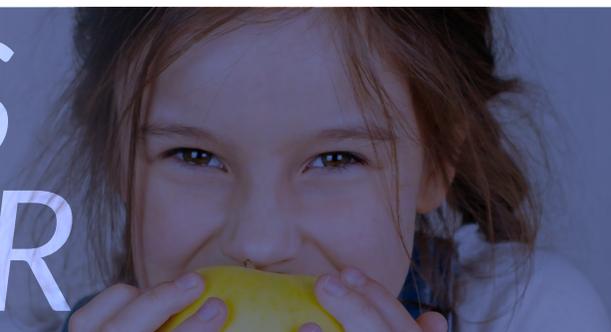


FRESH BITES NEWSLETTER



February 2020

Featured: Tools Updated, Now Google Compatible

Our product development team has been hard at work refining the tools in our Toolbox and adapting them to Google Sheets. The technology survey we conducted last fall revealed that more and more districts are moving to the Google platform and using Google Chromebooks with regularity. We quickly recognized the need to make our Excel-based tools available in Google Sheets. We're pleased to report progress on that front.

The following tools are now available on Google Sheets:

- CookBook
- USDA Commodity Calculator
- Promotional Calendar Creator

You can access these via the links on the respective pages within the Toolbox.

Also, the team recently completed updates to both the CookBook and the USDA Commodity Calculator. Be sure to download the updated files from the Toolbox, if you're not already using:

- CookBook version 2.4
- USDA Commodity Calculator version 2.0

If you have any questions or hiccups with the files, please click the chatbot on the website or email us at customerservice@NutriStudentsK-12.com.

If you're not currently using NutriStudents K-12 and would like a demo of these tools, schedule one today.

[Schedule a Demo](#)

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NutriStudents K-12 Team Expands

NutriStudents K-12 is thrilled to welcome Rebekah Harvell to our team as an executive assistant to President Eldon Brustuen. That's her title, anyway. The reality is our entire team is clamoring for her help. She joined us the end of January on a part-time basis and is already making a big difference - so much so that we've already promoted her to full-time!

Rebekah developed her administrative skills and incredible work ethic in both corporate and government settings. Prior to the company being acquired, Rebekah was the executive assistant to the owners and the director of sales and marketing at Summit Mobile. She helped with a wide range of functions there, including communications, inventory management, HR support and education of employees at the company's multiple retail locations. Prior to relocating to Minnesota, Rebekah worked for the Texas Health and Human Services Commission.

She earned her bachelor's degree in animal science from Angelo State University in San Angelo, Texas.

Bekah can be reached at Rebekah.Harvell@NutriStudentsK-12.com.



Rebekah Harvell joins
NutriStudents K-12 team

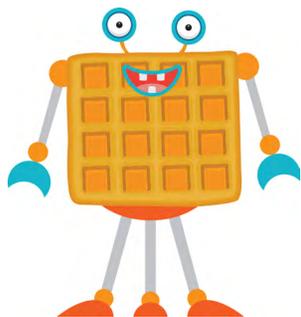
NutriStudents K-12[®]
Menu Freedom. Over 100 Certified Weeks.

#NSBW20 is March 2-8

SCHOOL BREAKFAST OUT OF THIS WORLD!



National School Breakfast Week 2020 (#NSBW20) is around the corner! Join schools across the country in promoting the health and academic benefits of school breakfast. The School Nutrition Association offers many resources you can use to raise awareness of your school breakfast program with students, parents and the community. Access social media posts, infographics, artwork and even a proclamation you can send to your local government to have the week officially deemed School Breakfast Week.



Also, #NSBW is a great time to use the breakfast edition of our parents' newsletter, Cafeteria Connection. [Download it today!](#)

Need help with your School Breakfast Program? [This article](#) provides tips for making the most of your breakfast program. Or, contact us: customerservice@NutriStudentsK-12.com.

Grant Opportunity: Action for Healthy Kids

Action for Healthy Kids is supporting schools across the country in amazing ways. The national nonprofit organization provides grassroots tools for schools, parents and students to use to create healthier learning environments. If you're looking for new ideas for physical fitness activities or need help building school breakfast participation or need to revamp your wellness policies, Action for Healthy Kids can help.

A4HK doesn't just provide you ideas and toolkits and send you on your way. It also offers competitive grants to help implement initiatives to improve student well-being. Since 2009, it has awarded over \$8.7 million to support school wellness. It's accepting applications for the following grants through April 3, 2020:

Game On Grants

Game On grants provide funding, support, and resources for schools to increase physical activity and nutrition initiatives while promoting students' social emotional learning. Funding is for \$1,000 for physical activity OR nutrition projects; and funding is for \$2,500 for physical activity AND nutrition projects.

Parents for Healthy Kids Grants

Parent-Teacher Organizations or just a group of committed parents are encouraged to apply for a Parent for Healthy Kids grant to support increased physical activity or nutrition initiatives. Grant funding starts at \$1000. Parents or parent groups must apply for the grant (either for physical activity or nutrition) and lead projects in partnership with the school.

