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School Food Services News

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School Food Services Staff Changes

School Food Services would like to welcome two new supervisors to our team, Barbara Shaw and Allie Loewenstein. Barbara is the Supervisor for the Northwest Region and Allie is the Supervisor for the North Central Region. Josh Winters will continue to supervise the South Central Region, Sandra Lang will continue to supervise the Southwest Region. CNResources will again be conducting reviews for the Northeast, East and Southeast Regions. Katie Long will be answering question for these regions.

Dana Doerhoff, Assistant Director

National School Lunch Week October 15-19, 2012

The theme of the National School Lunch Week (NSLW) is **"School Lunch – What's Cooking?"**. It is about celebrating the positive changes that have been made in school lunch programs across the country. Between new meal patterns, chef-inspired recipes and freshly prepared meals, there have been lots of great developments in school lunch. You already know what is unique and special about your operation. When celebrating NSLW, you can share your stories and increase community awareness of all the benefits of a healthy school lunch.

Josh Winters, Supervisor

SCHOOL LUNCH WHAT'S COOKING?

IT'S BACK

Wow, what a year and it is just October! Everyone is working very hard to implement the new meal pattern requirements, as well as, understand and complete the 6 cent compliance process. There are definitely many changes and we are all learning and working together during this transition period. In addition to the information provided in the Commodity Shelf Newsletter we are bringing back the School Food Services News. The School Food Service News will provide updates and articles mainly written by the regional review staff.

Karen Wooton, Coordinator

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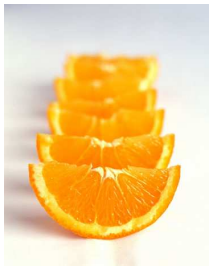
Getting Kids to Eat More

Choosing, preparing and serving fruit that kids will eat can be TRICKY. First pick fruits that are in season, firm, ripe for flavor, rich with aroma and colorful. When preparing, make sure to wash and dry all the fruit.

Serve fruits that are EASY for kids to eat. A basket of whole apples and oranges may be a colorful presentation on the serving line, but can ultimately accumulate in the trash secondary to the time consuming labor and sticky mess of peeling an orange or difficulty biting into an apple because of any dental issues that are common among growing and developing children.



- Cut apricots, plums and oranges into halves or quarters. Be sure to remove the pits.
- Apples should be cored and cut into wedges.
- Cluster grapes in groups on the stem. This allows students to pick up the stem and transfer to tray without losing grapes on the floor.
- Kiwi should be peeled and sliced into rounds.
- Fruit in juice can be put into individual serving size containers to avoid running over on the tray.

While trying to increase fruit consumption get creative and let kids sample different fruits they normally wouldn't. Theme recipes around the upcoming holidays; e.g. create a fruity eyeball salad for Halloween including fresh fruits such as cantaloupe, honeydew, melons and seedless grapes.

Remember the New Regulatory Requirements in the National School Lunch program requires ½ cup fruit daily for grades K-8 and 1 cup daily for grades 9-12. Students are allowed to select ½ cup fruit or vegetable under OVS. The link provided is to *Fruits & Vegetables Galore*; a USDA tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables.
http://www.fns.usda.gov/tn/resources/fv_galore.html

Barbara Shaw, Supervisor

How to cook commodity brown rice:
Use 1 cup of rice and 2 cups of water. Bring the water to a boil, reduce the heat, and simmer for 50 minutes. Cover and let stand for at least 10 minutes before serving.

Carefully select how you will prepare and hold each food:
Plan to cook vegetables in batches and avoid holding for more than 15 to 20 minutes before serving. This will help retain flavor, color, and nutrients.

Do not overcook vegetables:
Overcooking can cause food to lose nutritional value. Cook vegetables to an "al dente" state and hold at proper temperature.

Keep foods at the proper temperature:
Keep hot foods hot (140°F and above) and cold foods cold (below 40°F). Proper temperatures are important for food safety as well as taste and appearance. Cool hot foods slightly just before serving to young children.

Feature freshness:
Serve salad greens that are crisp and green.

Always taste before serving:
Make sure food has been prepared and seasoned to appeal to children and not adults. Foods can be "flavored" and "seasoned" in the kitchen.

Menu "theme meals" for variety:
Use upcoming holidays to help add variety to menu offerings. Halloween themed menu, Traditional Thanksgiving dinner, etc…

Serve eye-appealing foods:
Like adults, children notice and are influenced by how foods look.

