

*Greetings Everyone & Happy New Year!*

We hope this copy of **Synergy School News** finds all of you happy and well. This issue focuses strongly on our twelve commodity processors here in Missouri. Each of their items that are available for the 2016-17 School Year can be found below.

Also included in this edition we have added two new companies to our lineup. Ice Dog by Sun Valley Products, has five spectacular flavors of frozen fruit drinks that all equal a half cup fruit credit. Our other new manufacturer Aspire Beverage Company, produces naturally flavored sport drinks that are sure to be a hit in your cafeteria! Please see more information on both of these companies contained within.

As always, **Synergy School News** features new products, coupons, recipe's and information from many of the twenty school foodservice manufacturers we represent in Missouri, Kansas, Illinois and Iowa.

We enjoyed seeing many of you at the recent state shows in Missouri and Kansas and hope that you find this edition of our newsletter informative and interesting. Please contact us for samples or if you need nutritional specifications on any of our products. Also, please take a shot at our Star Wars trivia contest and a chance to be the winner of a \$50 Target gift card from our featured manufacturer, MCI Los Cabos Mexican Foods!

Thank you for reading!

**The Synergy Team**

John Pickert, Tom Hoenig, Diana Blanck, Kristine Bridgeman, Michelle Layman, Miranda Roseland



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**EVENTS AND IMPORTANT MENU DATES**

Friday, January 15  
HEART OF AMERICA 4th MEETING

Monday, January 18  
MARTIN LUTHER KING DAY

Friday, February 5  
NATIONAL SHOWER WITH YOUR FRIEND DAY



Monday, February 8  
CHINESE NEW YEAR

Wednesday– Friday, February 10-12  
MO COMMODITY EXPO'S

Sunday, February 14  
VALENTINE'S DAY

Thursday, February 18  
SFNDA 3RD GENERAL MEETING

Wednesday, February 24  
HEART OF AMERICA FOOD SHOW

Thursday, March 17  
ST. PATRICK'S DAY

Sunday, March 27  
EASTER

Thursday, March 31  
SFNDA FOOD SHOW

Friday, April 1  
APRIL FOOLS DAY

Friday, April 8  
HEART OF AMERICA 5th MEETING

Thursday, April 21  
SFNDA 4TH GENERAL MEETING

Sunday, May 8  
MOTHERS DAY

Friday, May 13  
HEART OF AMERICA 6th MEETING

July 10-13, 2016  
SNA NATIONAL CONVENTION  
San Antonio, TX

Synergy Food Sales 2016-17 SY Missouri Fee For Service Commodity Products By Manufacturer



## JTM Food Group

### JTM FOOD GROUP (Cheese)

5705	Cheddar Cheese Sauce
5708	Nacho Flavored Cheese Sauce
5715	Reduced Fat Cheddar Cheese Sauce
5718	White Queso Cheese Sauce
5722	Alfredo Sauce, Reduced Fat & Sodium
5114	Broccoli & Cheese Soup
5765	WG Macaroni & Cheese (Small Straight Noodle)
5756	WG Macaroni & Cheese (Large Elbow Noodle)

### JTM FOOD GROUP (Beef)

5682	Low Sodium Beef Steak Hamburger Patties (2.25 oz)
5661	Beef Steak Hamburger Patties (2.2 oz)
5670	Premium Beef Steak Burger (2.45 oz)
5668	Premium Beef Steak Burger (3.0 oz)
5622	Salisbury Steak
5035	Meatballs, Low Sodium (4 = 2 oz M/MA)
5695	WG Country Fried Breaded Beef Patty (3.35 oz)
5250	Beef Taco Filling, Reduced Fat, Low Sodium
545	Beef Sloppy Joe, Reduced Fat
579	Beef Chili with Beans, Reduced Fat
5578	Beef Spaghetti Sauce, Reduced Fat
5249	Beef Taco Filling (All Meat)
5813	Cooked Seasoned Beef "Philly" Steak
5872	Cooked Ground Beef Crumble (No Additives/Allergens)
5876	Cooked Beef Crumbles

### JTM FOOD GROUP (Pork)

5649	Breakfast Sausage Patty (1.33 oz)
5653	Breakfast Sausage Link (2 links = 1.36 oz)
5694	Breaded Pork Chopette (3.35 oz)
5614	BBQ Pork Rib Patty (2.54 oz)
5690	BBQ Pork Rib Patty BBQ Sauce (2.8 oz)
5416	Shredded Pork BBQ
5521	Spaghetti Sauce, Reduced Fat
5156	Reduced Sodium Sausage Gravy
5230	Shredded Mexican Pork Carnitas
5036	Meatballs, Low Sodium (2 = 1 oz. M/MA)
5205	Taco Meat, Reduced Fat

