

DIRECTIONS NEWSLETTER

MAY 2018

Table of Contents

Baked Potato Bliss!	1
Back-to-School Workshops (BTSW) in August in Bismarck and Fargo.....	2
Flavor Stations - A new way to “Spice” up School Meals	2
Fresh Fruit and Vegetable Program.....	3
Increasing Lunch Participation with a Second Entrée Choice	3
NDSNA Conference June 5-7, 2018 Bismarck	4
2018 NDSNA Conference Agenda June 5-7	4
Ramkota 800 S 3 rd Bismarck, ND 58504	4
Pride of Dakota School Lunch Day is Thursday September 20, 2018	6
Quick Baked Potatoes.....	7

Baked Potato Bliss!

It seems like very few school lunch programs offer the potato in its most simple form—baked! Is it because you need to scrub them, wrap them in foil, or maybe you think your students will not enjoy them? A baked potato is the most nutritious way to serve a potato. Here are a few helpful hints for serving baked potatoes that will be a snap for you to prepare and put a smile on your students’ faces:



- Washing potatoes can be done in the dishwasher. Turn off the soap, sanitizer and drying agent chemicals; spread the potatoes out on single layers on dish racks and run them through just like you would your dishes. Drain the water and fill before doing dishes.
- Do away with foil wrapping potatoes. Lay the fresh, quickly washed potatoes out on sheet pans and spray them with a cooking spray of some sort..... garlic flavored spray works well. Turn the potatoes over and spray the other side. Season them with a little salt and pepper and bake for 1.5 hours at 350°. The skins may get a little hard right out of the oven but will soften up when they are held in a steam table.
- When serving potatoes think main entrée! A baked potato bar with broccoli, cheese, ham, mushrooms, onions, sour cream, and chili is always a hit. Consider a Mexican spud with taco meat, cheese, salsa, and sour cream. A good chicken potpie filling or chicken ala king on top of a potato instead of a biscuit would be a hit. You could even try beef stroganoff or stir-fry, minus the noodles on top of the potato. The possibilities are endless.....it is just a matter of how daring you want to be.
- A red potato can bake up a little nicer than a russet potato. Red potatoes do not dry out as fast as the traditional russet potato. Red potatoes are also locally produced in the Red River Valley.

DIRECTIONS NEWSLETTER

MAY 2018

Back-to-School Workshops (BTSW) in August in Bismarck and Fargo

During the summers of 2016 and 2017, we had a Professional Standards training grant from USDA that had enough money in it for us to offer the BTSW in six locations. That grant has ended so we will only be offering the BTSW in Bismarck and Fargo. Training topics will be based on the results of the Back to School Workshop survey that we sent out this spring. The top choices included information about Menu Planning/Meal Pattern, Administrative Reviews, Cost Control, USDA Foods and Smart Snacks.

Bismarck

August 7th and 9th: same content each day

August 8th: 8-hour Food Safety class or School Food 101

Fargo

August 14th and 16th: same content each day

August 15th: 8-hour Food Safety class or School Food 101

Please register for the date and location that best fits your needs. We will have a Food Service Track and an Administrator/Recordkeeper Track at each site on Tuesday and Thursday. Please register for the correct session. Each day will start at 9:00 and end by 4:00 with registration from 8:30-9.

When clicking on the link, it will say BTSW Bismarck Capitol, click on BTSW and you will have a button that says "Multiple Dates" with the Fargo location listed.

[Register for August 8th in Bismarck or 15th in Fargo](#)

[Register for August 7th or 9th in Bismarck or August 14th or 16th in Fargo](#)

Flavor Stations - A new way to "Spice" up School Meals

Schools across the nation have seen success with "Flavor Stations" or "Spice Stations" in lunchrooms. The stations are a great way to give students a way to experiment with different flavors for their food beyond added salt, sugar or fat. The resources below were shared by our colleagues in Iowa.

[Flavor Shakers](#) - Chef Deanna Olson created the low-sodium herb/seasoning mixtures to be utilized in childcare and schools to decrease sodium consumption.

[Flavor Stations](#) - Northeast Iowa Food and Fitness

Seasoning Station at St. Joe's in New Hampton - Siracha, Tapatio Hot Sauce, Cholula Green Pepper Hot Sauce, Tabasco-Chipotle, onion powder, garlic powder with parsley, oregano, basil, dill, cinnamon, chili powder, salt-free blends, and black pepper mill

DIRECTIONS NEWSLETTER

MAY 2018

[Herbs, Spices and Seasonings Lesson](#) - Institute of Child Nutrition's No Time to Train 20-minute lesson for staff

Fresh Fruit and Vegetable Program

Thank you to schools who submitted Fresh Fruit and Vegetables (FFVP) grants for the 2018-2019 school year. DPI will not know the amount of FFVP funds available for SY 2018-2019 until June 2018. However, we anticipate that funding will be similar to that available for SY 2017-2018. We hope to notify the schools awarded the FFVP for the 2018-2019 school year by the end of June 2018.

