



Greetings Everyone,

We hope the new school year finds all of you happy and well! We enjoyed seeing many of you in hot and humid San Antonio, Texas this summer while attending the School Nutrition Association's, Annual National Conference & Show in July.

Since our last newsletter in January we have added a couple of new companies to our Synergy Family. Western's Smokehouse, located in Greentop, Missouri, is a supplier of meat snacks that was added last month. Yang's 5th Taste, an Asian entree manufacturer, replaced Asian Food Solutions recently. More information on both can be found in the New Manufacturer Corner section below.

*This edition of **Synergy School News** features new products, coupons, recipe's and information from many of the 20 school foodservice manufacturers we represent in Missouri, Kansas, Illinois and Iowa. Also included is our Meet The Manufacturer (Jan Frost with Gold Kist) and Meet The Director (Kelly Lavelly, Wayne Community, IA) segments as well as Diana Blanck's, Bid Tips section and the ever popular, Matthew's Motivational Message.*

Please contact us for samples or if you need nutritional specifications on any of the products we represent.

Take a shot at our "How Well Do You Know Your Food" trivia contest! First place winner will receive a \$50 Target gift card. 2nd and 3rd runner ups will receive a \$25 Target gift card from our featured manufacturer, GoldKist Farms.

Thank you for reading!

The Synergy Team

In This Issue

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- ◆ Matthew's Motivational Message
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 - ◆ Synergy Trivia Contest

EVENTS AND IMPORTANT MENU DATES

Friday, September 9
HEART OF AMERICA 1st MEETING

Wednesday, September 28
ASK A STUPID QUESTION DAY
**Email us your stupid question!*

Monday, October 10
COLUMBUS DAY

Thursday, October 6
KOHL FOOD SHOW

Friday, October 7
HEART OF AMERICA 2nd MEETING

Thursday, October 13
1st SFNDA GENERAL MEETING

October 10th - 14th
NATIONAL SCHOOL LUNCH WEEK

Saturday, October 22
SNA-KS FOOD SHOW
**SYNERGY HOSTED PARTY!*

Monday, October 31
HALLOWEEN

Friday, November 4
MSNA FOOD SHOW

Saturday, November 5
**SYNERGY HOSTED PARTY!*

Sunday, November 6
DAYLIGHT SAVING

Friday, November 11
HEART OF AMERICA 3rd MEETING

Thursday, November 26
THANKSGIVING

Monday, December 19
UGLY SWEATER DAY
**Send us a photo of your ugly sweater!*

Sunday, December 25
CHRISTMAS DAY

Saturday, December 31
NEW YEAR'S EVE

Bid Tips from Diana Blanck

Bid Tip #1

I've said it before and I'll say it again as bid season has passed... Please remember to add your quantities to your bids. This is the most important thing you can do for yourself to save money!

Bid Tip # 2

I've seen several awards where it's obvious that the awarded bid is half of what everyone else's was. Please remember there is a reason for that! It's either not the same quality and/or not the same size. Question these before awarding your bid.

**If you use both of these tips,
you'll start saving money on
your bids!!**

MEET THE SYNERGY TEAM

(We aren't old but...)

Combined We Bring Over 100 Years of Experience Serving the School Food Service Industry.



John Pickert is Sales Director for the Western Division at Synergy Food Sales. He is a graduate of Kansas State University where he received dual bachelor degrees in Business Marketing and Hotel, Restaurant, and Institutional Management. Prior to joining the school foodservice brokerage business over 20 years ago, John worked in the hotel and restaurant industry with Double Tree, Marriott and Ritz Carlton.



Tom Hoenig is Sales Director for the Eastern Division at Synergy Food Sales. He is a graduate of the University of Missouri-Columbia with a B.S. in Political Science. Tom has worked in the school foodservice brokerage business for over 20 years with 3 different companies, including owner of Hoenig Brokerage Group. Prior to the brokerage business, he was in restaurant management with Casa Gallardo Mexican Restaurants in St. Louis.



resume.

