

January 2024

EDUCATION SERVICE CENTER  
**REGION 11**  
CHILD NUTRITION PROGRAM



PULL UP A SEAT FOR  
*The Monthly*  
*Rewind!*

PLEASE TYPE YOUR NAME AND  
DISTRICT IN THE CHAT BOX TO  
SIGN IN.

# Our team

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Elisha



Aledo  
Gainesville  
Keller  
Lewisville  
Lone Star  
Ponder

Tamika



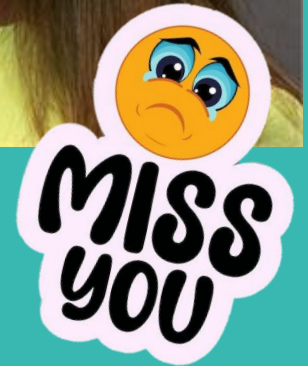
Alvord  
Birdville  
Boyd  
Bridgeport  
Castleberry  
Chico  
Crowley  
Paradise

Heather

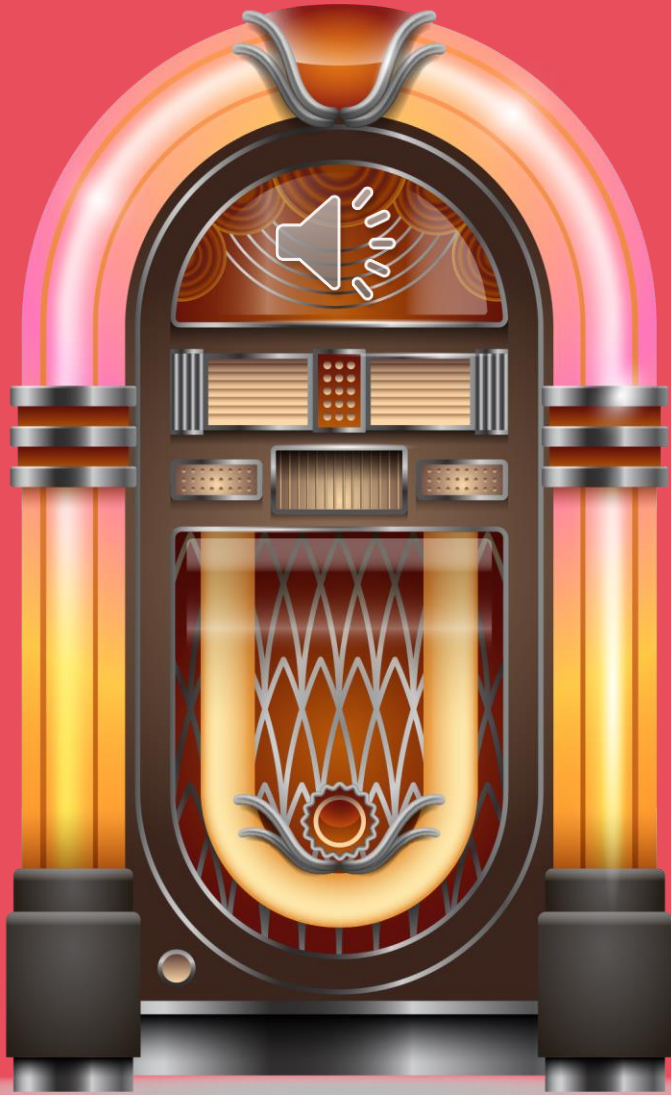


Azle  
Decatur  
Glen Rose  
Lake Worth  
Lena Pope  
Springtown  
Tolar  
Weatherford

HAPPY TRAILS  
WENDY PYNE!