### JTM FOOD GROUP (Turkey)

5090	Mini Turkey Corn Dogs
5429	Pulled Turkey BBQ
5051	Reduced Sodium Turkey Meatball
5235	Turkey Taco Filling
5425	Shredded Mexican Turkey Carnitas
5685	Turkey Breakfast Sausage Patties (1.3 oz)
5623	Turkey Burger (2.7 oz)



## Gold Kist Farms

### GOLD KIST (Large Bird Chicken)

691600	Popcorn Chicken - Homestyle Breaded
110452	Popcorn Smackers - Homestyle Breaded
615300	Nuggets - Homestyle Breaded (5 pc)
612100	Nuggets - Golden Breaded (5 pc)
665400	Patties - Homestyle Breaded
662100	Patties - Golden Breaded
666600	Patties - Spicy Breaded
666700	Patties - Spicy Breaded "Pyro"
26624	Patties - Grilled Marked Filet Shaped
625300	Tenders - Homestyle Breaded (3 pc)
622100	Tenders - Golden Breaded (3 pc)
499180	Ring Things - Homestyle Breaded (5 pc)
49913	Sticks - Homestyle Breaded (5 Pc)
635300	Breakfast Patties Homestyle Breaded
1325	Fajita Strips
1230	Fully Cooked Diced
6116	Nuggets - PHD Homestyle Breaded (4 pc)*
6616	Patties - PHD Homestyle Breaded*
6216	Tenders - PHD Homestyle (4 pc)*
7516	Breaded Fully Cooked Breast Filet**
7517	Breaded Fully Cooked Spicy Breast Filet**
7518	Breaded Fully Cooked Breast Chunks ("Boneless Wings")**
7520	Grill Marked Cooked Breast Fillet**
110458	Dark Meat Homestyle Breaded Popcorn Smackers
6390	Dark Meat Chicken Sausage Patty
1330	Dark Meat Chicken Menu Strips

### GOLD KIST (Small Bird Chicken)

7812	Breaded Chicken 8 Piece Parts
8820	Roasted Chicken 8 Piece Parts
88013	Roasted Breast & Thighs



**SYNERGY**  
FOOD SALES



# Los Cabos

## MCI LOS CABOS MEXICAN FOODS (Cheese)

97576	Bean, Cheddar Cheese Burrito (Individually Wrapped)
97580	Bean, Cheddar Cheese, Green Chili Burrito (Individually Wrapped)
98765	Beef, Cheddar Cheese Burrito Yellow (Individually Wrapped)
94620	Beef, American Cheese Burrito Yellow (Individually Wrapped)
61300	Bean, Cheddar Cheese Burrito (Individually Wrapped)
38765	Beef, Cheddar Cheese Burrito Yellow Flour Tortilla (Individually Wrapped)
92271	Chicken, Cheddar Cheese Burrito (Individually Wrapped)
98332	Chicken Cheese Chorizo Burrito (Individually Wrapped)
71262	Baja Chicken, Cheese, Rice Burrito (Individually Wrapped)
71571	Ultra Bean, Cheddar Cheese Burrito (Individually Wrapped)
71662	Xtreme Bean, Cheddar Cheese Burrito (Individually Wrapped)
71663	Spicy Bean, Cheddar Cheese Burrito (Individually Wrapped)
71673	Southwestern Style Black Bean, Cheese Burrito (Individually Wrapped)
98334	Cheese, Egg Salsa Burrito (Individually Wrapped)
98336	Egg, Cheese, Bacon Burrito (Individually Wrapped)
98337	Egg, American Cheese, Turkey Sausage Burrito (Individually Wrapped)
45227	Cheddar, Monterey Jack, Green Chili Quesadilla (Individually Wrapped)
43107	Cheddar, Monterey Jack, Green Chili Quesadilla (Individually Wrapped)
65227	Cheddar, Mozz. Green Chili Quesadilla (Bulk Packed)
64143	Reduced Fat Cheddar Cheese Enchilada 6" (Bulk Packed)
64142	Reduced Fat Monterey Jack Enchilada 6" (Bulk Packed)
64151	Reduced Fat Monterey Jack Cheese Enchilada 6" (Bulk Packed)
64150	Pepper Jack Enchilada 6"(Bulk Packed)



# Giorgio Foods

## GIORGIO FOODS (Cheese)

5245	16" Wedge Cut Cheese Pizza on Whole Grain Crust
5754	16" Wedge Cut Pepperoni Pizza on Whole Grain Crust
8071	16" Wedge Cut Turkey Pepperoni Pizza on Whole Grain Crust
8391	5" Round Cheese Pizza on Whole Grain Crust
7794	5" Round Pepperoni Pizza on Whole Grain Crust
8671	5" Round Turkey Pepperoni Pizza on Whole Grain Crust
9196	5" Round Rojo Fiesta Pizza on Whole Grain Crust
6432	Cheesy Bread (4 oz) Whole Grain
10561	Stromboli, Turkey Ham and Cheese with Whole Grain Wrap
5193	Stromboli, Pepperoni & Cheese with Whole Grain Wrap
9074	Mini Calzone, Italian Style Cheese in Wheat Pastry Shell (3 pc)
8512	Calzone, Italian Style Cheese in Wheat Pastry Shell
9073	Mini Calzone, Turkey Pepperoni in Wheat Pastry Shell (3 pc)
1420	Breaded Mozzarella Sticks with Whole Grain Breading (6 pc)



