



Scholar Dollar Now

Fuel Up to Play 60—Are you Participating?

Fuel Up to Play 60 is a nutrition & physical activity program founded by the National Dairy Council® and the National Football League. It is a comprehensive program focusing on promoting healthy eating and physical activity school-wide.

Fuel Up to Play 60 supports national standards including the National Health Education Standards, National Standards for Physical Education, and the Guidelines for Physical Activity for Children 5-12. It also complements the Let's Move! Campaign and the USDA

HealthierUS School Challenge.

More information is available on their website—
[http://
school.fueluptoplay60.com](http://school.fueluptoplay60.com).

The website contains a variety of resources to assist a school in implementing the program. You will find activities, nutrition education & fitness resources, information sheets, and curriculum tools that you can download.

The program also includes a competitive nationwide

funding program allowing schools to compete for up to \$4000 in funding to help a school implement the program. The next application deadline to apply for funds is February 1, 2012. Check out the website for more information.



Farm to School Toolkit

Omaha-based Gretchen Swanson Center for Nutrition recently released a toolkit to help schools implement Farm to School. The toolkit can be found at [http://
toolkit.centerfornutrition.org/](http://toolkit.centerfornutrition.org/).

While parts of the toolkit are Nebraska specific (such as the list of local producers), much of the information would be helpful for any mid-western school district.

The toolkit includes helpful information about food safety as well as product traceability—important considerations to keep in mind when buying local food products.

CWD Nutrition Services Dept.

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Dates to Remember...

- ☉ December 20th—Hanukkah Begins
- ☉ December 22nd—First Day of Winter
- ☉ December 25th—Christmas
- ☉ December 26th—Kwanzaa



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Anyone have some recipes to share?

Breakfast in the Classroom

Some schools are offering breakfast in the classroom as a way to ensure all elementary students start the day ready to learn.

Research has shown the following benefits:

- Students begin their day ready to learn. Research shows breakfast improves academic scores while reducing absenteeism, classroom disruptions, and trips to the school nurse.
- Feeding more students breakfast can improve the financial position of the school food service.

Menus need to be planned carefully to accommodate service in the classroom setting. Some ideas include:

- Bowl Pack Cereal, fruit, milk.
- Trail mix, string cheese, juice, milk
- Cheese & Crackers, Fruit, Milk
- Yogurt, Fruit slices, milk
- PB&J Sandwich, Fruit, Milk

Source: Oregon Department of Education, Wisconsin Department of Education

Menu Ideas....

Menu ideas using a pre-cooked beef patty.....

- **BLT Burger**—layer a pre-cooked beef patty on a bun & top with bacon, lettuce, tomato, condiments, and pickles. Serve with sweet potato fries.
- **Pizza Burger**—smother a pre-cooked burger in marinara sauce and melted mozzarella cheese. Serve on a hoagie bun.
- **All-American Salad**—serve on a bed of mixed greens with light ranch dressing. Top a pre-cooked beef patty with melted American cheese, tomatoes,

sweet corn, and olives.

- **Breakfast Patty Melt**—serve a pre-cooked beef patty on a toasted English Muffin. Top with bacon and melted American Cheese.

Source: www.tysonk12.com



Mexicali Corn

Source USDA

Yield = 50 - 1/4-cup Portions

Whole Kernel Corn	1 #10 can
	(CWD #43500)
Green Pepper, Chopped	8 oz
	(CWD #780258)
Onion, Chopped	6 oz
	(CWD #780285)
Pimento, Drained	3 oz
	(CWD #50099)
Margarine (CWD #58260)	1/4 cup
Chili Powder (CWD #39101)	1 1/4 tsp
Cumin (CWD #39151)	3/4 tsp
Paprika (CWD #39391)	1/2 tsp
Onion Powder (CWD #39341)	1/2 tsp

pepper, and onion.

2. Place in stock pot. Add 2 cups water. Heat uncovered to 140° F or higher. Drain. Pour into steam table pans. Add pimento, margarine, and seasonings. Stir lightly. Hold hot until serving.
3. Portion with No. 16 scoop.

Menu Contribution: 1/4 cup = 1/4 cup vegetable.

Nutritional Analysis: 42 calories, 1.1 g Protein, 7.7 g Carbohydrate, 1.33 g Fat, 0.25 g Saturated Fat, 0 mg Cholesterol, 204 IU Vitamin A, 7.8 mg Vitamin C, 0.41 mg Iron, 4 mg Calcium, 132 mg Sodium, 0.9 g Fiber.