# TODAY'S AGENDA



UPDATES  
& NEWS

A CLOSER  
LOOK

CLASSES &  
REMINDERS

LET'S  
ROCK

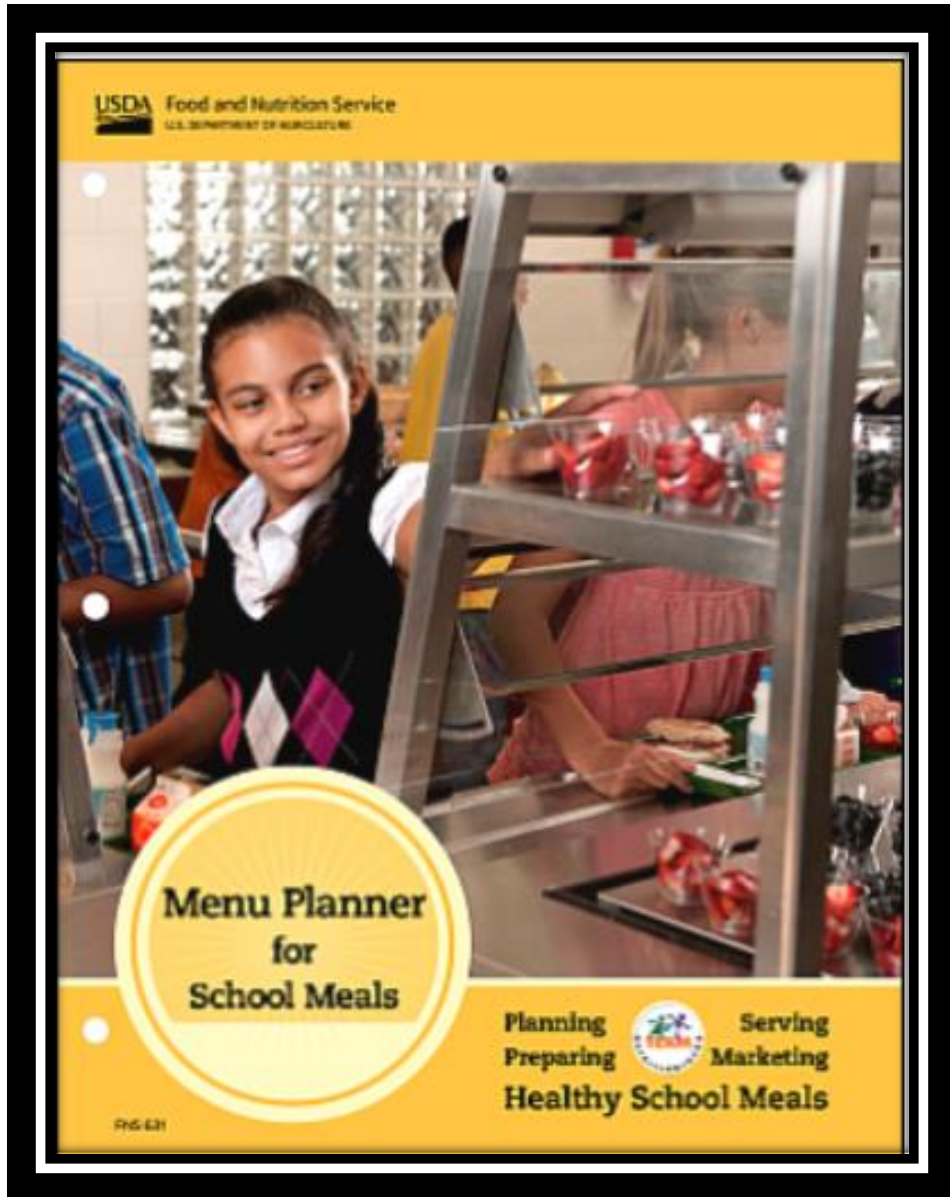
IMPORTANT  
DEADLINES

FIELD  
REPORT



LET'S  
ROCK:  
*USDA Menu  
Planner*





# USDA'S REVISED MENU PLANNER FOR SCHOOLS

Menu Planner covers:

- nutrition
- food safety
- Farm to School
- USDA Foods
- seasonal foods
- marketing
- the administrative review

You may access the Menu Planner for School Meals at <https://www.fns.usda.gov/tn/menu-planner-school-meals>



WHAT  
PERCENTAGE  
OF A  
MUSHROOM IS  
WATER?

92



MUSHROOMS  
IN SCHOOLS



Mushrooms contain  
**immune-boosting  
selenium**, a powerful  
antioxidant, and **vitamin D**,  
important for bone health.



# UPDATES & NEWS





2023-24

# PROMOTION CALENDAR

Make every day a celebration in the school cafeteria!

# 2023-24 PROMOTION CALENDAR - SCHOOL NUTRITION ASSOCIATION



## JANUARY 2024

**MONTH-LONG EVENTS**

- International Creativity Month
- National Blood Donor Month
- National Hobby Month
- National Oatmeal Month
- National Thank You Month
- National Skating Month
- National Slow Cooking Month
- National Soup Month
- Veganuary
- National Poverty in America Awareness Month

**WEEK-LONG/MULTI-DAY EVENTS**

- Folic Acid Awareness Week | Jan. 1-7
- National Pizza Week | Jan. 14-20
- Universal Letter Writing Week | Jan. 14-20
- National Storytelling Week | Jan. 30-Feb. 6

**SINGLE-DAY EVENTS**

- National Science Fiction Day | Jan. 2
- National Write to Congress Day | Jan. 3
- National Spaghetti Day | Jan. 4
- National Trivia Day | Jan. 4
- World Braille Day | Jan. 4
- National Bird Day | Jan. 5
- Orthodox Christmas | Jan. 7
- National Gluten-Free Day | Jan. 8
- National Apricot Day | Jan. 9
- National Milk Day | Jan. 11
- Orthodox New Year | Jan. 14
- Martin Luther King, Jr. Day | Jan. 15
- National Bagel Day | Jan. 15
- National Popcorn Day | Jan. 19
- National Hot Sauce Day | Jan. 22
- National Pie Day | Jan. 23
- National Puzzle Day | Jan. 29