# Jennie-O

## JENNIE-O TURKEY STORE (Turkey)

2178-04	Netted Raw Breast & Thigh Roast (2.29 oz)
6399-30	Savory Turkey Meatball (2.57 oz)
6401-40	Savory Turkey Crumble (2.22 oz)
6396-30	Hand Pinched Italian Crumble (1.16 oz)
2847-28	Cooked Turkey & Gravy (4 oz)
2853-28	Cooked Turkey Spaghetti Sauce (4.89 oz)
6398-40	Fully Cooked Turkey Taco Crumble (2.24 oz)
2854-28	Cooked Turkey Chili (4.23 oz)
2858-28	Cooked Turkey Sloppy Joe (4.94 oz)
2856-28	Cooked Turkey Taco Filling (3.03 oz)
2364-40	Oven Roasted Skinless Turkey Breast (4 oz)
2099	Sliced Oven Roasted Turkey Breast (3 oz)
2303-24	Pre-Sliced Browned Turkey Breast Steak
6126-20	Hot Dogs - Turkey Franks, 8 per lb.
2156-34	New World Turkey Pot Roast (3.22 oz)
2096-12	Sliced Italian Combo, Salami, Pepperoni, Ham (3 oz)
2565	Sliced Turkey Ham (3.06 oz)
2031	Canadian Bacon Style Sliced Turkey (2 = 1.52 oz)
6148-31	Cooked Turkey Burger (2.54 oz)
2130-08	Sliced Pepperoni Coin Size (1.23 oz)
2840-28	Cooked Turkey Taco Filling (2.97 oz)



# Tasty Brands

## TASTY BRANDS (Cheese)

00801WG	CN Cheese Lasagna Rollup
00804WG	CN Jumbo Cheese Ravioli
00808WG	CN Cheese Lasagna Rollup
00821WG	Cheese & Vegetable Lasagna Rollup
00822WG	Tray Pack Four Cheese Lasagna
00834WG	CN Mini Cheese Ravioli
25301	Mini Cheese Quesadillas
25302	Mini Chicken & Cheese Quesadillas
25701	Mini Chicken Tacos
52106	Jumbo Pizza Bagel
52222	Mini Cheese Pizza Bagel
62001	Mozzarella Filled Twisted Topped Breadstick (1:1)
62002	Mozzarella Filled Twisted Topped Breadstick (1:2)
10101	ANYTIMERS® Cheese Pizza Lunch/Supper Kit



# Ott's

## OTT FOOD PRODUCTS (Oil & Tomato Paste)

01278	Ott's Ranch 4/1 GAL
01407	Ott's Ranch Portion Cups 200/1.5 OZ
01512	Ott's Reduced Calorie Ranch 4/1 GAL
01387	Ott's Honey Mustard 4/1 GAL
01660	Ott's Chipotle Ranch 4/1 GAL
01473	Ott's Raspberry Vinaigrette 4/1 GAL
01338	Ott's Thousand Island 4/1 GAL
01241	Ott's Zesty Italian 4/1 GAL
01237	Ott's Famous 4/1 GAL
01409	Ott's Salad Dressing (Mayonnaise) 4/1 GAL
01615	Ott's Tartar Sauce 4/1 GAL
01266	Ott's Sweet N Mild BBQ Sauce 4/1 GAL
01735	Ott's Sweet N Mild BBQ Sauce Portion Cups 400/1.5OZ



# Highliner Foods

## HIGH LINER FOODS (Pollock)

06551C	Potato Crunch Pollock Nugget 1 oz CN
06533C	Potato Crunch Pollock Fillet Shape 3.6 oz CN
53448	Potato Crunch Pollock Strip 1.3 oz CN (3 strips)
1089302	Golden Crunchy Breaded Pollock Sticks 1 oz CN
1089301	Golden Crunchy Breaded Pollock Nuggets 1 oz CN
1089300	Golden Crunchy Breaded Pollock Rectangles 3.6 oz CN
1089877	Golden Crunchy Breaded 3.6 oz Pollock Wedge CN
1089865	Sea Shapes, Breaded Pollock Nuggets 1 oz ea CN (4)
38118	Nacho Breaded Pollock Stick 1 oz CN (4 sticks)
53978	Sweet Potato Breaded Pollock Nugget 1 oz CN (4)
53258	Breaded Pollock Rectangle 3.6 oz CN
53998	Breaded Pollock and Cheese Rectangle 3.6 oz CN
26257	Breaded Pollock Bites 0.5 oz. w/ Sweet Asian Sauce CN
53328	Breaded Pollock Hoagie 3.6 oz CN