Visit the [grant information landing page](#) for more information, grant instruction guides and to register for upcoming webinars on the application process.

While you're there, check out the resources for [Every Kid Healthy Week, April 20-24](#), and start thinking about ways your school/s can participate.

School grants for healthy kids



Now accepting applications for Game-On Grants funding physical activity and nutrition projects.

PreK-12 schools in all states are eligible to apply.



"My 2 daughters have always enjoyed the breakfasts and lunches they are served. Yes, even the picky one likes most of the food. There are plenty of breakfast options for the kids to choose from and the lunches have a fruit, veggie and main course. I have not had them ever come home to say what a horrible lunch they had. Keep up the great work and THANK YOU!"

Stephanie Japke, LPN
Parent

Get In Touch!
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844-204-2847

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Participate in National CACFP Week March 15-21

National CACFP Week helps raise awareness of how the USDA's Child and Adult Care Food Program (CACFP) works to combat hunger by bringing healthy foods to children in child care centers, homes, and after-school programs as well as adults in day care.

According to the [Food Research and Action Council](#), in FY2018, CACFP provided 2 billion meals and snacks to:

- 4.5 million children daily in child care centers, family care homes, and after-school programs
- 66,000 child care centers
- 131,000 persons in adult day care

The National CACFP Association shares [helpful tools and tips](#) for making the most of National CACFP Week. Some are available publicly on the association's website, others are available to members only.

Some of the ideas centers can incorporate into the week-long celebration include:

- Watching the Sesame Street in Communities videos, ["Trying New Foods"](#) and this one, ["Share a Meal."](#)
- Using the downloadable activity sheets for a fun way to teach kids about healthy eating, counting and colors.
- Sharing the parents' newsletter (members only).
- Trying a new recipe, perhaps one from a NutriStudents K-12 menu week you may not use or one from our [7-day menus](#).
- Encouraging parents to try new recipes at home and letting kids choose the recipe and help prepare it.
- Do a fun, food-centered activity with the kids and share the photo on social media and with local media, politicians and parents.

Follow the [National CACFP Association on Facebook](#) for shareable content throughout the week.

As part of your celebration, be sure to highlight the diversity of [NutriStudents K-12 CACFP](#) menus you offer as well as how much your consumers love the meals!

Serving over **4.6 million children** healthy meals and snacks daily.
www.CACFPWeek.org

Celebrate
#CACFPWeek2020
March 15-21

NutriStudents K-12
Menu Freedom. Over 100 Certified Weeks.



Ask about our
"Love It or It's Free"
Guarantee!

NutriStudents K-12
Menu Freedom. Over 100 Certified Weeks.

Make This: Chicken Fajita Spaghetti



Are students growing tired of your standard chicken recipes? Try our Chicken Fajita Spaghetti! The recipes below are for K-8.

Servings: 100
Service: 1/2 cup spaghetti noodles with one #10 scoop of chicken

[Download recipes, instructions, nutritional detail and compliance reports, including our editable FPR.](#)

Ingredients

Marinated Fajita Chicken

Select One:

12.5 LB Chicken Fajita - Tyson 6922-0928

or

17 LB Chicken Fajita Strip - USDA 100117

¼ Cup + 1 Tbsp Oil Soybean (Chef's Pride 54107 OR USDA 100442)

2-½ cup + 1 tsp Juice Lemon (Generic 904476 OR Generic 904410)

1/8 Cup + 1 Tsp Paprika Ground - Generic 904109

1/8 Cup + 1 Tsp Lemon Pepper 904113

1/8 Cup + 1 Tsp Salt Kosher - Generic 904131

Spaghetti Noodles

6.25 LB Noodle Spaghetti Whole Wheat (USDA 100427 OR ZERGA 8030)

Creditable Products

- Tyson 6922-0928 1.875 oz each, credits as 1.5 meat/meat alternative
- USDA 100117 2.55 oz each, credits as 1.5 meat/meat alternative
- USDA 100427 1oz, credits as 1 whole grain rich equivalents
- ZERGA 8030-000 1 oz, credits as 1 whole grain rich equivalents

Instructions

Marinated Fajita Chicken

Cooking method: standard oven: 4" deep full hotel pan

1. Place thawed chicken into the pan.
2. Add spices, oil & juice and mix well.
3. Wrap pan with plastic wrap & tinfoil.

HACCP: Keep cooled below 41° until ready to cook.

4. Preheat oven to 325° (if using a convection oven, decrease temp by 25° to 50°). Heat until entrée reaches 165° or above, hold above 135° until end of service.

Spaghetti Noodles

Cooking method: stove top

1. Bring water to a rolling boil.
2. Fully submerge noodles in water.
3. Heat until the noodles are al dente.
4. Drain water & place into pan.
5. Wrap pan with plastic wrap.

Service

Serve each student a 1/2 cup of noodles with one #10 scoop of chicken.