**NOTABLE BIRTHDAYS + ANNIVERSARIES**

- J.R.R. Tolkien | Jan. 3
- Isaac Newton | Jan. 4
- Elvis Presley | Jan. 8
- Alexander Hamilton | Jan. 11
- Martin Luther King, Jr. | Jan. 15
- Betty White | Jan. 17
- Dolly Parton | Jan. 19
- Mozart | Jan. 27
- Oprah Winfrey | Jan. 29
- Jackie Robinson | Jan. 31



## 2024

**SINGLE-DAY EVENTS**

- National Dark Chocolate Day | Feb. 1
- Groundhog Day | Feb. 2
- National Tater Tot Day | Feb. 2
- National Wear Red Day | Feb. 2
- National Homemade Soup Day | Feb. 4
- National Chopsticks Day | Feb. 6
- National Pizza Day | Feb. 9
- Lunar/Chinese New Year (Year of the Dragon) | Feb. 10
- Fat Tuesday/Mardi Gras | Feb. 13
- National Cheddar Day | Feb. 13
- Valentine's Day | Feb. 14
- President's Day | Feb. 19
- National Muffin Day | Feb. 20
- National Strawberry Day | Feb. 27
- National Pokémon Day | Feb. 27
- National Pancake Day | Feb. 28

**NOTABLE BIRTHDAYS + ANNIVERSARIES**

- Frederick Douglass | Feb. 1
- Rosa Parks | Feb. 4
- Babe Ruth | Feb. 6
- Abraham Lincoln | Feb. 12
- Susan B. Anthony | Feb. 15
- Michael Jordan | Feb. 17
- John Lewis | Feb. 21
- George Washington | Feb. 22
- W.E.B. DuBois | Feb. 23
- Johnny Cash | Feb. 26

WHICH U.S.  
PRESIDENT WAS  
INSTRUMENTAL IN  
BRINGING MAC AND  
CHEESE TO OUR  
COUNTRY?



IT WAS  
THOMAS  
JEFFERSON!



# CALLS OF THE MONTH





WHAT IS ONE OF THE  
MOST COMMON  
*AR FINDINGS*  
SO FAR THIS YEAR?