# Bongards Creamery

## BONGARDS (Cheese)

40295	String Cheese (1 oz.) Natural Mozzarella
40293	Colby Jack Marbled Stick (1 oz.) Natural
40291	Cheddar Stick (1 oz.) Natural Yellow
10081	American Yellow Slice 200/.4 oz per 5 lb
10137	American Yellow Slice 160/.5 oz per 5 lb
10043	American White Swiss Slice 160/.5 oz per 5 lb
10135	American Yellow RF/Red Sodium Slice 160/.5 oz per 5 lb
10341	American White Pepper Jack Slice 120/.67 oz per 5 lb
10038	Natural LMPS Mozzarella Slices (.5 oz)
75245	Natural Cheddar Slices (.75 oz)
75247	Natural Provolone Slices (.75 oz)
75252	Natural Pepper Jack Slices (.75 oz)
75591	Shredded American Yellow
75541	Shredded Reduced Fat American Yellow
75550	Shredded Natural Yellow Cheddar
75571	Shredded Natural Yellow Cheddar - Reduced Fat
75553	Shredded Natural LMPS Mozzarella
77102	Shredded Natural Jack & Cheddar Blend
48120	3oz Cheddar Dipping Cup
48130	3oz Jalapeno Dipping Cheese Cup
48210	Cheese Curds - Natural Flavor
48211	Cheese Curds - Garlic Flavor
48212	Cheese Curds - Ranch Flavor



# Asian Food Solutions

## ASIAN FOOD SOLUTIONS (Chicken)

73001	Teriyaki Chicken (CN 2.85 oz.)
72001WG	WG Breaded Tangerine Chicken (CN 3.9 oz.)
72003WG	WG Breaded General Tso's Chicken (CN 3.9 oz)
72005WG	WG Brd Japanese Cherry Blossom/Sweet n Sour Chicken
72010WG	WG Breaded Lemon Chicken (CN 3.9 oz.)
72013WG	WG Breaded Sriracha Honey Chicken (CN 3.9 oz.)



# Cherry Central

## CHERRY CENTRAL (Apples)

7982	Unsweetened Applesauce Cups (4.5 oz)
7903	Unsweetened Cinnamon Applesauce Cups (4.5 oz)
7906	Unsweetened Strawberry Applesauce Cups (4.5 oz)

To view the Synergy Food Sales 2016-17 SY Missouri Net Off Invoice Commodity Products By Manufacturer, click [here](#).



## NEW SYNERGY MANUFACTURERS



### SUNNY SKY PRODUCTS

#### PRODUCT HIGHLIGHTS

- ◆ 100% JUICE - SHELF STABLE
- ◆ GOOD SOURCE OF FIBER
- ◆ SODIUM FREE
- ◆ FAT FREE & GLUTEN FREE
- ◆ NO COLOR OR SUGAR ADDED
- ◆ VITAMIN FORTIFIED: A, B-12 & C
- ◆ EYE CATCHING GRAPHICS
- ◆ NATURAL FLAVORS
- ◆ STAND-UP POUCH
- ◆ TREMENDOUS REVENUE

Contact your Synergy team now for samples and distributor codes.



Sunny Sky Products is a full service beverage manufacturer headquartered in Houston, TX. As the innovative leader in the dispensed specialty beverage category, Sunny Sky Products manufactures and markets beverages to a variety of distributors and customers including convenience, foodservice, healthcare, on premise, and education. Specifically for the Education channel, Sunny Sky produces Ice Dog. Ice Dog is a 4 oz. 100% juice pouch that when frozen, transforms into a delicious healthy slush. Ice Dog pouches are naturally sweet, meaning there is NO added sugar. Eye-catching graphics and packaging generate tremendous revenue and greatly improves participation! Sixty calories, sodium free, fat free, gluten free and most importantly HASSLE FREE, Ice Dog complies with the all National School Meal guidelines including Smart Snacks.

For more details and information, click [here!](#)



### ASPIRE BEVERAGE COMPANY

Founded in 2012 by two hockey dads that were concerned about the prevalence of sugary drinks being consumed in the name of sports, ASPIRE Beverage Company makes better-for-you sports drinks designed to improve the health and performance of athletes. ASPIRE is a low-sugar and low-calorie sports drink without any artificial colors, flavors, sweeteners or preservatives, and all five flavors are USDA Smart Snack Compliant for high schools. High school and youth sports organizations, nationwide, are increasingly demonstrating a commitment to improving the health and performance of student-athletes and excited to ASPIRE.

ASPIRE Sports Drinks were recently named the “Official Sports Drink” of the Under Armour All-America High School Football Game, held at the Citrus Bowl in Orlando on Saturday, January 2, 2016. ASPIRE was excited to partner with Under Armour and support their mission to make all athletes better through passion, design, and the relentless pursuit of innovation.