Diana Blanck is Bid Coordinator & Sales Director for the Western Division at Synergy Food Sales. Diana began her school foodservice career straight out of high school when she accepted a job at KC Cold Storage in distribution and school sales where she worked for 13 years. She would then go on to stints at Lady Baltimore Foods, serving as their Bid/School Specialist (10 years) and US Foods Kansas City as their Bid Manager(3 years) before coming on board at Synergy. Diana carries a total of 35 years of overall foodservice experience on her impressive



Kristine Bridgeman is the Business Administrator at Synergy Food Sales. Kristine started her school foodservice distribution industry career working with Diana Blanck at KC Cold Storage and most recently as Bid Coordinator at US Foods KC and brings 27 years experience with her to Synergy.



Michelle Layman serves the dual role of Customer Service Representative at Synergy Food Sales & School Lunch Solutions. Michelle has been with the company since 2013.

Please take a look at our website! Links to all of our Synergy manufacturers are listed there as well as our latest news and events!

<http://synergyfoodsales.com/>

NEW SYNERGY MANUFACTURERS

UPDATES

WESTERN'S

Featured Products

Western's Smokehouse is a manufacturer of premium quality smoked meat products including Hickory Smoked Meat Snacks. The individually wrapped, shelf stable meat snack sticks and beef jerky are available for nationwide distribution and shipping. Western's has a tradition of providing the highest quality products and service to our valued customers, and we do so by faithfully adhering to our mission of never compromising quality, value, and service to our customers. Western's was founded in 1978 in Greentop, Missouri. It is a family owned and operated, USDA inspected, 25,000 sq. ft. production facility.



An advertisement for Western's Smart Stix snack sticks. The background is a light green field with grass. On the left, five packages of Smart Stix are shown in a row, each with a different flavor: original, jalapeno, barbeque flavor, sweet & sassy, and hickory smoked. In the center, there are silhouettes of three children jumping joyfully. To the right, the text reads 'Back To School With Smart Snack Approved' followed by the Western's logo and 'SMART STIX snack sticks'. Below this, there are six circular icons with the following text: 'Low In Sugar', '0 Trans Fats', 'Low In Carbs', 'Low In Calories', 'Low In Sodium', and 'NO MSG'. At the bottom, a green banner contains the text: 'Western's Smokehouse SMART STIX premium snack sticks meet the guidelines set forth by the Smart Snacks in School Program without sacrificing the taste kids love.'



YANGS 5TH TASTE

Featured Products

Our products are made with highest quality natural ingredients and **exclude** MSG, artificial colors, artificial flavors, lard, high-fructose corn syrup and are trans-fat free. Our commitment to use only natural ingredients is evident in the appearance and taste of our products.

Our desire is to provide school lunch products that are nutritionally sound, low-sodium, and meet the Healthy, Hunger-Free Kids Act of 2010 requirements. In summary, Yang's has the production capabilities to commodity-process all your Asian Entrée needs. Yang's state-of-the-art production facilities, HACCP programs, and innovation make Yang's 5th Taste the industry leader.

Teriyaki Chicken



Sichuan Chicken



Yang's 5th Taste was incorporated on August 26, 1999; we have over 10 continuous years of commodity food processing experience and 15 continuous years of commercial food processing experience. Yang's is a Minority Business Enterprise certified by the Southern California Minority Supplier Development Council.

Mandarin Orange Chicken



SYNERGY MANUFACTURER CORNER

UPDATES



J.T.M. FOOD GROUP

Featured Products




Our Asian sauces contain no high fructose corn syrup!

Soaring Dragon Asian Sauces



NEW Sriracha Sauce



Sweet Chili Sauce



Sweet Teriyaki Sauce

Asian inspired entrees continue to be one of the fastest growing ethnic trends in America. Our Soaring Dragon sauces are rooted in traditional Asian ingredients like ginger, soy garlic, and chili pepper.