***BUY AMERICAN***

**COMMUNICATE WITH  
YOUR VENDORS**



**TRAIN KITCHEN  
MANAGERS TO REJECT  
NON-DOMESTIC ITEMS**

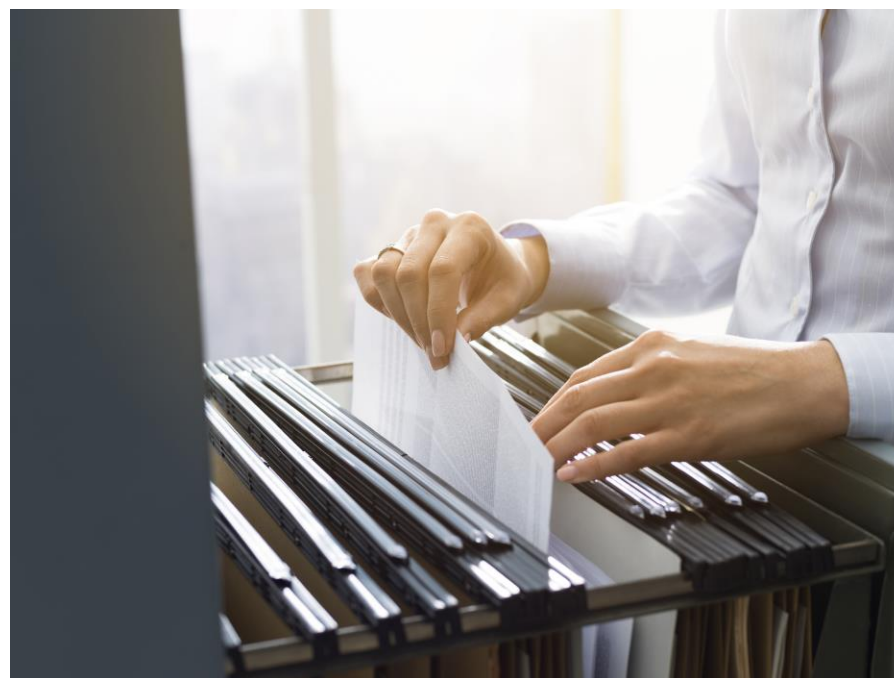


# *BUY AMERICAN*

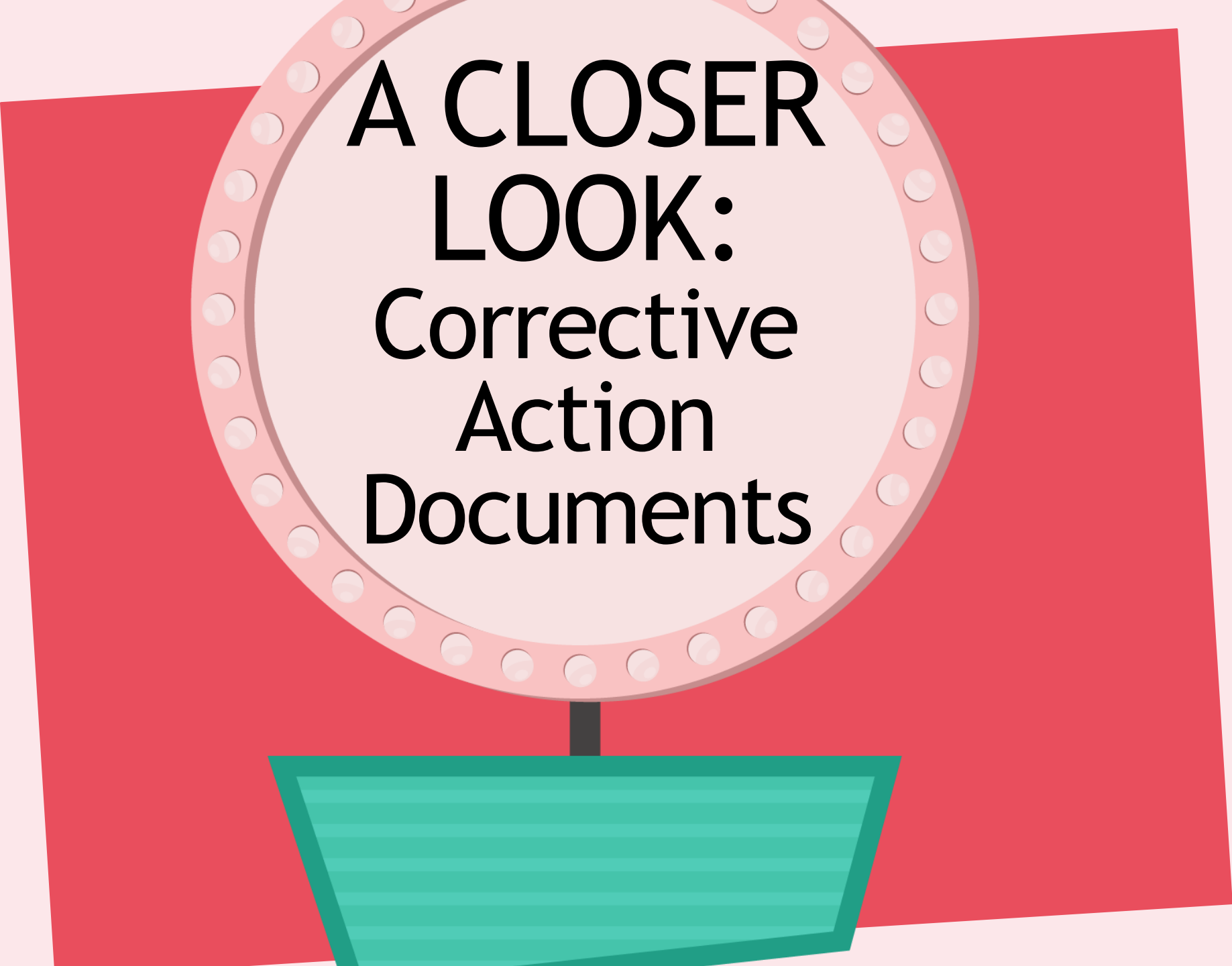
SCOUR YOUR  
SHELVES



UPDATE  
DOCUMENTATION







**A CLOSER  
LOOK:  
Corrective  
Action  
Documents**

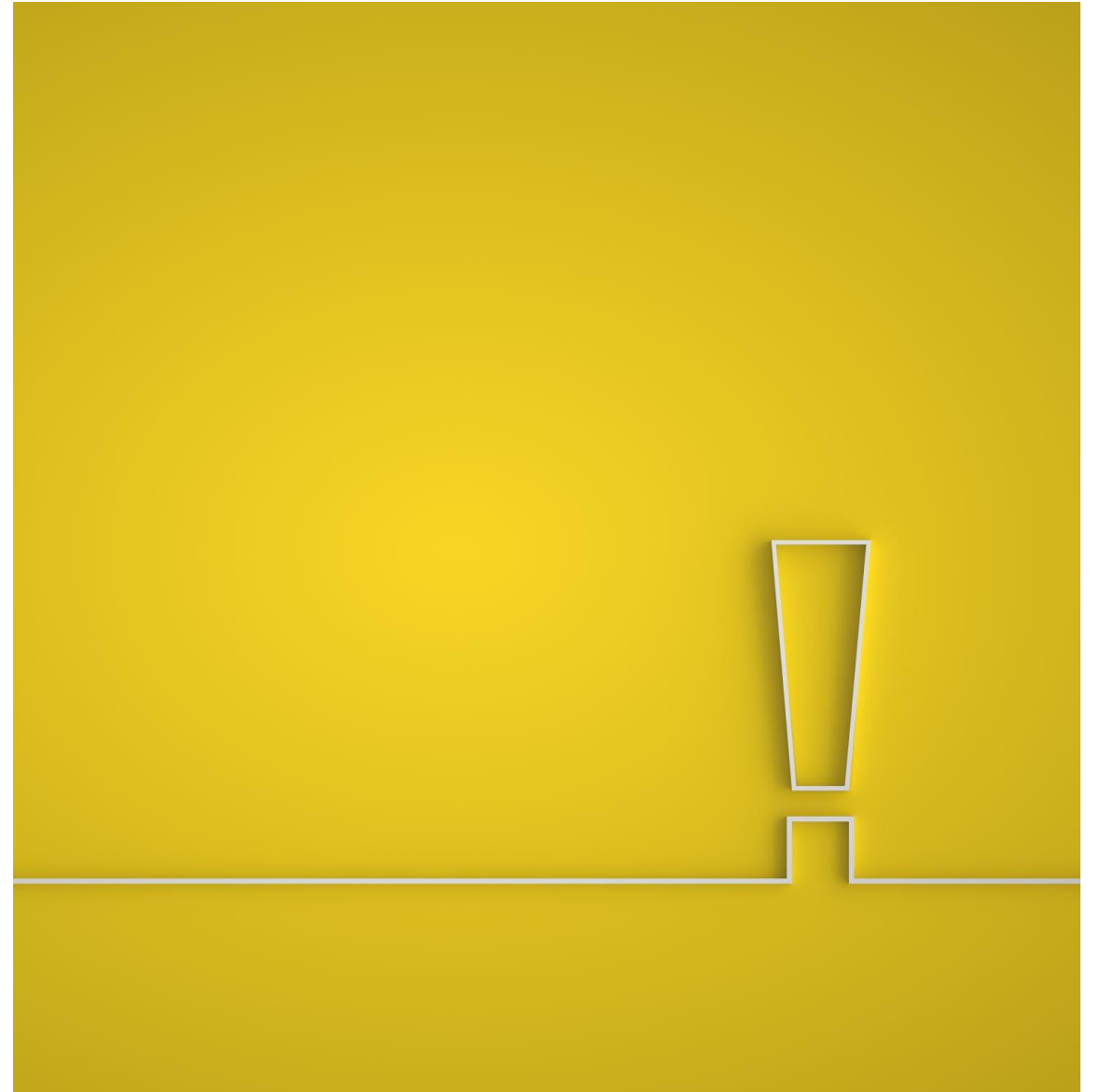


# How To Write A Corrective Action Document



# *EXPLAIN WHAT HAPPENED.....*

Provide a detailed explanation of the circumstances that caused the non-compliance to occur.



A person with blonde hair, wearing a light blue denim shirt over a white and black striped top, is sitting at a wooden table. They are holding a yellow pencil and writing in a dark notebook. To their left is a green cup on a saucer. The background is blurred, showing a white chair and a red wall.

# EXPLAIN YOUR NEW PROCESS.

Develop + implement step-by-step processes and procedures that will ensure the non-compliance will not reoccur in the future.

DETAIL  
*WHO IS*  
RESPONSIB  
LE FOR  
EACH  
TASK.





INCLUDE  
*WHEN* +  
*HOW OFTEN*  
YOUR NEW  
PROCEDURE  
S WILL  
OCCUR.

A woman with dark hair, wearing a dark blazer over a white top, is smiling slightly. She is standing in a crowd of people, which is blurred in the background. The text is overlaid on the image.

CLARIFY **WHO** WILL  
MONITOR AND HAVE  
OVERSIGHT.

SPELL OUT  
THE *TRAINING*  
*STRATEGY*  
&  