In addition to schools, ASPIRE sports drinks are sold at sports facilities and retailers throughout the United States including Target, Costco, Whole Foods, Safeway, Life Time Fitness and Amazon.com. More information is available at [www.ASPIREbeverages.com](http://www.ASPIREbeverages.com)



ASPIRE [Story](#)

ASPIRE [Comparison Chart](#)

ASPIRE [Press Release](#)

# SYNERGY MANUFACTURER CORNER

UPDATES



J.T.M. FOOD GROUP

Featured Products



## *NEW WGR Mini Turkey Corn Dogs*



ITEM #: CP5090 • PACK: 30 LBS/6 BAGS • APPROX. SERVINGS/CASE: 120  
MADE WITH USDA FOODS CODE: 100883 TURKEY THIGHS

Kids of all ages love corn dogs, and JTM's new Mini Turkey Corn Dogs deliver the classic corn dog flavor they love with the nutritional benefits that are important to you. They feature a turkey hot dog surrounded by a sweet, whole grain rich batter that cooks up golden brown and delicious!

### **FEATURES & BENEFITS:**

- Made with ground turkey thighs--contains NO mechanically separated turkey
- Whole grain rich
- Reduced Fat & Sodium
- CN Labeled: (6) 0.67 oz. corn dogs provide 2.0 M/MA + 2.0 WGR equiv.

*For samples or additional information, please contact:*

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



*And, don't forget about our new Fundles® Stuffed Sandwiches.  
Perfect for breakfast in the classroom and satellite operations!*

JTM Food Group • 800.626.2308 • [www.jtmfoodgroup.com/schools](http://www.jtmfoodgroup.com/schools)



## GOLD KIST FARMS

### Featured Products

Gold Kist's best selling item nationwide is the Smacker (item number 110452). Ten of these large popcorn shaped bites will yield your 2 ounce meat/meat alternate and 1 ounce whole grain rich grain equivalent.

To kick your menu up a notch try adding  $\frac{1}{4}$  cup of JTM's Sriracha or Sweet Chili sauce to each 5 pound bag of the smackers. Toss the frozen smackers with the sauce then heat according to package directions. A 1 cup spoodle makes serving these a breeze. For those who want a little less spice use 1  $\frac{1}{2}$  cups of your favorite BBQ sauce with each 5 pound bag.



## MCI/LOS CABOS MEXICAN FOOD

### Featured Products

Los Cabos Mexican Foods brings south of the border flavor to your K-12 menu with new recipe's and updated 2015-16 SY promotions!!!!

Stock Code	Product Description	Pack Size	Meat Alternative	Grain Equiv (OZ)	Calories	Sodium (MG)	% Calories from Fat	% Calories from Sat Fat	Sugar Grams
71663	Spicy Bean & Cheddar Cheese	96/5.35 oz	2	2	298.06	478.32	25.61%	10.99%	1.80
98332	Kickin Chickin, Cheesy Chorizo Breakfast Burrito	120/3.75 oz	1	1.75	244.10	331.05	36.02%	12.50%	0.45
98334	Egg, Cheese, Salsa	120/3.75 oz	1	2	244.36	311.07	37.09%	14.29%	0.65
98336	Egg, Cheese, Bacon Breakfast Wrap	120/3.4 oz	1.25	1.75	212.16	318.75	39.37%	17.27%	0.66
98337	Egg, Turkey Sausage, American Cheese Breakfast Wrap	120/3.4 oz	1	1.5	205.64	400	34.14%	11.12%	1.36

Check out our National School Lunch Gift Card Promotion!

Click [here](#) for our Cabo Primo Promotion and [here](#) for our Breakfast Promotion!



Featured Products

Try notables® lunch kits for lunch, field trips, supper programs

Looking for a cost effective, easier way to prepare meals for emergency lunches, field trips, summer feeding or afterschool supper programs? Be sure to try notables® lunch kits.

There are four options available with each featuring meat/meat alternates, whole grain equivalents and ½ cup of fruit and veggie servings.

Each meal is already conveniently packaged and ready to serve. No heating or cooling is required.



**LAVA BITES LUNCH** (36 / case)  
 Item # 41106  
 Cheese Cup – 2 meat / meat alternate  
 Savory Cracker Bites – 1 ounce grain equivalent  
 Juice – 1/2 cup vegetable  
 Applesauce with Spoon – 1/2 cup fruit



**CHEESE STICK LUNCH** (36 / case)  
 Item # 41107  
 Cheese Stick – 1 meat / meat alternate  
 Sunflower Seeds – 1 meat / meat alternate  
 Graham Cracker – 1 ounce grain equivalent  
 Juice – 1/2 cup vegetable  
 Applesauce with Spoon – 1/2 cup fruit



**SUNBUTTER LUNCH** (36 / case)  
 Item # 41108  
 Sunbutter Cup – 1 meat / meat alternate  
 Graham Cracker – 1 ounce grain equivalent  
 Honey Roasted Soy Nuts – 1 meat / meat alternate  
 Juice – 1/2 cup vegetable  
 Applesauce with Spoon – 1/2 cup fruit



**HUMMUS LUNCH** (36 / case)  
 Item # 41109  
 Hummus – 1 meat / meat alternate  
 Herb Crackers – 1 ounce grain equivalent  
 Juice – 1/2 cup vegetable  
 Honey Roasted Sunflower Seeds – 1 meat / meat alternate  
 Applesauce with Spoon – 1/2 cup fruit







## TASTY BRANDS

### Featured Products



We've got some "hot" commodities (110242)...