Code	Product Name	Pack	Approx. Servings/Case
5707	Sriracha Sauce <i>(Allergen Free)</i>	30 #/6 Boilable Bags	480/1.0 oz. servings
73840	Sweet Chili Sauce <i>(Allergen Free)</i>	30#/6 Boilable Bags	480/1.0 oz. servings
73430	Asian Base Sauce	30#/6 Boilable Bags	480/1.0 oz. servings
73450	General Tso's	30#/6 Boilable Bags	480/1.0 oz. servings
73460	Sweet and Sour Sauce	30#/6 Boilable Bags	480/1.0 oz. servings
73420	Orange Sauce	30#/6 Boilable Bags	480/1.0 oz. servings
73470	Sweet Teriyaki Sauce	30#/6 Boilable Bags	480/1.0 oz. servings



Sriracha
Sweet Chili
General Tso's
Asian Base
Sweet Teriyaki
Sweet and Sour
Hunan Style Orange

Soaring Dragon Sauces are available thru Kohl's, School Lunch Solutions, US Foodservice and Sysco.

Ramen Broth Bowls



Featuring JTM Sous Vide Proteins in broth flavored with choice of Soaring Dragon Asian Sauce, noodles and vegetable garnish.

Condiment Creations

1 part Mustard +
1 part Sriracha



2 parts Mayo +
1 part Sriracha



3 parts BBQ +
1 part Sriracha



3 parts Ranch +
2 parts Sriracha



Kick up your condiments by blending them with Sriracha Sauce.

Menu items featuring Sriracha sauce have increased 530% over the past 5 years .

- Source: MenuMonitor, Technomic

Our Soaring Dragon Asian Sauces pair great with a variety of products like diced beef, pork, turkey or chicken; meatballs; seasoned beef "Philly" steak, and Gold Kist Farms Breaded Chicken Smackers!!

Dave Hackman • JTM Food Group • 800.626.2308 • davehackman@jtmfoodgroup.com



*Nutrition
on the Run*TM

HIGHLAND BEEF FARMS

Featured Products

Highland Beef Farms **NEW** Cheese Cups are ideal for field trips, summer feeding and supper programs!

Shelf Stable – No Refrigeration required

Meets 1 M/MA

365 day Shelf Life

Made with 100% real cheese

Non-GMO

6 Grams of Protein



SUNNY SKY - ICE DOG

Featured Products



Sunny Sky Products manufactures premium quality beverages for schools made from healthy ingredients including 100% juice and natural colors. Not only are our products rich in vitamin A, B-12 & C, they are also fat free, gluten free and low in calories per serving.

Eye-catching graphics and packaging will help increase participation on the line OR in AI A Carte sales.

Low in calories, fat free, gluten free and GMO free, you'll be happy to know Ice Dog complies with the National School Lunch Guidelines.



JENNIE-O

Featured Products

639430 - SAVORY TURKEY MEATBALLS .65 OZ



Great for Pasta or Meatball Sandwiches
Nutritious Alternative to Traditional Meatballs
Use Four Meatballs to meet 2 oz. mt/mt alt

Fully cooked IQF meatball
One meatball is a .5 oz. meat/meat alt serving
Pre-seasoned savory flavor
6/5 lb. poly bag
Utilizes white meat
Meets the Alliance for a Healthier Generation criteria for protein

614430 - SAVORY WHITE TURKEY PATTY FC

White Turkey Patty
Contains mushrooms for moisture retention Pre-Cooked
2.91 Ounce Patty
Individually Frozen
Seasoned

Delivers Juicy and Flavorful Turkey Burger to Those
Customers Seeking Better-For-You Options
Texture and Flavor You Would Expect from Traditional
Burger Fully Cooked for Reduced Labor, Consistency
and Food Safety Benefits
Frozen to Eliminate Most Shelf Life Concerns and Help





BONGARDS

Featured Products

The perfect snack
FOR ANY OCCASION

Bongards cheese curds are *wholesome, convenient, and full of flavor*

- ★ Cheese curds are fresh delectable cheddar cheese in its natural random shape and form before being shaped into blocks of cheddar
- ★ Ideal on the go snacking option for students
- ★ 2oz portion size equals 2 meat/meat alternate
- ★ Cheese Curds are naturally gluten free

Try any or all of our 3 delicious flavors

- | | |
|-------------------------------|-------------|
| ★ Cheddar Cheese Curds | item #48210 |
| ★ Ranch Cheddar Cheese Curds | #48212 |
| ★ Garlic Cheddar Cheese Curds | #48211 |





HIGH LINER FOODS

Featured Products

JOIN THE T.G.I.F.F. MOVEMENT
 Pledge to make every Friday "seafood day" at your school

The Thank Goodness It's Fish Friday (#TGIFF) movement is lead by High Liner Foods. TGIFF brings awareness to the health benefits of seafood and encourages every American to eat seafood at least 1-2 times per week to meet the USDA's recommendations. Start a TGIFF campaign at your school.