COMMITMENT  
TO  
COMPLIANCE.





# WHICH FAST-FOOD JOINT HAS BECOME A CHRISTMAS TRADITION IN JAPAN?



# IMPORTANT DEADLINES



## January 29-31

- ❑ TASN PCS Conference at Horseshoe Bay

## January 31

- ❑ TDA Food & Nutrition Monthly School Call - Zoom
- ❑ Summer Mandate due

## February 1

- ❑ On-site monitoring forms must be completed
- ❑ FSMC renewal forms must be submitted to TDA for approval

## February 16 2:00 - 3:00 p.m

- ❑ FSMC Q&A Webinar - for all FSMC district liaisons/superintendents

## February 28 12:30 - 3:00 p.m.

- ❑ [NSLP Financial Coding Class](#) - ESC 11 team via Zoom

## March 4-8

- ❑ National School Breakfast Week

# CLASSES & REMINDERS



# UPCOMING REGION 11 WORKSHOP

- Youth Mental Health First Aid
  - In Person
  - Virtual

Taught by Danyetta Harrell, Ed.D.  
Team Lead School Counseling and Mental Health

February 7 8:30 a.m. - 4:30 p.m.  
ESC Region 11

Free of Charge, pre-registration required on ESC11 website

## From Plants to Plates: Revolutionize Your Menu with Chef-Crafted Plant-Forward Recipes!

Live Virtual Webinar Hosted by Dairy MAX



**WHAT:** Join Dairy MAX and registered dietitian nutritionists, Chef Lindsey and Chef V for a webinar highlighting the research supporting plant-forward meals and how adding plants + dairy is a powerful combination for increasing participation. The presentation will be split into program and student benefits, recipes, and a live culinary demo!