Schools receiving FFVP grants need to begin serving fresh fruits and vegetables as soon as school starts. As a reminder, the FFVP is to be served as either a morning snack or afternoon snack. The FFVP is not to be served at breakfast, lunch or the afterschool snack program. Schools new to the program will need to review the [FFVP Handbook](#). Returning schools are encourage to review the handbook to ensure all program rules and regulations are followed. If you have questions please contact Scott Egge at segge@nd.gov or call 701-328-2294.

Increasing Lunch Participation with a Second Entrée Choice

“What’s For Lunch?” is the standard question for most students (and staff) even though there is a menu printed on the cafeteria wall or the principal announced it over the loud speaker before class started. To achieve maximum participation however, a second entrée choice may be something to think about to entice the finicky eaters to choose school lunch.

The easiest way to add a second entrée choice is with sandwiches. The choices seem endless – peanut butter, turkey, ham, turkey and ham, turkey and cheese, ham and cheese, just cheese and on and on. Depending on the recipe used, a sandwich should count for 2 ounces of grain and 2 ounces of meat/meat alternate. The fruits, vegetables and milk all stay the same as for the main entrée.

It’s cost effective too. Whole grain sliced bread usually is very economical, sometimes as low as 6 cents a slice. The meat or meat alternate could be from the USDA entitlement dollars for a very low cost option as well. Labor for the simplest sandwiches is minimal.

To go the extra step, add the ‘Build-a-Better’ sandwich option with signage suggesting that the student add romaine lettuce and tomato, green pepper and onions, or cucumbers for crunch from the salad bar. Peanut butter sandwiches are very good with bananas, raisins or apples added on. Jelly really isn’t needed but will probably be requested.

Remember that any item on the school menu that has 2 or more ingredients needs a recipe. (Yes, even a sandwich needs a recipe!) The recipe should show the quantities of ingredients to use and how they credit toward the menu, i.e. 2 Tablespoons of peanut butter credits as 1 ounce equivalent meat/meat alternate.

Prepared sandwiches should be well wrapped in plastic film to prevent them from drying out. The plastic film also allows students to see the sandwich to make it more appealing. A well-wrapped left-

DIRECTIONS NEWSLETTER

MAY 2018

over sandwich could be saved for a second day of use as long as it has been kept in the appropriate temperature zone and documented in the production records.

Variations on the sandwich theme could include the use of different types of breads such as tortillas for wraps, ciabatta and flatbread. A whole grain bagel and yogurt would be a 'deconstructed sandwich'. Following are links to USDA sandwich recipes.

[Crunchy Hawaiian Chicken Wrap](#)

[Vegetable Wraps](#)

[Toasted Cheese Sandwich](#)

[Toasted Turkey Ham and Cheese Sandwich](#)

[Tuna Salad Sandwich](#)

Sandwiches as a second choices are a simple idea to benefit participation. Food item presentation and menu marketing may also help students see school lunch as the healthiest, most appealing way to feed their body and fuel their brain.

NDSNA Conference June 5-7, 2018 Bismarck

The 2018 NDSNA Conference will be held in Bismarck in June. Speakers are Dr. Katie Wilson, past USDA Undersecretary for Child Nutrition programs; Dr. Jim Painter on the myth of limiting fat, Gaye Anderson, incoming national SNA President and Char Heer from Midwest Dairy on having difficult conversations.

If you are a member of SNA, [register here](#) (you will need your 6 digit membership number from the address label of *School Nutrition Journal*).

You cannot register without becoming a member.

If you are not a member of SNA, [click here](#) and scroll down to "[Click Here to Become a Member](#)".

If you need Sanitation Update, the 3 hour Update, NOT the 8 hour class, click the button for that in the registration form.

There is a block of rooms at Ramkota under NDSNA at a rate of \$99 for single or double until May 13. The phone number is 701-258-7700.

2018 NDSNA Conference Agenda June 5-7

Ramkota 800 S 3rd Bismarck, ND 58504

Tuesday Pre-conference June 5th

1:00-4:00 Sanitation Update – Michael Lee Health Dept.

4:00-10:00 Pioneer Shelter reserved w alcohol permit, no glass bottles. Catered picnic.

5:00 -9:00 Two Riverboat tours (max 105 each time) 6:00-7:00 and 7:30-8:30

DIRECTIONS NEWSLETTER

MAY 2018

Wednesday June 6th

7:00-8:00 am—Registration and breakfast

8:00-8:30am—Presentation of colors, pledge, new member welcome, Introduction of board members, introduce candidates, bylaws.

8:30-9:30—Katie Wilson, PhD, past Deputy Undersecretary USDA Child Nutrition Programs: “Hats off to You” It is not just cooking.

9:30-9:50—Gay Anderson, SNA President: welcome from national SNA

9:50-10:00 Break

10:00-11:00—Katie Wilson: “Ready Set, Spring into School Breakfast”

11:00-11:30—Food Show: Buyers only

11:00-11:30—“Customer Service Cuisine” Katie Wilson

11:30-1:00—Food Show

1-1:50—Kids Panel, Hear what kids think of our programs.

