

DIRECTIONS NEWSLETTER

SEPTEMBER 2017

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Chef Cyndie Culinary Class Recipes

Chef Cyndie Story has developed several recipes for school nutrition. The recipes include meal pattern contributions and nutrient analysis. Some even have pictures! The [recipes](#) are on the North Carolina Department of Education website in these categories:

[Meat/meat alternate](#)

[Vegetables](#)

[Fruits](#)

[Grains](#)

[Dips, Sauces and Salad Dressings](#)

[Spice Blends/Seasoning](#)

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New CACFP Meal Pattern for Schools Serving Pre-K Students Starts October 1, 2017

The first major changes in the CACFP meals and snacks since the Program's inception in 1968 will help ensure children have access to healthy, balanced meals and snacks throughout the day. The [updated CACFP nutrition standards](#) will help safeguard the health of children early in their lives. Schools serving meals to pre-k students in a separate area or at a separate time than K-12 students must follow the new CACFP meal pattern requirements.

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.

Differences Between NSLP Meal Pattern and New CACFP Meal Pattern

- Juice can be served at only one meal per day.
- A whole grain rich item must be served at one meal per day.
- Yogurt must have 23 grams or less of sugar per 6 ounce.
- Cereal must have 6 grams or less of sugar per dry ounce.
- Flavored milk is not allowed for pre-k children under age 6. This rule goes by grade, only pre-k is affected, not Kindergarten.
- Grain-based desserts, such as granola/breakfast bars and breakfast rounds and long johns no longer credit towards reimbursable meals.

National School Lunch Week October 9-13, 2017

This year's National School Lunch week theme, "School Lunch: Recipes for Success", is intended to help you start conversations with students, parents and others in your community about the recipes that make school lunch special in your school or district. "Recipes" are not just the ingredients that make up your school lunch menu everyday but they are "ingredients" that make your cafeteria program outstanding! These "ingredients" include the people, special activities, innovative initiatives, decorative food art, use of new technology, commitment to nutrition education, and meals.

Find more information and ideas to start your own "Recipe for Success" on the [School Nutrition Association website](#).

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Put Our State on Your Plate: Pride of Dakota School Lunch Day 2017

September 28, 2017 has been designated Pride of Dakota Day in North Dakota schools.

On this day, most school districts will support North Dakota producers and processors by serving North Dakota products to over 80,000 students. The ND Agriculture Department will send POD packets to schools that send in a commitment form.

Our state produces beef, pork, corn, potatoes, wheat, rye, soybeans, pinto beans, oats, lentils, barley, pasta, milk, cheese, butter, honey, canola, sunflower seeds and sunbutter. This would be a great time to serve a whole grain product produced in North Dakota.

Menu ideas

Chili with a whole grain cinnamon roll or breadstick
French Dip Sandwich
Hamburger on a whole grain Bun
Ham Sandwich
Grilled Cheese
Rotini with Meat Sauce
Meatballs and Mashed Potatoes
Pizza Submarine
Tacos
Taco Meat or Chili on a Baked Potato
Barley Vegetable Soup
Baked Red River Potato
Potato Wedges
Celery Sticks with Sunbutter Dip
Whole Grain Dinner Roll with Honey or Honey Butter
Apple Crisp with local apples and oatmeal
Sunflower Seeds
Fresh local carrots, tomatoes, cucumbers, apples, zucchini, squash

Pride of Dakota School Lunch Day provides an opportunity to teach kids where their food comes from and highlights the availability of food grown by local farmers and ranchers. If you need more information, please email Deb Egeland at degeland@nd.gov or call 1-888-338-3663.

Free Salad Bars for Schools

The Whole Foods Foundation is offering [free salad bars](#) to schools. It takes about a year to receive a complete salad bar with pans and tongs after registering your school.

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USDA School Foods Update

August/September 2017

Per Meal Rate SY 2017-2018

The USDA has announced that the national average meal rate for SY 2017-2018 will be \$.2325

Back to School Workshops 2017

It was very nice seeing everyone at the Back to School Workshops. It is always nice to put faces to names. Thanks for all who attended. I look forward to seeing you all again next year! If you have any specific suggestions that you would like to see from USDA foods next year please shoot me an email, I would love the ideas and feedback.

USDA Foods for SY 17-18

Please see our [website](#) for a full list of the USDA foods ordered with delivery dates. The pulled pork originally was supposed to be delivered in August but was delayed. The new delivery date is 9/15/17; it was available on your October survey.

New DOD Fresh Fruit and Vegetable sponsors

If you have opted in to participate in the DOD Fresh program this year, you need to register for a FFAVORS account. If you need assistance with this or have questions, please give me a call.

Processed Foods SY 17-18

Breaded Chicken (Pilgrim's Pride)	Asian Chicken (Yang's)
WG Chicken Nugget	Orange Chicken
WG Chicken Patty	Teriyaki Chicken
WG Chicken Strip	Sweet and Sour Chicken
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

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Monthly Survey Schedule 2017-2018

Survey Available	Delivery Month
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
Annual Survey	February 12-25
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

Click [our website](#) to find out which route your school is.

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.

Contact Information

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