



Scholar Dollar Now

Review Your Milk HACCP Program

Did you know that storage temperature impacts milk shelf life. Milk should be stored between 33-40°F, with 35°F as the ideal milk storage temperature.



The shelf life of milk is shortened by 50% for every five degree rise in temperature over 40°F.

Milk should be temp checked upon delivery and

quickly placed into a 35°F cooler. Also, be sure to review the "sell by" date.

Be sure you rotate your milk using the First In-First Out (FIFO) method.

Be sure your milk is stored in a way that allows air to circulate around the milk.

Monitor and record milk cooler temperatures on a daily basis. Keep cooler doors closed to maintain temperatures in your coolers.

Be sure to check and record the milk temperatures before and after meals are served. Milk temperatures should not exceed 40°F during the serving period.

For more information, check out the Dairy Council's website at <http://www.midwestdairy.com>.

CWD Nutrition Services Department

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Dates to Remember...

- ☺ President's Day— February 20th
- ☺ Ash Wednesday— February 22nd
- ☺ CWD Food & Equipment Show—March 27th & 28th



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Final Rules—Nutrition Standards in the School Lunch & School Breakfast Program Released.

USDA released the final rules updating the meal patterns & nutrition standards for the National School Lunch & School Breakfast program on January 25th. They will go into effect July 1, 2012.

The rules will increase fruits, vegetables, whole grains, and low fat/fat free milk in school meals. Also, sodium levels, trans fats, and saturated fats will be reduced. In addition, calorie requirements will be

implemented based on grade levels.

CWD will have resources available in the upcoming months to help their customers meet these new regulations.



Anyone Have a Good Recipe to Share?

New Items

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

CWD #45902—Juice Fruit Envy Fruit Punch 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
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CWD #55005—Jamwich PNB & Grape Jelly Whole Grain 72/2.8 oz
1 each = 1 oz meat/meat alternate & 1.25 grains/breads

CWD #41868—Seasoning Chili Standard 6/4 lb.

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

Carrot Trivia

- Carrots originated 3,000 years ago in Middle Asia in the Afghanistan region. Early carrots were white, purple, and yellow.
- Early carrots were grown for their aromatic leaves & seeds, not their roots.
- According to the Food & Agricultural Organization, in 2009, China was the largest producer of carrots followed by Russia and the United States. Over 33.5 million tons of carrots & turnips were grown worldwide in 2009.
- Carrots are a good source of Vitamin A, fiber, potassium, and Vitamin C.
- Carrots can be served in a variety of ways including as a cooked vegetable, raw in salads, as an ingredient in soups or casseroles, and plain as a snack.



Cheesy Potato 'N Corn Chowder

Source: <http://landolakesfoodservice.com>

Yield= 100 1 cup portions

- Margarine (CWD #58260) 1 cup
- Onion, Chopped 2½ lbs (CWD #180285)
- Flour (CWD #40669) 3 cup
- Green Bell Pepper, Chopped 2½ lbs (CWD #780258)
- Chicken Broth 1 gallon + 5 cups (CWD #44720)
- Potatoes (CWD #180336) 8 lbs 6 oz
Peeled, cut into 6 wedges each
- Sage (CWD #39531) 2 Tbsp
- Pepper (CWD #39431) 1 Tbsp
- Skim Milk 1 gallon + 5 cups (CWD #66180)
- Bacon (CWD #752336) 1 pound
Cooked & Diced

American Cheese, Shred 8 lbs 6 oz (CWD #60204)

Corn, IQF 10 lbs 6 oz (CWD #57710)

1. Melt margarine in large stock-pot or kettle. Stir in onion. Cook over medium heat, stirring occasionally until tender. Stir in flour until well mixed.
2. Stir in green pepper, broth, potatoes, sage, and pepper. Cover; continue cooking until potatoes are tender.
3. Add remaining ingredients; continue cooking, stirring occasionally, until cheese is melted and mixture is heated through.