VISIT TGIFF.ORG TO TAKE THE PLEDGE AND DOWNLOAD FREE SUPPORT TOOLS.

SUSTAINABLE
 High Liner Foods purchases all of its seafood from certified sustainable or responsible fisheries and aquaculture farms, so you and your students, parents and administration can feel good about making the responsible choice in seafood.

Pollock Bite	Salmon Bite	Shrimp Popper*	Pollock and Salmon Bites Serving Size	Shrimp Poppers Serving Size														
					PRODUCT CODE	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	PROTEIN	MEAT/GRAINS PER SERVING	CASE SIZE	SERVINGS PER CASE
SIMPLY SAUCE SEAFOOD BITES - WITH SAUCE (Each case includes 2/2 lb bags of Sweet Asian Sauce in the case)																		
Whole Grain Breaded Pollock Bites with Sweet Asian Sauce					26257	5.6 oz. (8 bites w/ 1.6 oz. sauce)	320	11g	1.5g	0g	50mg	480mg	40g	3g	16g	2M/1.5G	14 lb.	40
Whole Grain Breaded Salmon Bites with Sweet Asian Sauce					26261	5.6 oz. (8 bites w/ 1.6 oz. sauce)	350	13g	1.5g	0g	50mg	450mg	40g	3g	19g	2M/1.5G	14 lb.	40
Whole Grain Shrimp Poppers with Sweet Asian Sauce					26266	3 oz. (21 poppers w/ 1.2 oz. sauce)	250	8g	1g	0g	45mg	630mg	34g	3g	10g	1M/1G	14 lb.	52
SIMPLY SAUCE SEAFOOD BITES - WITHOUT SAUCE																		
Whole Grain Breaded Pollock Bites 0.5 oz.					26264	4 oz (8 bites)	240	9g	1.5g	0g	50mg	360mg	23g	2g	15g	2M/1.5G	2/5 lb.	40
Whole Grain Breaded Salmon Bites 0.5 oz.					26265	4 oz (8 bites)	260	11g	1.5g	0g	50mg	370mg	23g	2g	18g	2M/1.5G	2/5 lb.	40
Whole Grain Breaded Shrimp Poppers 110 ct.					26242	3 oz (21 pcs.)	180	7g	1g	0g	45mg	530mg	21g	3g	9g	1M/1G	2/5 lb.	53

To learn more about Highliner Foods click [here!](#)



RED GOLD

Featured Products



****New Items****
Approved for NOI Discounts!!

Red Gold has partnered with The Original Huy Fong Foods

Coming Soon:

Dispensers: 2/1.5 gal pouches

NUTRIENT-RICH TOMATOES IN RED GOLD® LOW-SODIUM SALSA!

Our special formulation with added tomato puree meets the ½ cup Red/Orange Vegetable serving with just 3 oz.* compared to most 4 oz. options. Your students will love to eat this perfect R/O choice with all your Mexican entrees!

Whether scooped from a #10 can or in labor-saving 3 oz. dipping cups, Red Gold Salsa is more than a condiment when served as a vegetable. See how easy it is to add spicy variety to your breakfast entrees with our cost-effective fruit substitute.

Visit k12tomatoes.com to request FREE samples!

* Product Formulation Statement available



Red Gold Regional Manager: Matthew Essner
MEssner@REDGOLD.com, 573-225-0386

Red Gold is a registered trademark of Red Gold, LLC, Elwood, IN

Approved NOI Processor in IA, IL, and MO



LATEST TREATS FROM APPLEWAYS



BLUEBERRY LEMON

SIMPLY WHOLESOME CRISPY BITES

Our Crispy Bites appeal to all ages. Whole grain goodness makes them a great breakfast or snack item for schools, health care, day care, or any foodservice operator seeking healthy, delicious, and affordable snacks. As with all of our Appleways, you get a little apple in every bite!