**WHEN:** Tuesday, February 13, from 3:00 - 4:00 p.m. CST

[Learn More](#)



Lindsey Schoenfeld, RDN + chef

[Register Here](#)



Vahista Ussery, MS, MBA, RDN

# UPCOMING REGION 11 CLASS

- NSLP Financial Coding & Financial Reporting Requirements
  - *Revenues*
  - *Expenses*
  - *Budgets*
  
  - Wednesday, February 28<sup>th</sup>
  - Virtual 12:30-3:00pm



Sign up [here](#).

## Culinary Institute of Child Nutrition (CICN)



### Culinary Quick Bites

Short-Format Culinary Trainings for School Nutrition Professionals



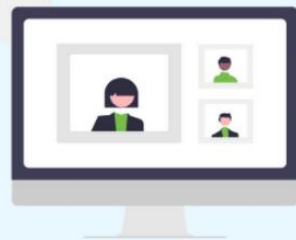
**NEW**

### Culinary Quick Bites

This short-format (15-minute) training series is intended to be facilitated on-site by school food authority staff overseeing food production. Each lesson focuses on a specific culinary-related training topic.



[Home](#) [Child Nutrition Resources](#) [Training](#) [Child Nutrition Archives](#) [ICN Consultants](#) [i-Bites News](#) [Contact ICN](#) [Q](#)



### Virtual Instructor-Led Trainings

[REGISTER HERE](#)

[TheICN.org/vilt/](https://TheICN.org/vilt/)



Don't sleep on.....

# INSTITUTE OF CHILD NUTRITION

Free virtual classes:

CACFP

Summer Programs

Nutrition (1000 level)

Operations (2000 level)

Administration (3000 level)

Communication/Marketing (4000 level)



# ICN CHILD NUTRITION RECIPE BOX

## Your Collections

My Recipes

Save your favorite recipes to My Cookbook each time you want to prepare it. [Learn More](#)

**State-Developed Recipe**

**Chicken Pozole**

A rich Mexican stew filled with chicken and hominy, topped with fresh cabbage, radish, and onions.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools*


**Preparation Time:** 30 minutes  
**Cook Time:** 1 hour


**NSLP/SBP crediting information:**  
1 cup (8 oz ladle) and 1/2 cup raw vegetable condiments provide 1/2 cup additional vegetable, 1/4 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable, 2 oz equivalent meats/meat alternates.


INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
<b>Chili Sauce</b>					
Chilis, California or Guajillo, whole, dehydrated	5 oz	26 chilis	10 oz	52 chilis	<ol style="list-style-type: none"> <li>Submerge the chilis in hot tap water (about 210 °F) for 10 minutes, until soft.</li> <li>Remove the stems and put chilis in a blender or food processor with water and blend until smooth.</li> <li>Add minced garlic to pureed chilis and blend until smooth.</li> <li>Strain the chili sauce through a fine mesh colander.</li> </ol>
Water		3/4 cup		1 1/2 cups	
Garlic, minced	10 oz	2 cups	1 lb 5 oz	1 qt	

## Your Collections > My Recipes

**Recipes**

- 

50  
Chicken Pozole State (Washington) Child Nutrition Agency Developed Recipe
- 

50  
Chicken Enchilada State (Iowa) Child Nutrition Agency Developed Recipe
- 

50  
Ginger Citrus Noodle Salad State (Georgia) Child Nutrition Agency Developed Recipe

# CNSS

CHILD  
NUTRITION  
SHARING SITE



Around the  
**WORLD**  
in 80 Trays

Navigation tabs: CACFP | FFVP | **NSLP** | SBP | SFSP | SSO

### NSLP – National School Lunch Program

Culinary	Financial Management	Food Safety	Local School Wellness
Marketing/Promotions	Menu Planning	Nutrition Education	Procurement
Professional Development	Recipes	Sodium	Wellness



