

FRESH BITES NEWSLETTER

November 2021



As we gather this week to spend time with family and friends to celebrate Thanksgiving, we pause to reflect on the things we're most grateful for. The team at NutriStudents K-12 is most grateful for you and your dedication to ensuring those you serve always have something to eat. These last two years have been challenging, but you've overcome adversity and continue to persevere. Besides, who would have ever thought that we'd be so grateful for disposable trays or hamburger buns?

Thank you for all you do!

In this issue of Fresh Bites, we have new supply chain solutions strategies to help cope with continued supply chain disruptions, look back at our November conferences, and look forward to December events and celebrations to keep things festive and fun.

In This Issue

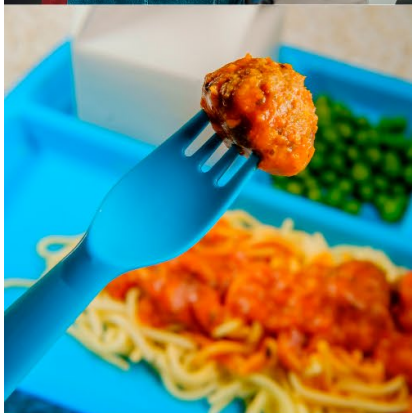
[Supply Chain Help is Here!](#)

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Pivot, pivot, pivot! If you're like most foodservice professionals, this year has brought unprecedented challenges to your program. You may have been forced to turn on a dime and change plans at a moment's notice due to missed deliveries, shorted orders, and an unpredictable supply chain. You don't have to go it alone – NutriStudents K-12 is here to help!

We're excited to announce **5 free easily adaptable menus and support resources** to navigate and alleviate supply chain disruptions.

DOWNLOAD NOW!

NutriStudents K-12 has identified a week of our delicious menus that are easily adaptable and include step-by-step recipes with HACCP procedures, daily menu posters, and reports for compliance. The free menus feature favorites like:

- Breakfast pizza
- Beef rib sandwich
- Beef stroganoff
- Grilled cheese sandwich
- Chicken & waffles

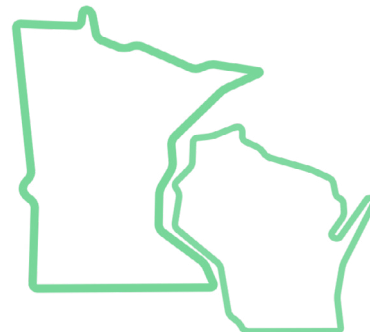
To support these menus when certain ingredients may be hard to source, the team has developed a visual guide to pivot the menus quickly by suggesting similar meat/meat alternatives and whole-grain rich options to substitute for the free menus (and give inspiration to change up any favorite menus already in your rotation).

Additionally, there's support and guidance to think outside the box through planning, utilizing community resources, creative substitutions, and guidance on creating shelf stable back-up meals to have in reserve. If you're having trouble explaining to parents and other stakeholders the supply chain disruption's impact on school meals, we take the guess work out of the communication in the October edition of [Cafeteria Connection](#).

Take advantage of these free resources today! And be sure to share a link to this page with your foodservice friends for them to get access to the menus and resources, too.

November Conferences

It's been such a joy to be back on the road reconnecting with clients and speaking with conference attendees (in person!) about NutriStudents K-12. The our team hit the road in earlier this month, attending both the SNA-WI Fall Conference in Rothschild, WI and the Upper Lakes Foods Fall Food Show in Duluth, MN.



Director of Client Relations Shelly Miller and Director of Sales Amanda Craig showing off Foodservice Hero swag at the Upper Lakes Foods Fall Food Show.



Director of Marketing Linnea Redinger at the SNA-WI fall conference booth

In the news

[Report: Limit added sugars in school meals](#)

[Hot dog tortillas and bagged salads: School lunches take on new look](#)

[Cafeteria worker shortage? Try culinary arts students](#)

[District re-purposes items amid supply challenges](#)

[Lunch crunch: Supply chain issues, labor shortages lead to school lunch disruptions](#)

[School meal items in short supply](#)

[Parents advised about possible menu changes](#)

COMING UP IN DECEMBER

Here's a few upcoming celebration opportunities and ideas to incorporate into your menus and cafeteria in the month of December.

- **Root Vegetables and Exotic Fruits Month**
- December is the time to celebrate root vegetables and exotic fruits! Incorporate root vegetables like carrots, sweet potatoes, and beets by roasting them to bring out natural sweetness. Exotic fruits are fun to incorporate on taste test days. Try dragon fruit, persimmon, pomelo, starfruit, or rambutan for new flavors and interesting shapes.
- **Special Education Day (Dec. 2)** - The Individuals with Disabilities Education Act (IDEA) requires that children with physical, mental, and learning disabilities be provided with equal access to public education. Recognize the special education teachers and staff in your school with a thank-you treat from the cafeteria.
- **National Cookie Day (Dec. 4)** - Cookies and the holidays go hand in hand, right? Join in the celebration by offering a sweet treat on your menu.

The word cookie comes from the Dutch word "koekie", meaning little cake.

Macaroons and gingerbread cookies were popular early American favorites.
- **National Ugly Christmas Sweater Day (Dec. 17)** - Pull out your the ugliest, tackiest, or silliest Christmas sweater from your closet and wear them during your meal service. If a sweater sounds a bit too warm for the kitchen, change things up and create an ugly holiday-themed apron!



Let's stay in touch!

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Schedule a Demo