OATMEAL RAISIN

SIMPLY WHOLESOME SOFT BAKED COOKIES

Appleways Simply Wholesome Soft Baked Cookies are a healthy alternative to conventional cookies. Packed with whole grains and all natural flavors, cookie isn't a bad word anymore!



CINNAMON

SIMPLY WHOLESOME WAFERS

Our light and crispy Vanilla Wafers appeal to all ages. Whole grain goodness makes them a great breakfast or snack item for schools, health care, day care, or any foodservice operator seeking healthy, delicious, and affordable snacks. Serve them with yogurt or fresh fruit for a healthy twist on a classic favorite!



VANILLA WAFERS



LOS CABOS

Featured Products

61470	En Fuego Bean and Cheese Burrito
13806	Meatless Beefy Green Chili Cheese Burrito
71678	Cabo Primo Beef, Bean Cilantro Lime Rice Burrito
68334	Clean Label Egg, Cheese, Green Chili Breakfast Burrito



61470 – Los Cabos En Fuego Bean and Cheese Burrito

Bulk
 48/6.05oz
 CN option A – 2/2 plus ¼ cup other veg
 CN option B – 2/2 plus 1/8 cup red/orange veg and 1/8 cup legume

13806 – Los Cabos Meatless Beefy Green Chili Cheese Burrito

IW
 96/5.05oz
 CN 2/2

71678 – Cabo Primo Beef, Bean, Cilantro Lime Rice Burrito

IW
 80/6.05oz
 CN 2/2

68334 – Los Cabos Clean Label Egg, Cheese, Green Chile Breakfast Burrito

Bulk (IW 98339 120/3.75oz)
 72/3.75oz
 CN 1 meat/1.75 grain



GOLDKIST

Featured Products

From the Desk of Jan Frost,

Goldkist Midwest Representative.

I can't believe it's time to start back to school. Where did the summer go? As you all know late spring and summer have been challenging for us at Pilgrim's. We are working hard to meet the schedule we outlined in our June 24th letter. We appreciate the patience and the willingness of the schools in Missouri and Kansas to work through this challenge with us. I need to say a big "Thank you" to Kristine, John and Tom for all their help in communicating, tracking and recording all the cases of product involved in our recall and withdrawal as well as updating all the orders so that you can get what you want as soon as we can supply it. Pilgrim's has spent an estimated \$4 million dollars going through approximately 90% of our equipment performing rebuilds and/or replacing any equipment related to internal and external foreign material findings. At ANC we introduced our new A+ line of products. The breaded tenderloin and breaded fillet shaped breakfast patty were especially well received. I'm looking forward to showing you these items during the fall SNA shows and the Missouri Commodity shows early next year. We are trying hard to communicate so that there are no more surprises. If you have any questions please reach out to either the Synergy Food Sales Group or myself. Thanks again for your patience. We appreciate your business!



- No Fillers
- Better Bite
- Consistent Piece Weights

New from Gold Kist Farms, the A+ line of portioned chicken products provides the bite of whole muscle chicken but with a more consistent size, weight and shapes. That translates to better portion control and more consistent cooking times. Plus with no added starches or binders and a whole grain breading profile, these items meet your nutritional requirements while delivering the flavor your students crave.

SKU	DESCRIPTION	PC/SERVING	*SERVING SIZE	MMA	GRAIN EQUIV	CASE WT	CASE PACK
7572	FC Whole Grain Breaded A+ Chicken Tenderloins	3	4.5 oz	2.0 oz	1.0 oz	30 lb	6/5 lb
7522	FC Whole Grain Breaded A+ Chicken Breast Fillets	1	4.25 oz	2.0 oz	1.0 oz	30 lb	6/5 lb
7519	FC Whole Grain Breaded A+ Chicken Breast Breakfast Fillets	1	2.2 oz	1.0 oz	0.5 oz	30 lb	6/5 lb

