



Scholar Dollar Now

Food Safety Training Resources

FDA has added some resources to their website to assist in training food service employees in food safety. Research has shown that foodservice workers are traditionally oral culture learners, so these resources have been specifically designed for that type of learning.

The materials (posters and storyboards) will be available in seven languages (including English, Hindi, Korean, Russian, Simplified Chinese, Traditional Chinese, and Spanish) from their website at <http://www.fda.gov/Food/>

FoodSafety/RetailFoodProtection/default.htm. Click on the "Oral Culture Learner Project" link to access the resources. These FDA resources are not copyrighted, so they can be freely distributed. FDA does request that they are credited as the source of the materials, however.

Topics of currently available resources include:

- No Bare Hand Contact with Ready-to-Eat Food
- Employee Health
- Proper Handwashing
- Prevention of Cross-

Contamination

- Proper Hot Holding of Time-Temperature Control of Safety Foods
- Proper Cooling of Time-Temperature Control of Safety Foods

Additional Resources Yet to be Developed will include the following topics: Proper Cooking, Proper Cold Holding & Date Marking of Time-Temperature Control of Safety Foods, Approved Food Sources & Proper Use and Storage of Chemicals.

The Perfect Breakfast

What do kids want to see for breakfast in their school cafeteria's? A recent survey of over 2,000 3rd to 5th grade students conducted by the marketing firm Y-Pulse found pancakes were the 2-1 favor-

ite. Chocolate chip was the favorite flavor followed by blueberry.

Other popular breakfast items included eggs (especially scrambled), as well as cereal and rolls.

Bacon was also listed as a student favorite.

In addition, the study found bold, ethnic flavors were gaining popularity.

Source: School Nutrition (November 2011)

CWD Nutrition Services Dept.

Volume 3, Issue 6

January 2012

Dates to Remember..

- © January 1—New Year's Day
- © January 16—Martin Luther King Jr. Day
- © January 23—Chinese New Year



Inside this issue:

Potato Au Gratin	2
Cheesy Turkey & Corn Shepherd's Pie	2
New Items	2
Burrito Bowls	3
Menu Ideas...	3
Chunky Chicken Chile	3
Non-Foods Specials	4

Potato AuGratin (w/Cheddar Buds®)

Source: www.butterbuds.com

Yield = 50—1/2 cup portions

Sliced Potatoes (#49929)	2 lb, 1 1/3 oz
Dehydrated Onions (#50320)	3 oz
Buttermist Spray (#42537)	
Water	3 qt, 1/4 oz
Wheat Flour (#40671)	5 1/2 oz
Nonfat Dry Milk (#41430)	1 lb
Salt (#47410)	1/2 Tbsp
Pepper (#39431)	3/4 tsp
Cheddar Buds, Dry Mix (CWD #42638)	1 1/2 qt, 1/2 cup
Hot Water	3 qt, 1/2 cup

1. Coat steamtable pans with Buttermist. Use two pans for 50 portions. Divide potatoes evenly between the pans.
2. Sprinkle onions evenly over potatoes.
3. Heat water to boiling. Combine flour, dry milk, and seasonings. Add slowly to boiling water, whipping until smooth.
4. In mixing bowl, combine Cheddar Buds and hot water. Stir until blended. Add to flour mixture. Mix and pour 1 gallon sauce over each pan of potatoes. Stir to combine.
5. Bake at 350°F for 45-60 minutes.

Nutritional Analysis: 158 calories, 0.43 mg iron, 5 g protein, 7 mg cholesterol, 168 mg calcium, 32 g carbohydrate, 490 mg sodium, 1,7 IU Vitamin A, 0.2 g fat, 1.6 g fiber, 17 mg Vitamin C

New Items

CWD #26857—Chips Sunchip Morning Mixups 104/1.5 oz

- Each bag = 2 grain/bread equivalents and 16 g whole grains.



CWD #45901—Juice Fruit Envy Apple Sparkling 24/8 oz

- 100% Sparkling Fruit Juice. Meets all of the Action for Healthy Kids & Alliance for A Healthier Generation nutrition guidelines.