Download a menu

Sign up for a newsletter

Attend an event



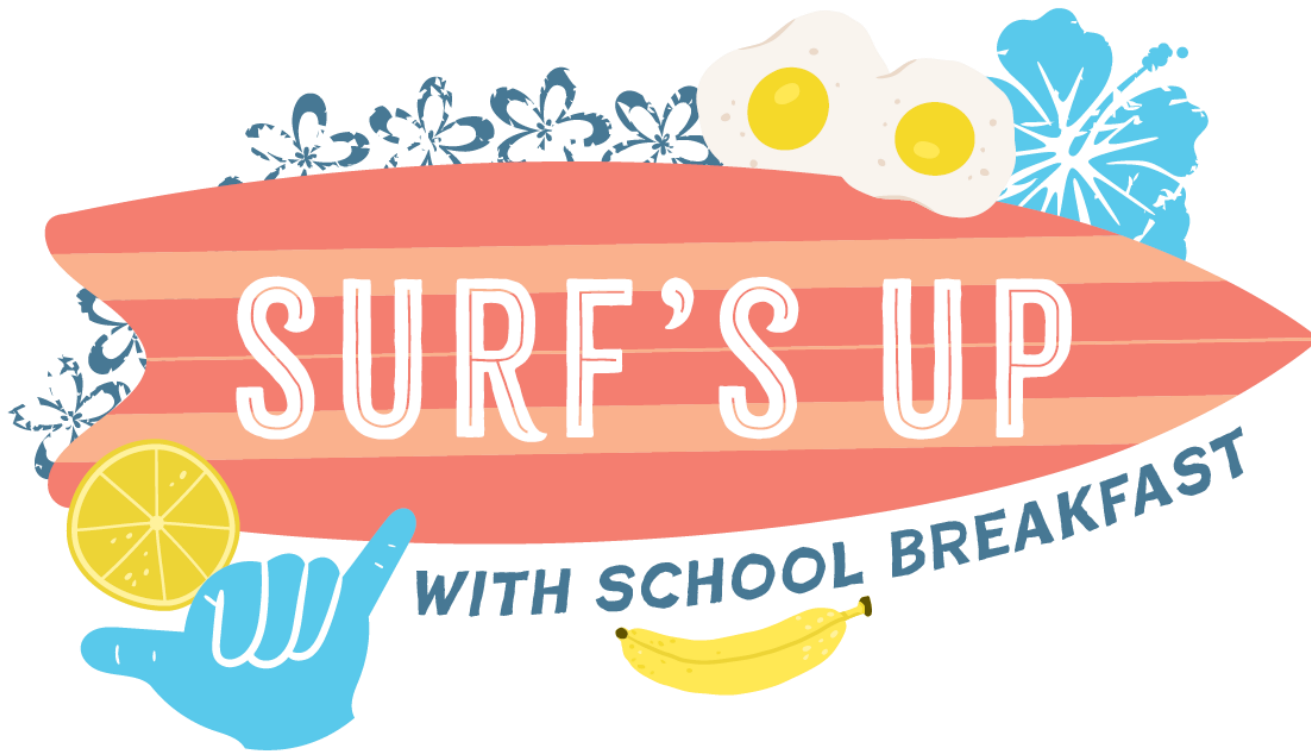
Subscribe to our  
**You Tube Channel**



# Get ready for NATIONAL SCHOOL BREAKFAST WEEK March 4-8, 2024

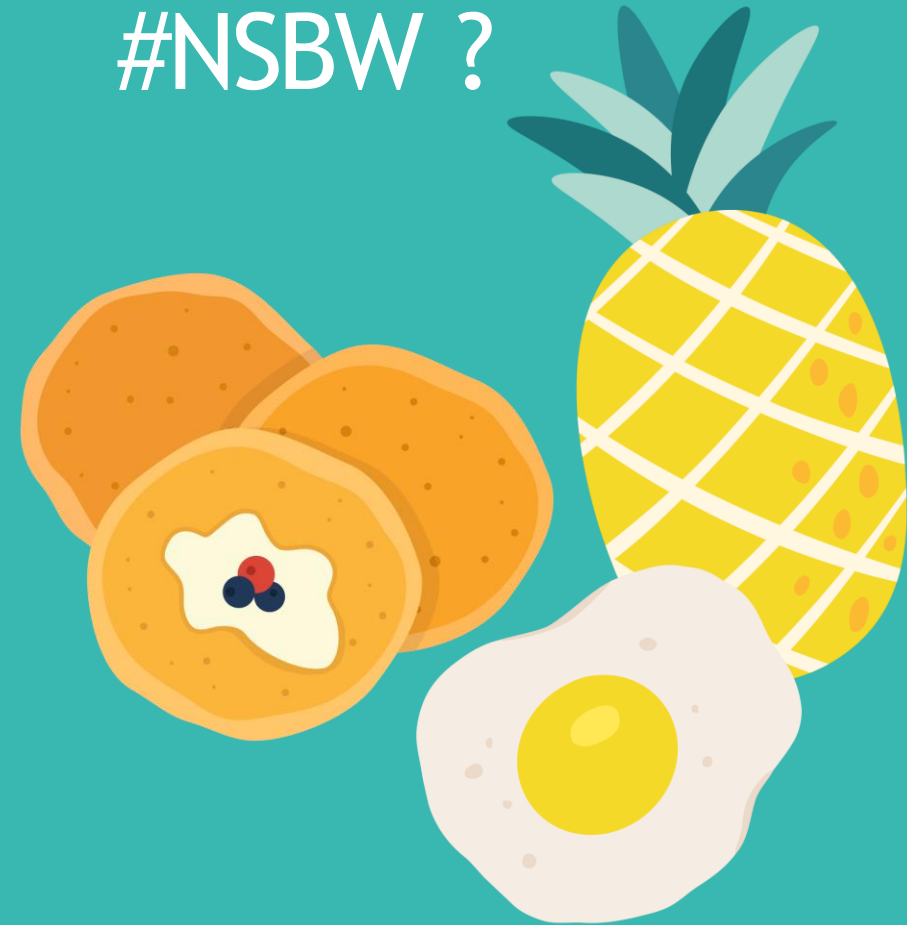
The School Nutrition Association has awesome [promotional products and downloadable logos!](#)