*Pending plant production

www.GoldKistFarms.com

West Region Contact:
Dusty Brown
503-708-9626
Dusty.Brown@pilgrims.com

Central Region Contact:
Jan Frost
317-753-2817
Jan.Frost@pilgrims.com

South East Region Contact:
Jack Crawford
770-570-6098
Jack.Crawford@pilgrims.com

East Region Contact:
John McNaughton
207-415-2031
John.McNaughton@pilgrims.com



TASTY BRANDS

Featured Products

Tasty Brands NEW Items



Bagel-fuls® Cream Cheese & Guava Spread
#21220

2 oz eq gr • 1/W • Ovenable

Gingerbread People
#22010

1 or 2 oz eq gr • 1/W • Ovenable



Peach Cobbler Biscuit
#22020

2 oz eq gr • 1/W • Ovenable



Apple Pocket
#22030

2 oz eq gr • 1/W • Ovenable



Chicken Sausage Sweet Roll
#64001

1 m/ma • 1 oz eq gr • 1/W • Ovenable



Garlic Knots
#62200
2 oz eq gr



• Tasty Brands • (516)938-4588 • sales@tastybrandsk12.com •

Featured Products



notables® GRANOLA



Apple Cinnamon Granola

Item # 38349

NUTRITION FACTS / Serving size: 1 package (30g/1oz)

Amount per serving: Calories 120, Fat Cal 30, Total Fat 3.5g (5% DV), Sat Fat 0.5g (5% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 5mg (5% DV), Total Carb 20g (7% DV), Dietary Fiber 2g (8% DV), Sugars 6g, Protein 2g, Vitamin A (10% DV), Vitamin C (0% DV), Calcium (10% DV), Iron (15% DV), Thiamin (15% DV), Riboflavin (10% DV), Niacin (15% DV). Percent Daily Values (DV) based on a 2,000 calorie diet.

INGREDIENTS: Oats, sugar, soybean oil, brown rice syrup, brown rice crisp (brown rice, malt syrup, salt), honey, oat flour, dried apples, Vitamin & Minerals (Vitamin A palmitate, Vitamin D3, D-alpha-tocopherol, folic acid, niacin, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, calcium carbonate, iron, magnesium oxide, dicalcium phosphate, zinc oxide), natural flavors, molasses, cinnamon, mixed tocopherols.

Blueberry Granola

Item # 38350

NUTRITION FACTS / Serving size: 1 package (30g/1oz)

Amount per serving: Calories 120, Fat Cal 30, Total Fat 3g (5% DV), Sat Fat 0.5g (5% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carb 21g (7% DV), Dietary Fiber 2g (8% DV), Sugars 6g, Protein 2g, Vitamin A (10% DV), Vitamin C (0% DV), Calcium (10% DV), Iron (15% DV), Thiamin (15% DV), Riboflavin (10% DV), Niacin (15% DV). Percent Daily Values (DV) based on a 2,000 calorie diet.

INGREDIENTS: Oats, sugar, soybean oil, brown rice syrup, brown rice crisp (brown rice, malt syrup, salt), honey, dried blueberries (blueberries, sugar, glycerin), oat flour, Vitamin & Minerals (Vitamin A palmitate, Vitamin D3, D-alpha-tocopherol, folic acid, niacin, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, calcium carbonate, iron, magnesium oxide, dicalcium phosphate, zinc oxide), natural flavors, mixed tocopherols.

Pack size: 4.74" x 4.25" / Cases of 350 / Case weight: 22 lbs Cube: 1.46 / Ti-hi: 9x4

Distributed by: notables / notables.com / For more information call 800-967-1702 or email at info@notables.com



ASPIRE

Featured Products



FINALLY, A GREAT-TASTING SPORTS DRINK WITH LESS SUGAR AND NO ARTIFICIAL INGREDIENTS

DESIGNED TO IMPROVE THE PHYSICAL HEALTH OF YOUR STUDENTS
WHILE IMPROVING THE FINANCIAL HEALTH OF YOUR SCHOOL

ASPIRE FIRE (cherry-berry), ICE (lemon-lime), STORM (grape), RISE (orange) and RUSH (blue raspberry) sports drinks will provide your school's foodservice and concessions with innovative, new beverages that meet the USDA Smart Snacks in School guidelines — and meet the taste preferences of your students. For today's student-athletes, ASPIRE sports drinks are the clear choice for health and performance.