- 1 can = 2 fruit servings

New from Apple & Eve

Pack = 40/4.23 oz

CWD # 44767—Juice Apple 100% Aseptic

CWD #44783—Juice Cranberry Raspberry 100% Aseptic

CWD #44768—Juice Fruit Punch 100% Aseptic

CWD #44769—Juice Orange Tangerine 100% Aseptic

CWD #44782—Juice White Grape 100% Aseptic

Cheesy Turkey & Corn Shepherd's Pie

Source: Land O Lakes Foodservice

Yield = 50—8 oz portions

Ground Turkey	6 1/2 pounds (CWD #53214)
Cheese Sauce	2 1/2 quarts (CWD #41770)
Frozen Corn	5 pounds (CWD #57710)
Potato Pearls, Prepared	8 pounds (CWD #49875)

1. Cook turkey.
2. In two separate 4-inch deep full steam table pans, mix together 2 pounds + 6 ounces cooked turkey and 1 quart plus 1 cup

cheese sauce. Spread out evenly in each pan.

3. Spread 2 1/2 pounds corn over turkey mixture in each pan. Spread 4 pounds prepared mashed potatoes evenly over corn in each pan.
4. Cover pans; bake at 350 degrees F, convection oven for 30 to 40 minutes or until heated through.

CN Contribution—each portion = 2 oz meat/meat alternate, 1/2 cup vegetable.

Nutrition Analysis: 294 calories, 15 g fat, 54 mg cholesterol, 770 mg sodium, 25 g carbohydrate, 7 g fiber, 16 g Protein, 185 mg Calcium

Burrito Bowls

Source: Land O Lakes Foodservice

Yield = 24—7 oz portions

Butter (#66330)	¼ Cup
Onion, Chopped (#780285)	2 Cup
Garlic, Chopped (#180380)	4 tsp
Chili Powder (#39101)	2 Tbsp
Cumin (#39151)	2 tsp
Brown Rice, Ckd (#48941)	12 cup
Green Chilies (#46890)	16 oz
Black Beans, Rinsed, Drained (CWD #43399)	60 oz
Corn, Drained & Rinsed (#43500)	44 oz
American Cheese, Sliced (CWD #60588)	1½ lbs
Skim Milk (#66180)	2 cups

- In large skillet, melt butter. Saute' onion, garlic, chili powder, and cumin until onion is tender. Add remaining ingredients. Heat, stirring occasionally, until cheese is melted and mixture reaches 165°F.
- Spoon 1 cup rice mixture into a bowl. Can use chopped cilantro, sour cream, and salsa as garnishes if desired.

Note: 3 pounds dry = 12 cups cooked brown rice.

CN Contribution—each portion = 2 oz meat/meat alternate; 1 grain/bread serving; 1/4 cup vegetables

Nutrition Analysis: 350 calories, 8 g fat, 20 mg cholesterol, 570 mg sodium, 53 g carbohydrate, 8 g fiber, 17 g protein, 298 mg calcium.

Menu Ideas...

Menu ideas using pre-cooked meatballs...

- Buffalo Meatball Grinder—drizzle cooked meatballs with buffalo wing sauce. Top with melted American cheese, sautéed peppers and onions and serve on a hoagie bun.
- Meatball Minestrone—Mix corkscrew pasta, marinara sauce, and pre-cooked meatballs. Top with grated parmesan cheese. Serve with garlic breadsticks.
- Italian Meatball Panini—serve pre-cooked meatballs, spice tomato sauce, and provolone

cheese Panini style on toasted Italian bread. Add a side of potato salad and a pickle.

Source: www.tysonk12.com



Chunky Chicken Chile

Source: American Egg Board

Yield = 50—1 cup portions

Green Pepper (#780258)	6 cups
Onion (#780285)	6 cups
Celery (#780225)	4 cups
Carrots (#780215)	3 cups
Water	2 cups
Tomato Sauce (#43940)	5 lb 4 oz
Diced Tomatoes (#43970—do not drain)	½ #10 Can
Salsa (#41785)	4 lb 8 oz
Chili Powder (#39101)	1/3 cup
Cumin (#39151)	3 Tbsp
Garlic, Minced (#180380)	¼ cup
Diced Chicken, PC (#55665)	6 lb.
Pinto Beans, Cnd (#43416)	6 lb.

- Dice vegetables. Combine vegetables and water in large stock-

pot. Cook over medium heat 10 minutes. Add water if necessary. Drain.