Josh Winters, Supervisor

Vegetables: Helping Our Kids Eat More

With all the commotion on the new incorporation of more vegetables in our children's daily lives, it's important to understand why there has been so much emphasis placed on this food group. With childhood obesity rates at an all time high, we are seeing an alarming increase of chronic illnesses in our youth every year, and the ages are only becoming younger.

That being said, high blood glucose and high blood pressure are risk factors for disease such as Type 2 Diabetes and Hypertension. Both of these can be prevented when healthy lifestyle changes, such as increased vegetable consumption, are adopted at an early age. However, in order to get our kids to meet these new requirements for vegetable consumption, we must prepare and serve food that is appealing for both the eyes and tastes buds. Below are a few recommended tips on how to accomplish this:

- Cook to maintain the quality of appearance, texture and flavor.
- Do not overcook dark green vegetables, cook only until crisp-tender. Overcooking will produce dull, olive-green or yellow products.
- Vegetables in the cabbage family (cabbage, broccoli, cauliflower) will develop a very strong, sulfur-like flavor when overcooked.
- Use as little water as possible for cooking most vegetables and steam if possible. Too much water will dilute the flavor.
- Batch cook just in time for meal service on the line. Cooked vegetables are best when they are held for less than 20 minutes.
- For canned vegetables, heat in the canning liquid to preserve the nutrients and heat only enough to bring to the desired temperature of 140 °F.

Remember that new meal pattern regulations require age/grade groups K-8 to be offered ¾ cup of vegetables daily and 3 ¾ cups weekly. They also require grades 9-12 to be offered 1 cup of vegetables daily and a total of 5 cups weekly. For additional information on the various vegetable subgroups and specific nutritional benefits, please access the link below.

Benefits of the Nutrients Found in Various Vegetable Subgroups
Calorie Content in Various Vegetables and Fruits

Allie Loewenstein, Supervisor

Make sure to check the School Food Services homepage, updates are posted almost daily.

Prohibition on the Use of Temporary Approval

Temporary approval of an application is **no longer permitted** because of the year long duration of eligibility provision. If LEAs/schools are concerned with the authenticity of the information provided on an application, they may, on a case by case basis, verify the application for cause.

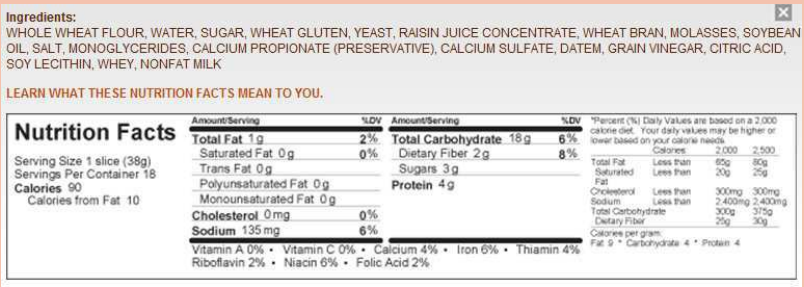
Sandra Lang, Supervisor

Kitchen Records to Keep

Kitchen records are a very important part of every food service operation. With the new simplified one menu approach, each Local Education Agency is now required to keep the same records. These records should be kept for three years plus the current year. They will be evaluated during the state agency review of your food service operation.

- **Nutrition Facts Label** (see picture)
- **Child Nutrition (CN) Labels** (see picture)
  - Have a distinct logo with CN around the label
  - Clearly identify the contribution of a product toward the meal pattern requirements
- **Standardized Recipes**
  - Maintain consistent yield, quantity, taste, cost, quality, nutrients and preparation time
- **Production Records**

Nutrition Facts Label



Ingredients:
WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECITHIN, WHEY, NONFAT MILK

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Nutrition Facts

Serving Size 1 slice (38g)
Servings Per Container 18
Calories 90
Calories from Fat 10

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1 g	2%	**Total Carbohydrate** 18 g	6%
Saturated Fat 0 g	0%	Dietary Fiber 2 g	8%
Trans Fat 0 g		Sugars 3 g	
Polyunsaturated Fat 0 g		**Protein** 4 g	
Monounsaturated Fat 0 g			
Cholesterol 0 mg	0%		
Sodium 135 mg	6%		