For more information on our fundraising opportunities or to request a sample, please visit www.ASPIREbeverages.com/schools

WWW.ASPIREBEVERAGES.COM FACEBOOK.COM/ASPIREBEVERAGECOMPANY
@ASPIREBEVERAGES INSTAGRAM.COM/ASPIREBEVERAGECOMPANY

DESE-FNS-FOOD DISTRIBUTION UPDATE:

DESE-FNS-USDA Foods Update –

We hope you all have had a wonderful summer, and are excited to dive back into another year of serving nutritious meals to our MO kids! We added some new items on the monthly open order form this year, so be on the lookout for them. We added canned pork (Oct. delivery), canned tuna (Oct and Jan delivery), and individual peanut butter cups (Nov delivery).

Details to remember when planning, receiving, and documenting a monthly delivery:

Deliveries are contracted to be **tailgate deliveries**. Inside delivery can be set-up for an additional fee billed by Lanter. The contract allows for **delivery times anytime between 7:00 a.m. – 3:00 p.m.** Please have appropriate staff available to receive the USDA Foods when Lanter arrives.

Lanter will be **Emailing or Faxing** (based on your preference) a list of items to be received by your LEA during the upcoming month. This list will be sent before or during the first week of the month to all LEAs. The list **will not** include a delivery date and time.

A dispatch representative from Lanter will contact your LEA **at least 4 days** prior to a future delivery to verify the **delivery date** and a **2-hour window** for your upcoming delivery.

If there are additional items or incorrect items on the delivery, **do not keep these items**. Do not accept any substitutions. Only sign and keep items which match. Lanter Distributing is making conscious efforts to run a cyclical delivery schedule to assist LEAs in preparing for their monthly delivery of USDA Foods. Please be aware that Lanter Distributing started making phone calls, and began delivering to our MO Local Education Agencies (LEA's) on Tuesday, August 4th. If Lanter Distributing called your LEA, and left a message, you need to be sure to be there in the time frame that they gave you on the message. MO-DESE-FNS understands that this time of the year is difficult for all parties involved, but we have to get these deliveries started to ensure that all MO LEA's receive their August delivery in August.

DESE – FNS, USDA Foods Program Contacts

Andy Dudenhoeffer	Director	573-522-1974
Josh Winters	Food Distribution Specialist	573-751-7253
DeeDee Kilson	Administrative Assistant	573-751-1706
Amy Halderman	Administrative Assistant	573-751-2646
Kim Ackerman	Lanter Distributing	816-459-4853
Monthly Orders: dontatedfoods@dese.mo.gov		573-751-2646

MATTHEW'S MOTIVATIONAL MESSAGE



Matthew E Essner

This section contains a motivational message taken from Matthew Essner's FREE weekly motivational email called the Monday Morning Ignition. Matthew is an outstanding motivational speaker and is available for events. His company, Ignite-the-Passion, custom creates presentations to fit the requests of individual groups. For more information visit www.Ignite-the-Passion.com or "Like" the Facebook page.

Below is an excerpt from one of his most recent email's.

"Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think." - Dale Carnegie

Are you happy for the start of new week? Are you happy with where you are in life? As one of my favorite authors, Zig Ziglar, puts it: "*Happiness is not a when or where; it is a here and now.*" **Happiness is NOT a destination; happiness is a lifelong journey which you must choose!!**

Happiness is a choice based upon your **thoughts**. Your **thoughts** are individual to you and will determine your **beliefs**. Your **beliefs** will form your **habits**, which will lead to **persistence** should times get tough. **Persistence** will give you the strength needed to see your **thoughts** through to **success**, which will increase your **confidence** and happiness. The more confident you are, the easier it will be to see your thoughts will lead to your happiness.

