruit chunks	12.00	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.50	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.20	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.60	1/4 cup unpeeled fruit slices (about six 1/4-inch slices)	8.70	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.80	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.30	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves

This shows that your average 33-39 count fresh kiwi requires 2 halves (or 1 whole) to make ¼ cup. That means your answer should be 4 halves or 2 whole kiwis need to be offered for ½ cup.

If the child only takes 1 kiwi half at breakfast or lunch without additional fruit, juice or vegetables, they would need to go back to choose 3 more halves to make that golden ticket of half cup fruit for a reimbursable meal.

Here's a tip: To celebrate the arrival of spring (Wednesday, March 20th), try freezing the kiwi halves and serving them frozen for a refreshing twist on your fruit offering. The same trick works with grapes! Either could be menued as 'Polar Bear-ries':)

Years of Service Awards Request

School Lunch Hero Day is Friday, May 3, 2019. This is a time to say thank you to your foodservice employees and recognize them for their years of service.

We are happy to provide, upon request, certificates for 10 years of service and for every 5-year interval after that. We also provide awards upon retirement at the request of the school district.

If you would like years of service certificates for eligible school foodservice employees, please return this form to our office either by e-mail lhueson@nd.gov or fax (328-9566) no later than April 5, 2019.

Certificates will be mailed out April 26th. Please check the certificates and immediately notify our office if there are any discrepancies. It is suggested the certificates be presented to your foodservice personnel on School Lunch Hero Day or during School Nutrition Employee Week (May 6-10, 2019).

Should you have questions about the Years of Service Awards, please call Lynell Thueson at 328-2294 or toll-free at 1-888-338-3663.

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Years of Service Award - School Food Service Personnel

Name of Foodservice Employees	Type of Award	
	Years of Service – indicate # years’ service (beginning with 10 and every 5 year interval after)	Retirement – indicate # years of service up to retirement.

Attach additional pages if necessary

Name of School _____

Authorized Representative _____

Date _____