- Add tomato sauce, diced tomatoes, salsa, and seasonings to vegetables. Stir. Bring to a boil. Reduce heat.
- Add chicken. Cook, covered, over medium heat, 20 to 30 minutes, stirring occasionally.
- Drain beans and stir into chile. Heat uncovered about 10-15 minutes.

CN Contribution—each serving = 2 oz meat, ½ cup vegetables.

Nutritional Analysis: 222 calories, 21 g Protein, 19 g Carb, 7 g Fat, 2 g Sat Fat, 45 mg cholesterol, 4010 IU Vitamin A, 43 mg Vitamin C, 2.6 mg Iron, 60 mg Calcium, 810 mg Sodium, 4 g Fiber.

Bits & Pieces...

Newsletter Editor:

Heidi Wietjes, MS, RD, LMNT, LD
308-237-3151 Ext 7123
Heidi.wietjes@cashwa.com



Big Enough To Deliver & Small
Enough To Care

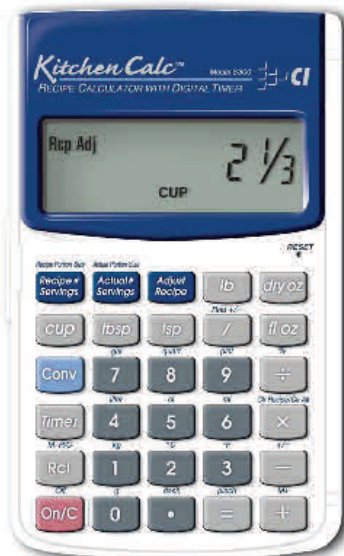
Winter Sports are underway. Now is the time to change the offerings in your concessions stands to add interest and increase sales. Ask your CWD DSC for ideas.

How about some popcorn balls with your school logo, Thaw & Serve cookies, Sunchips, Morning Mix-Ups, Roller Grill items, Pretzels, Envy Juice, Fruit Chillers...

If you are hosting an all-day wrestling meet, do you have breakfast items available? Thaw & Serve donuts, roller grill items, and hot pockets are all possible menu additions for these events. Also, consider offering small packages of ready to eat raw vegetables or a bowl of fresh fruit.

Recipe Conversion Calculator

Recipe Calculator with Digital Timer



#141292 Kitchen Calculator Your Cost: \$29.95

The KitchenCalc was designed for anyone who loves to cook—from home cooks to professional chefs—or anyone who needs a little help converting units or scaling recipes.

The KitchenCalc is an easy-to-use, handheld calculator that's small enough to store in your kitchen utility drawer. It's an innovative kitchen aid that helps you increase or decrease recipe yields or portions quickly and accurately. No more guesstimating ingredient quantities! With the KitchenCalc, you'll save time in the kitchen and produce great-tasting meals when entertaining, meal planning, or simply cooking for two!

The KitchenCalc will help you avoid disappointing or embarrassing cooking or baking mistakes, while saving you costly ingredients, time and frustration. (If you've ever converted a recipe incorrectly and ruined a meal, you know how handy this calculator will be!)

Features

- Accurately scale recipes up or down.
- Scale for number of servings or portions, or both!
- Convert cooking volume units (tsp, tbsp, fluid ounces, cups, pints, quarts, gallons, milliliters, centiliters, liters, even dash & pinch).
- Convert units of weight (dry ounces, pounds, grams, kilograms).
- Convert temperatures (A°C to A°F and vice versa).
- Work directly in kitchen fractions (e.g., 1/2 cup).
- Do quick math with cooking units (e.g., 1-1/4 tsp x 7, 3-1/3 cups minus 11-1/2 ounces).
- Use the count up/down digital kitchen timer.
- Use the timer independently or while using the calculator.
- Metric unit conversions let you handle popular European recipes with confidence!
- Use it as a regular calculator, or to solve other household mixture problems.

ONLINE PORTAL USERS: Make sure to contact your sales rep when ordering to receive these discounted prices. No freight, in stock and will ship on CWD truck within coverage areas with qualifying order. (Outside coverage areas add for freight)

Non-Foods
Specials

Cash-Wa Distributing - Big Enough to Deliver... and Small Enough to Care

Learn more about CWD Equipment: <http://cashwa.com/services/equipment>