### Perfect For Lunch



Cheese Lasagna Rollup  
#00801WG

- 2 M/MA, 1 oz. eq. grain
- 5 cheese blend for great taste
- Speed Scratch



Twisted Topped Breadstick  
#62101

- 1 oz. eq. grain
- A new TWIST on the traditional breadstick
- No need to spray or top

Serve together or alone!

### Perfect For Breakfast

- 1 M/MA, 1 oz. eq. grain
- Individually Wrapped
- Ideal for Breakfast in Classroom, Cafeteria or Grab & Go



Turkey Sausage, Cheese & Gravy Breakfast Toast

Southwestern Topped Breakfast Toast

Egg, Cheese & Turkey Bacon Breakfast Toast



## ASIAN FOOD SOLUTIONS

### Featured Products



Featured New Item  
 Citrus Lemon Chicken

## Chinese New Year is February 8th!

Let Synergy Food Sales help you plan and bundle your meal with a Chicken Entree, Lo Mein or Vegetable Fried Rice, egg roll and fortune cookies.

<a href="#">72010</a>	Citrus Lemon Chicken
<a href="#">22101WG</a>	Whole Grain Chow Mein
<a href="#">79203</a>	Whole Grain Fortune Cookies
<a href="#">79011</a>	Whole Wheat Vegetable Egg Rolls



## 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



## JENNIE-O

### Featured Products

#### New Kid-Friendly Favorites

Add a little "POW" to your menu with JENNIE-O® Chorizo Turkey Sausage Code 6397-40. The zesty profile from paprika, a blend of peppers and a hint of cilantro allows you to add a little kick of flavor to a variety of items – both at lunch and breakfast.

JENNIE-O® Reduced Sodium Uncured Turkey Franks -612620 are a perfect fit for any menu. Cured without chemicals, and with only 260mg of sodium and no nitrates or nitrites added\*, you can feel good about serving this classic kid-favorite.

#### New All Natural Additions

JENNIE-O® All Natural products fit the growing demand for simpler, minimally processed foods, while fully meeting the demand for great taste. JENNIE-O® All Natural products are minimally processed and do not contain any artificial ingredients.



California Dreamin' Burger

### Avian Flu Update

#### High Pathogenic Avian Influenza

**Avian influenza (AI)**--the bird flu--is a virus that infects wild birds (such as ducks, gulls, and shorebirds) and domestic poultry (such as chickens, turkeys, ducks, and geese). There is flu for birds just as there is for humans and, as with people, some forms of the flu in birds are worse than others.

**Pathogenicity:** the ability of the virus to produce disease in poultry. AI strains are divided into two groups based upon this ability of the virus to produce disease: low pathogenic (LP) and highly pathogenic (HP)

**LPAI, or "low path" avian influenza,** naturally occurs in wild birds and can spread to domestic birds. In most cases it causes no signs of infection or only minor symptoms in birds. These strains of the virus pose little threat to human health. These strains are common in the U.S. and around the world.

**HPAI, or "high path" avian influenza,** is often fatal in chickens and turkeys. HPAI spreads more rapidly than LPAI and has a higher death rate in birds. HPAI H5N2 poses little threat to human health.

Poultry Industry Loss due to Avian Influenza from Dec 20<sup>th</sup> 2014 to June 25<sup>th</sup> 2015

Turkeys – 7,759,520  
Chicken Pullets – 5,873,700  
Layer Chickens – 32,453,700  
Other – 2,004,373  
TOTAL – 48,091,293

Jennie-O Turkey Store lost 4.5 million birds during the outbreak. This amounted to 58% of supply at the time and is equivalent of 10% of total annual production.

#### 15-16 SY Supply Plan

SKU Reduction from 74 to 34  
8 permanently discontinued and 22 deactivated.  
No New Business or customers.  
Goal is to provide levels on par with 2014-2015 usage  
Schools submit an allocated order plan  
Minimum shipping weight from 3000 lbs to 5000 lbs.  
Lead time to 7 working days  
Commodity Banks were front loaded.  
Lbs. in excess of 2014-15 levels were removed and stored.  
New Transaction Summary Report in K12 "Turkey Baster"

We have many new and improved items being introduced for SY 16-17  
Reduced Sodium All Natural Deli Meats  
Hand Pinched Italian Crumble  
Premium Breakfast Sausage Patty





# 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](http://k12tomatoes.com) to request **FREE samples!**

\* Product Formulation Statement available



**Red Gold Regional Manager: Matthew Essner**  
[MEssner@REDGOLD.com](mailto: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**

# HIGH LINER FOODS



## 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 (#TGIF) movement is lead by High Liner Foods. TGIF 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 TGIF campaign at your school.