1. Combine drained corn, green

Eat A Pita Meatball Sandwich

Source: www.beefoodservice.com
Yield = 100 Servings

Garbanzo Beans, drained	12½ cups
(CWD #43351)	
Water	2 cups
Garlic (CWD #180380)	¼ cup
Lemon Juice (CWD #45010)	¼ cup
Cumin (CWD #39151)	2 Tbsp.
Salt (CWD #47410)	1 Tbsp.
Pepper (CWD #39431)	1 Tbsp.
Plain Yogurt (CWD #66388)	3 quart
Garlic (CWD #180380)	¼ cup
Salt (CWD #47410)	2 Tbsp
Meatballs, PC, ½-oz	12½ lbs.
(CWD #54620)	

Pita Bread, 6" (CWD #55744) 100 each
Cucumbers (CWD #780255) 10 each
Tomatoes (CWD #180353) 25 each

- Place garbanzo beans, water, garlic, lemon juice, cumin, salt, and pepper in food processor and process until smooth. Cover and refrigerate.
- Combine yogurt, garlic, and salt in a large, non-reactive bowl. Cover and refrigerate.
- Heat meatballs according to package directions. Hold hot.
- Slice cucumbers and tomatoes into ¼ - inch slices.
- Per order: Cut pita bread crosswise in half. Spread each of two halves with 1 Tbsp. bean puree. Fill each half with 1 cucumber slice, one tomato slice and 2 meatballs. Serve with 2 Tbsp. yogurt sauce.

Nutritional Analysis: 337 calories, 10 g Fat, 4 g Saturated Fat, 20 mg Cholesterol, 837 mg Sodium, 48 g Carbohydrate, 8.4 g Fiber, 18 g Protein, 3.4 mg Iron, 109 mg Calcium

Breakfast Features

CWD #66414—Yogurt Cherry Crush
Cup Danimals 48/4 oz

CWD #66437—Yogurt Strawberry
Crush Cup Danimals 48/4 oz

CWD #42637—General Mills Cereal
Bowls Asst—Kid's Choice

Contains 20 each Cheerios, 16 each
25% less sugar Cocoa Puffs, 32 each
Cinnamon Toast Crunch, & 28 each
25% less sugar Trix

CWD #57494—French Toast Mini
Cinnamon Rush 72/2.64 oz

1 pkg = 2 bread equivalents

CWD #58407—Cinnamon Roll Dough
Whole Grain 240/1.25 oz

1 roll = 1 bread equivalent

CWD #57467—Pancakes Eggo Mini
Blueberry Whole Grain 72/2.82 oz

1 pkg = 2 bread equivalents

CWD#57466—Pancakes Eggo Mini
Maple Whole Grain 72/2.82 oz

1 pkg = 2 bread equivalents

Chicken Teriyaki Wrap-Up

Source: American Egg Board
Yield = 50 servings (1 10" tortilla)

Diced Ckd Chicken	8 lb.
(CWD #55665)	
Oriental Vegetables	8 lb.
(CWD #57600)	
Teriyaki Sauce	1 qt.
(CWD #41542)	
Brown Sugar, lightly packed	½ cup
(CWD #47250)	
Ginger (CWD #39261)	1½ Tbsp
Flour Tortillas, 10 inch	48 each
(CWD #57445)	

- In large spray-coated pan combine chicken, vegetables, teriyaki sauce, brown sugar, and ginger.

- Cook, stirring frequently 12 to 15 minutes or until vegetables are tender-crisp and mixture is heated through. Keep warm.
- For each serving, portion ¾ cup chicken/vegetable mixture into bottom half of tortilla. Wrap up envelope-style and serve immediately.

Menu Contribution: each serving provides 2.6 oz meat/meat alternate; 3/8 cup vegetable, and 1¼ servings of grains/breads.

Nutritional Analysis: 397 calories, 30 g Protein, 39 g Carbohydrate, 13 g Fat, 3 g Saturated Fat, 63 mg Cholesterol, 1277 IU Vitamin A, 12 mg Vitamin C, 3.2 mg Iron, 61 mg calcium, 1240 mg Sodium, 3 g Fiber.

Bits & Pieces.....

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Big Enough To Deliver and Small
Enough To Care



Check out the CWD Website (<http://www.cashwa.com>) for food safety information, menu ideas, school resources, coupons, and other information.

Ask your CWD DSC about fundraising opportunities available from CWD. Have you considered logo popcorn balls for your concession stands? Order them in your school colors!



Non-Foods Specials

Plastic Sheet Pan Covers

Same time and money with these versatile covers



NEW PRODUCT!



Sheet pans are used in so many parts of your food service operation. Focus Foodservice now provides a way to make even better use of these versatile pans. Simply snap these translucent covers on pans and you can store and transport food without the risk of germs, dirt or dust touching food products.

NSF APPROVED!



- Keeps contents sanitary.
- Snap-on fit.
- 3 Convenient sizes to choose from.
- Dishwasher safe polypropylene construction.
- Not for use in ovens or with hot pans. With covers on, pans will NOT fit in sheet pan racks. Fit is not air-tight.

#130123

PRICE: \$9.49

MODEL: # 90PSPCFL

Sheet Pan Cover, for full size pans, snap-on fit, dishwasher safe, polypropylene construction, NSF

#130122

PRICE: \$6.49

MODEL: # 90PSPCHF

Sheet Pan Cover, for half size pans, snap-on fit, dishwasher safe, polypropylene construction, NSF

ORDERING INFORMATION

Contact your DSC for questions and information about these products

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)

Go Green

Eliminate the need for film or foil to cover sheet pans to protect food, saving you time and money. Turn your sheet pans into storage containers for stacking. No need to transfer products or pay for costly food storage containers. Just snap on and go.

Cash-Wa Distributing - Big Enough to Deliver... and Small Enough to Care Learn more about CWD Equipment: <http://cashwa.com/services/equipment>