- Decorate your cafeteria with NSBW posters!
- Contact a local celebrity to come have breakfast with the students one morning!
- Invite teachers/admin to be guest servers!
- Offer a tasting of new breakfast menu items!

HOW CAN MY  
DISTRICT  
CELEBRATE  
#NSBW ?



WHAT IS  
THE ONLY  
EDIBLE  
FOOD THAT  
NEVER  
GOES BAD?



*Honey* 

# FIELD REPORT



# NUTRITION NIGHT AT BIRDVILLE ISD



# BIRDVILLE ISD STUDENTS & STAFF ENJOYING DELICIOUS FOOD!







# Caramel Apple Breakfast Parfaits



## TIPS FOR SCHOOL MEALS THAT ROCKS FAN FAVORITE!

- #10 can sliced apples
- vanilla extract
- cinnamon
- vanilla yogurt
- caramel sauce (sugar-free)
- Bulk granola
  
- Mix apples with cinnamon and a splash of vanilla
- Layer yogurt, apples, granola & top with a drizzle of caramel sauce!



Wild  
Blueberry  
Overnight  
Oats

# ANOTHER GREAT K-12 BREAKFAST RECIPE!

*Wild Blueberries of North America*

- 25 cups of vanilla, low-fat yogurt
- 2 oz vanilla extract
- 2 cups low-fat milk
- 11.5 cups quick dry oats
- 16 cups wild blueberries

•MAKES 32 SERVINGS

•SERVING SIZE:

1 CUP

•COMPONENT QUALIFICATION:

½ CUP FRUIT, 1 OZ. EQ. GRAIN, 1 OZ. EQ.

MEAT/MEAT ALTERNATE



# BRAG ON YOUR PROGRAM!

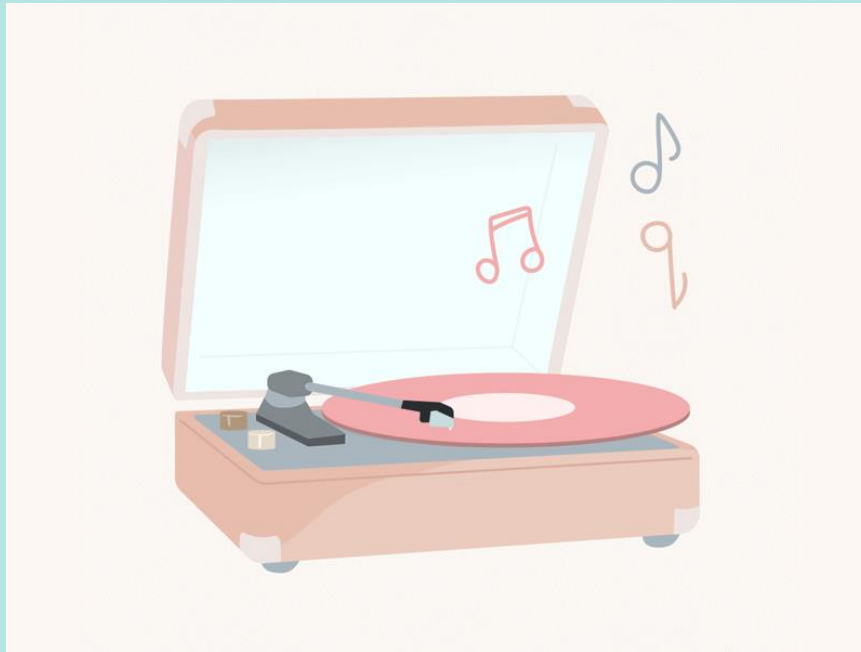
- Tell Patti all about it
- Photos, blurbs, links, videos, etc.
- [padams@esc11.net](mailto:padams@esc11.net)

**YOUR GREATEST  
HITS!**



Questions





**THANK YOU FOR  
ATTENDING**



**TEXAS DEPARTMENT OF AGRICULTURE**  
**COMMISSIONER SID MILLER**

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**1. mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**2. fax:**

(833) 256-1665 or (202) 690-7442; or

**3. email:**

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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