2:00-5:00—Breakout sessions- Break 2:50-3, 3:50-4

Katie Wilson: Successfully Managing the Complexities of SNPs”

Gay Anderson: Plate Waste

Dr. Jim Painter: Added Sugar: Friend or Foe

Food demo 3 times with Chef Jared Larson.

Char Heer: “Communicating Clearly, Even in the Hot Seat” – Tackling Tough Questions” 2 times.

USDA foods 101

5:30-7:00pm—Banquet and entertainment (please bring silent auction baskets)

Thursday June 7th

7:00am-8:00am—Breakfast

8:00-8:30—Installation of new officers

8:30-8:45—Gay Anderson and Katie Wilson: Leadership: my road to national SNA president

8:45-9:00—Legislative update

9:00-9:50—DPI updates, USDA foods update

9:50-10:00—Break

DIRECTIONS NEWSLETTER

MAY 2018

10:00-12:00—Dr. Jim Painter “Finding Truth in the Failed Theories of Heart Disease” and “Fats in Vogue, Wheat Woes, Uh-Oh GMOs”

12:00-1:00—Lunch and networking

1:00-1:50—Katie Wilson: Design your Destiny with P.A.S.S.I.O.N.

1:50-2:00—Wrap up evaluations and send off

Pride of Dakota School Lunch Day is Thursday September 20, 2018



The poster features a blue header with the text "Save the Date!" in white cursive. Below this is the "Pride of Dakota" logo, which includes the text "north dakota originals". To the right of the logo is a Polaroid-style photograph of a man in a white shirt sitting at a table with various food items. Below the photo is the North Dakota Department of Agriculture logo, which includes the text "NORTH DAKOTA DEPARTMENT OF AGRICULTURE" and "Agriculture Commissioner Doug Goehring". At the bottom of the poster, the date "Thursday, September 20, 2018" is written in white cursive on a blue background.

Pride of Dakota
north dakota originals

SCHOOL LUNCH DAY

Support North Dakota Agriculture & Products

Visit www.prideofdakota.com

NORTH DAKOTA
DEPARTMENT OF AGRICULTURE
Agriculture Commissioner
Doug Goehring

Thursday, September 20, 2018

Plan on showcasing North Dakota grown products on September 20 and maybe more days if possible. Our state is a leader in honey, pinto beans, beef, pasta, bison, milk, sunflower seeds, chickpeas, lentils and potatoes. Fresh produce and honey do not need to be inspected. We have included some recipes below. Chili and cinnamon rolls is always a hit.

Zesty Pizza Subs

Makes 50 servings (1 sandwich).

Each serving has: 350 calories, 9 grams (g) of fat, 43 g carbohydrate, 23 g protein, 7 g fiber and 460 mg sodium.

5 lb. lean ground beef

1 $\frac{3}{4}$ c. dry lentils, cooked to package directions (approx. 5 c. cooked)

DIRECTIONS NEWSLETTER

MAY 2018

- 3 Tbsp. Italian seasoning
- 3 tsp. pepper
- 8 - 15 oz. cans low-sodium pizza sauce
- 6 ¼ c. shredded low-sodium mozzarella cheese
- 50 - 6" whole-wheat subs

Brown the ground beef, set aside. Boil lentils until tender, approximately 25 to 30 minutes, drain. In a large cooking pot, combine ground beef, cooked lentils, Italian seasoning, pepper and pizza sauce, heat through on medium heat or warm in 350 F oven. Serve on a whole-wheat sub, top with 1 ½ tablespoons of cheese.

Recipe source: NDSU Extension

Quick Baked Potatoes

Meal components: ½ potato with skin provides ½ cup of starchy vegetable

Ingredients	25 Servings Measure	50 Servings Measure	Directions
Fresh Red Potatoes, 80 count (80 count potatoes = 80 per 50#)	13 large or 8#	25 large or 16#	<ol style="list-style-type: none"> 1. Wash potatoes and cut in half lengthwise, leave skin on. 2. Mix spices, place in spice shaker. 3. Spread 2 T oil in 2 12" X 20" pans for 25. For 50, use 4 pans. 4. Place 13 potato halves in each pan, cut-side down, to lightly coat surface with oil. Turn cut side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut side down for browning. 7. Bake: Conventional oven: 450° for 25-30 minutes. <div style="margin-left: 40px;">Convection oven: 425° for 20-25 minutes.</div> Bake until the surface is golden brown. Heat to 160 or higher. Hold at 135° or higher. Portion ½ potato.
Garlic Powder	1/4 tsp	1/2 tsp	
Onion Powder	1/4 tsp	1/2 tsp	
Paprika	2 tsp	1 Tbsp + 1 tsp	
Salt	½ tsp	1 tsp	
Pepper	½ tsp	1 tsp	
Oil	¼ cup	½ cup	

1/2 cup serving provides ½-cup starchy vegetable

Adapted from Institute of Child Nutrition