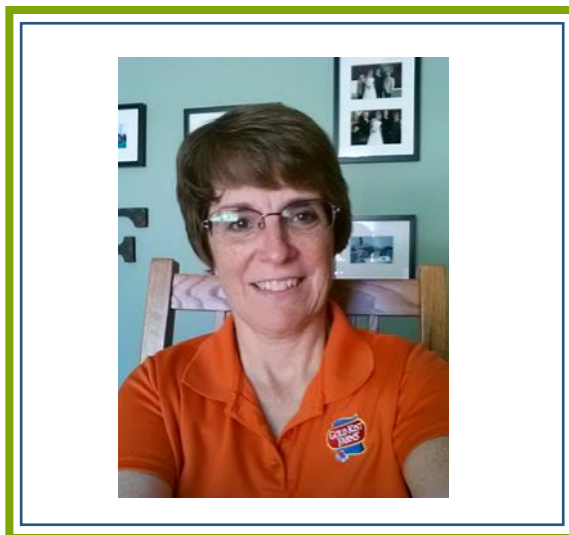
Too many people think happiness is hinged upon physical things, yet there are plenty of people who have **less** than you and are **happy**. Still others have **more** than you and are **unhappy**. Your status or title will also not make you happy...just because you are a CEO, president, manager, or owner doesn't mean you will be happy. Happiness is not a reward, but rather a *consequence of your thoughts*. Happy people will choose to focus their thoughts on what is important...other people! When you learn to think of ways to help others (family, customers, friends, coworkers, etc.), you will find happiness. **Change your thinking...be happy NOW!!**



MEET THE DIRECTOR



MEET THE SYNERGY MANUFACTURER



Name: Kelley Lavelly

School District: Wayne Community Schools, Corydon, Iowa

Food Service Director Since: Starting my 7th year!

Family: Married, 4 children, 9 grandchildren, 1 great grandson due in December!

Favorite Famous Person: John Wayne

If you were in an eating competition what could you eat the most of? Watermelon

Hobby you are most passionate about?: Gardening

When/How did you get started in the food service business?

After working in a local restaurant was given the opportunity to head the Nutrition Program for Mormon Trail CSD, in Humeston, IA. where I reside and found my calling! Eight years later, another job opportunity opened up to head the Nutrition Program for Wayne CSD in Corydon, IA. our county seat and I have been extremely happy ever since. I proudly feed America's children and absolutely love my job.

If you were not a Food Service Director, what would you do instead? Politician

Name: Jan Frost

Company: Pilgrim's Pride

Manufacturer Representative Since: Since big hair was chic!

High School/College: Northrop High School

Favorite Famous Person: Carol Burnett

If you were in an eating competition what could you eat the most of: Chocolate Chip Cookies

Hobby or Activity you are most passionate about: Reupholstering Furniture

When/How did you get started in the food business: In college, I was the student representative to the food service menu committee for the residence halls.

If you were not a manufacturer representative, what do you wish you would have been: A famous author.

SYNERGY TRIVIA CONTEST

WINNER FROM LAST EDITION

Leah Luthje
Blue Springs Schools
Blue Springs, MO

1st Runner Up:

Maj Luckert
Roxana Schools
Roxana, IL

2nd Runner Up:

Elaine Harris
USD368
Paola, KS

CORRECT ANSWERS FOR THE "STAR WARS" TRIVIA TOPIC WERE AS FOLLOWS:

- 1) What is the name of the ship piloted by Han Solo & Chewbacca?
Millennium Falcon
- 2) Who blew up the first Deathstar?
Han Solo
- 3) On which planet was Anakin Skywalker raised?
Tatooine
- 4) What is the name of Princess Leia's mother? (Hint: It is NOT Endora)
Padme Amidala
- 5) Please name the 4 colors of lightsabers in all of the Star Wars movie series.
Green, Red, Blue, Purple

BONUS QUESTION: What color was specific to Mace Windu (Samuel L. Jackson's character)?

Purple

HOW WELL DO YOU KNOW YOUR FOOD?

All School Food Service personnel with the correct answers to all of the questions below will be entered in a drawing for a chance to win a \$50 gift card to Target, courtesy of our featured manufacturer, Goldkist Farms! Two runner ups will also win \$25 cards. You can use it as a giveaway for your school contests, give it as a gift, or keep it for yourself!

Note: Drawing will take place 24 hours after newsletter is issued. Winners & correct answers will be announced in our next newsletter.

- 1) What is the only agricultural product that bears it's seeds on the outside?
- 2) What vegetable burns more calories to consume than it has to begin with?
- 3) What kind of soup was believed to be an aphrodisiac in the Middle Ages?
- 4) Which condiment was sold as medicine at one time?
- 5) What spice is a hallucinogen if taken in large doses?

Be Cool To Your School!

If you do not wish to receive future copies of Synergy School News, please let us know and we will remove you from our distribution list.



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