**VISIT TGIF.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



Pollock & Salmon Bite\*



#### SIMPLY SAUCE SEAFOOD BITES - WITH SAUCE (Each case includes 2/2 lb bags of Sweet Asian Sauce in the case)

	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
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

\* Actual Size

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





## HIGHLAND BEEF FARMS

### Smart Snack Compliant

Statement of child nutrition:

- ⇒ High Protein
- ⇒ Low Fat
- ⇒ Low Calorie
- ⇒ Low Sodium
- ⇒ No MSG
- ⇒ Gluten Free

**High Protein – 4 grams per meat stick**  
**Low Fat & Calorie – Calories 30; Calories from Fat 10**  
**Low Sodium – 100mg per meat stick**  
**No MSG and Gluten Free**

Highland's specialty for schools is our PowerSnacks that meet the 2016 Smart Snack Guidelines Gold Standard (click on each product for further nutritional):

[\*\*Mesquite BBQ Beef Stick Twin Pack and Single Stick\*\*](#)  
[\*\*BBQ Pork Spicy Stick Twin Pack and Single Stick\*\*](#)



## AMAZING FRUIT

- |                  |                                   |
|------------------|-----------------------------------|
| ◆ ALL NATURAL    | ◆ KOSHER CERTIFIED                |
| ◆ NO SUGAR ADDED | ◆ NO GMO'S                        |
| ◆ GLUTEN FREE    | ◆ PEANUT & TREE NUT FREE FACILITY |
| ◆ FAT FREE       | ◆ VEGAN                           |

It's the third year of Amazing Fruit Products-US producing Amazin' Raisin and we are reaching across the USA. We now are providing school food programs with Amazin' Raisin in over 8 states. From California to Connecticut, schools are coming to appreciate the benefits of our fruit flavor infused raisins.

In this time where it is increasing hard to find a way to meet mandated healthy food requirements and still be a tasty treat the kids will eat, Amazin' Raisin has found a way to combine the healthy benefits of raisins with the flavorful taste of a fruit snack. By using a patented process that combines raisins with all natural fruit flavoring we can create a great tasting no sugar added snack that not only meets Smart Snack requirements, but also the USDA ½ cup fresh fruit (¼ cup dried fruit equivalent) meal requirement.

Amazin' Raisin is created by combining citric acid from fruits such as oranges with all natural fruit flavors and raisins. By introducing the citric acid to the raisins we are able to open pores in the raisins which allow our flavor infusion process to take place. Essential Oils extracted from fruits can then be added to provide the following flavors to the raisins: Strawberry, Orange, Peach, Sour Lemon and Sour Pineapple. Increasing the citric acid used allows us to create sour flavors like in our Sour Lemon and Sour Pineapple flavors.

In our third year Sour Lemon continues to be our most popular flavor with the kids while Strawberry comes in a close second. California however is currently challenging this with a sunshine state desire for Sour Pineapple. With Orange and Peach in addition to the aforementioned other three flavors, Amazing Fruit Product-US can continue provide a wide variety of fruit snack options. Amazing Fruit Products-US is dedicated to continuing its mission to provide healthy fruit treats as we go forward into another year.



# WHOLE EARTH

by **Snack King**



**El Sobroso**  
2 oz  
**Whole Grain**  
**Tortilla Rounds**

Nutrition Facts	
Serving Size 1 Bag	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

**INGREDIENTS:** GROUND CORN, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, CANOLA, CORN, COTTONSEED AND/OR RICE OIL), SALT.

**1 snack = 1 Whole Grain Serving**



**Whole Earth**  
1 oz  
**Kettle Corn**

Nutrition Facts	
Serving Size 1 Bag	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

**INGREDIENTS:** POPCORN, SUGAR, VEGETABLE OIL (SUNFLOWER, RICE AND/OR SAFFLOWER OIL), SEAL SALT.

# DARLINGTON



Soft Oatmeal Bars

Appleways Soft Oatmeal Bars are packed with whole grains and all natural ingredients with a little apple in every bite, you can feel good enjoying them as a tasty snack any time of the day.

- ◆ Apple
- ◆ Blueberry Pomegranate
- ◆ Chocolate Chip
- ◆ Strawberry

Appleways. Just whole grain goodness. Great for nutritious snacks any time. Our snack bars have no hidden ingredients you don't want or can't pronounce. With our signature Simply Whole-some Soft Oatmeal Bars, Waffle Snaps and, our newest additions, Crispy Bites and Vanilla Wafers, you're sure to be able to solve all of your snack needs with this line!