Nutrition Information Per Serving: 300 calories; 16 g fat; 50 mg cholesterol; 920 mg sodium; 26 g Carbohydrate; 2 g Fiber; 14 g Protein; 284 mg Calcium.



Menu Ideas— Philly Steak

Product: CWD #54810—Beef Frz
Philly Bulk Pack 2/4.5 lbs

- **Steak & Cheese Quesadilla**—grill flour tortillas & top with cooked steak & warm nacho cheese sauce. Serve with a side of Salsa
- **Steak Gyros**—serve cooked Philly steak in warm pita bread. Add shaved lettuce, chopped tomatoes, and creamy cucumber garlic sauce.
- **BBQ Steak Pizza**—top a prepared pizza crust with cooked Philly meat tossed in BBQ sauce. Add red onion, pineapple tidbits and melted mozzarella cheese.
- **Philly Steak Sandwich**—serve on a hoagie bun. Toss prepared meat with grilled onions and green peppers. Top with melted cheese.

Beef & Garden Vegetable Pizza

Source: www.beefitswhatsfordinner.com

Yield 100 Servings

Water	1¼ gallons
Tomato Paste (CWD #43764)	3 quarts
Soy Sauce, Reduced Sodium (CWD #41605)	12 oz
Brown Sugar, Packed (CWD #47250)	2 cups
Granulated Garlic (CWD #39036)	½ cup
Ground Ginger (CWD #39261)	1/3 cup
Ground Beef Crumbles, PC (CWD #54614)	14 lbs
Carrots, shredded (CWD #180210)	5 quarts
Broccoli, thawed, drained (CWD #57178)	4 lbs
Red Bell Pepper, Chopped (CWD #180390)	3 quarts
Pita Bread (6") (CWD #55744)	100 each
Mozz Cheese, Shredded (CWD #60810)	10 cups

1. Prepare Asian Pizza Sauce: Combine water, tomato paste, soy sauce, brown sugar, granulated garlic, and ground ginger in a large stockpot and bring to a boil. Simmer 1 to 2 minutes. Remove from heat and allow to cool. Cover and refrigerate until ready to use.
2. Blanch and drain vegetables.
3. Combine beef crumbles (thawed), sauce, carrots, broccoli, and bell peppers. Cover; refrigerate until ready to use.
4. Per order: Top each pita with scant 2/3 cup beef-vegetable mixture; sprinkle with 1½ Tablespoons (3/8 oz) cheese. Place on parchment-lined sheet pan. Bake in 400°F oven for 16 to 18 minutes or until heated to 165° F. Garnish with chopped cilantro if desired.

Nutrition information per serving:
322 calories, 8 g fat, 3 g saturated fat, 17 mg cholesterol, 635 mg sodium 48 g carbohydrate, 19 g protein, 2.3 mg iron, 218 mg calcium, 5122 IU Vitamin A, 40 mg Vitamin C.

This & That.....

Newsletter Editor:

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



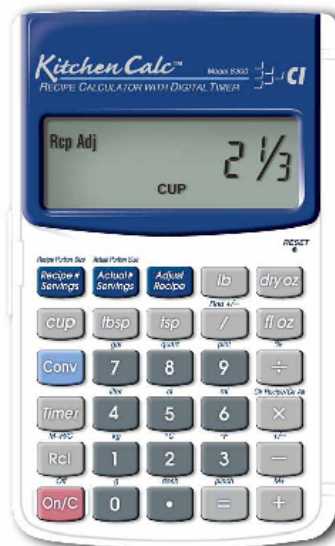
Big Enough to Deliver &
Small Enough to Care

Mark your calendars & make plans to attend the annual CWD Food & Equipment Show. The show will be held March 27th & 28th at the Buffalo County Fairgrounds Exposition Center in Kearney, NE.

There will be new ideas, show specials, educational seminars, samples, and much more! Ask your CWD DSC for more information.

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>