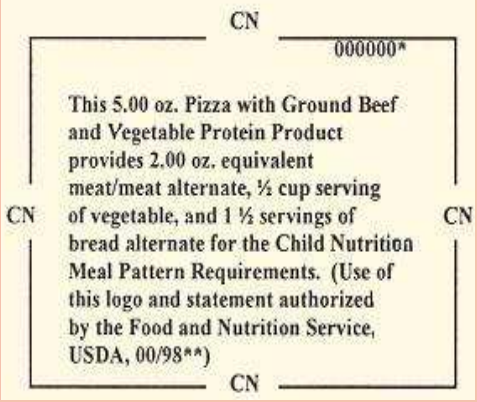
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4%
Riboflavin 2% • Niacin 6% • Folic Acid 2%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Child Nutrition (CN) Label



CN
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This 5.00 oz. Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable, and 1 ½ servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 00/98**)

CN CN CN

The standardized recipe form and production record prototype are located on the School Food Services website under forms. **www.dese.mo.gov/divadm/food/requestedforms.htm**

Katie Long, Supervisor

School Food Services

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Missouri DEPARTMENT OF ELEMENTARY & SECONDARY EDUCATION

http://www.dese.mo.gov/divadm/food

School Food Services Calendar

July

- Regular Term Application/Agreement Available in Web Application System
- Financial Report Available in Web Application System (Non-Public Schools)
- June Claim Form Due in Web Application System by the 15th (Separate Claim Form Required for Seamless Summer Option Meals Claimed in June)
- Perform and Document Monthly Edit Checks (Year Round and Seamless Summer Option/Summer School Programs)
- Commodity Open Order Deadline, 12:00 Noon by the 15th (Aug. delivery)
- Download Direct Certification Data (First Mandatory File)
- Value of Commodities Distributed Report Available on Website
- Commodity Entitlement Letters Available on Website

August

- Distribute Free/Reduced Price Applications to Households
- Notify Direct Certification Households of Free Meal Benefit
- Provide Request for Information Form to Households for Collection of Mo Healthnet Data
- Food Safety Inspections Report Available in Web Application System
- July Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Commodity Open Order Deadline, 12:00 Noon by the 15th (Sept. delivery)
- Check Web Application System for Availability of Financial Report (Public Schools); Review and Submit Report
- View Civil Rights Presentation and Complete Civil Rights Training Documentation, Available on Website

September

- Conduct First After School Snack Program On-Site Review (Required During First 4 Weeks of Operation)
- Update Methods of Collection and Meal Counting Form (if methods/procedures/software have changed from previous year)
- August Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Food Safety Inspection Report Due in Web Application System
- Financial Report Available in Web Application System; Review and Submit Report (Public Schools)
- Commodity Open Order Deadline, 12:00 Noon by the 15th (Oct. delivery)

October

- Count Approved Free and Reduced Price Applications for Verification as of Oct. 1; Begin Verification Process
- Regular Term Application/Agreement Renewal Deadline
- September Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Commodity Open Order Deadline, 12:00 Noon by the 15th (Nov. delivery)
- Download Direct Certification Data (Second Mandatory File)

November

- Check School Food Services Website for Commodity Expo Dates
- Financial Report Due in Web Application System
- October Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Commodity Open Order Deadline, 12:00 Noon by the 15th (Dec. delivery)
- Verification Process Must be Completed by the 15th
- Mo Healthnet for Kids Data Collection Form due by the 30th (fax or mail)

December

- November Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Verification Summary Report Due in Web Application System by December 15th
- Commodity Open Order Deadline, 12:00 Noon by the 15th (Jan. delivery)

January

- Conduct Second After School Snack Program On-Site Review
- USDA Food Packet Available on Website
- December Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Commodity Open Order Deadline, 12:00 noon by the 15th (Feb. delivery)
- On-Site Reviews Must Be Completed Prior to February 1
- Download Direct Certification Data (Third Mandatory File)

February

- Paid Lunch Equity Tool Available on Website
- January Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Commodity Open Order Deadline, 12:00 Noon by the 15th (March delivery)
- Food Service Management Re-bid and Renewal Notices Sent to Contracted LEAs

March

- USDA Food Packet Due
- Seamless Summer Option Application Agreement Available in Web Application System
- Check Website for Summer Workshop Dates and Locations
- February Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Commodity Open Order Deadline, 12:00 Noon by the 15th (April Delivery-Last Delivery of School Year)

April

- March Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks

May

- Update End of Year Date in Application Agreement if Needed Due to Extension of School Year
- Free and Reduced Price Application and Direct Certification, School Year Booklet Available on Website
- April Claim Form Due in Web Application System by the 15th
- Perform and Document Monthly Edit Checks
- Registration for Summer Workshops Due by End of May

June

- May Claim Form Due on Web Application System by the 15th (Separate Claim Form Required for Seamless Summer Option School Meals Claimed in May)
- Perform and Document Monthly Edit Checks