- ◆ Entire line meets 30/10/30 standards
- ◆ The Appleways line is now high fructose corn syrup free
- ◆ 0% trans fat
- ◆ Produced in a nut-free bakery
- ◆ Certified kosher dairy
- ◆ Pre-baked and individually wrapped for freshness and convenience
- ◆ Line includes a variety of ounce equivalents, from 1/2 ounce products to 2 oz products to our bites and wafers which are completely customizable.
- ◆ Products meet the Alliance for a Healthier Generation, HealthierUS School Challenge, Partnership for a Healthier America, FitPick and Smart Snack standards



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## PRO HEALTH PASTA

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- ◆ Red Lentil Rotini
- ◆ Red Lentil Elbow Macaroni
- ◆ Red Elbow Penne

- ◆ Black Bean Rotini
- ◆ Black Bean Elbow Macaroni
- ◆ Black Bean Penne

We are new to foodservice and the only Foodservice Manufacturer of legume bases pastas in the US. ProHealth Pasta is perfect for k-12 schools looking for a healthy protein or legume 2 M/MA or ½ cup legume CN labeled pasta. 100% Recommended Daily Allowance of Fiber! Gluten Free and Vegan!!!

We have an exclusive delivery arrangement with DOT, which means your distributor can order as low as a single case. ProHealth Red Lentil Pasta varieties look orange when raw, but look and taste much like regular pasta after cooking. So now you can have a HEALTHY pasta made from 100% legumes, a super-food high in Protein, Fiber, and many essential vitamins.

ProHealth Pasta is pasta made from 100% legumes providing as much protein as a 3 oz hamburger patty AND in an exclusive arrangement can only be delivered BY DOT FOODS! Made from 100% Red Lentils, or 100% Black Beans, ProHealth Pasta is an awesome source of Protein, over 100% recommended daily allowance of Fiber and a great source of Iron in a low sodium low fat food source. Even the carbs are better for you because they are slow burning, like a sweet potato carb.

As a K-12 school solution, ProHealth Red Lentil Pasta has a CN label for schools for 2 M/MA or ½ cup legume. Schools on the East Coast seems more interested in the legume aspect, the West Coast leans toward the Protein, and Central parts of the country find both aspects appealing. As we often tell our school customers, we are an expensive pasta, but a very economical protein that usually markets at less than \$0.25 PER SERVING! It only takes 1.25 ounces (1/4 cup) of dry pasta to meet the CN Guidelines, but please note the schools do need to add a "recognizable" ingredient like cheese or meat sauce or legumes to earn the CN label.

For detailed nutritional information please click [here!](#)



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## OTT'S

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Ott's introduces it's world famous, Tartar Sauce to commodity processing in Missouri this year!

Ott's 4/ 1 gallon Tartar Sauce is sure to be a hit with students atop any High Liner fish item this Lenten Season. Please call us for samples or stop by our booth at the Missouri Expo's in February !





## 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](http://www.Ignite-the-Passion.com) or "Like" the Facebook page.

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

*"Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenges, wish for more wisdom." - Jim Rohn*

How are you doing on your New YOU 2016 goals? Did you actually sit down and write out how you were going to better yourself in 2016? Be honest, have you already found excuses in the first 5 days of the New YOU to reason with yourself and veer from the success path you laid out?

While you are just a few days into the New YOU, 'Don't wish it was easier, wish you were better!' This adventure is not going to be easy.....but it will be rewarding!! And you know you look forward to the reward or you wouldn't have had the gumption to write down what the New YOU wanted to achieve.

There will be struggles, but 'Don't wish for less challenges, wish for more wisdom!' You know your weaknesses, and you know your strengths. Figure out how you can put yourself in a position to utilize your strengths and create the HABITS necessary to achieve your goals. Humans, by nature, are creatures of HABIT....make 2016 the year you create the HABITS which make you the person you desire to show the world! Whether it's becoming a healthier person, generating more income, helping the less privileged, deepening your faith, or traveling the world; there are HABITS which you can start TODAY to accomplish your goals in 2016!

Monday Morning Ignition - January 6, 2014 (modified for 2016)

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MISSOURI SCHOOL NUTRITION ASSOCIATION FOOD SHOW  
BRANSON, MO NOVEMBER 14, 2015





MISSOURI SCHOOL NUTRITION ASSOCIATION FOOD SHOW  
BRANSON, MO NOVEMBER 14, 2015



# WELCOME AND FAREWELL

## Highlighting Changes in the K-12 School Foodservice Profession in Our Area

<b>Andy Dudenhoeffer</b>	New State of Missouri Director of Food Distribution, replaced Matthew Essner. (October, 2015)
<b>Josh Winters</b>	New State of MO Asst. Director of Food Distribution, replaced Andy Dudenhoeffer. (October, 2015)
<b>Ellen Henson</b>	New director at Stoutland R-II in Stoutland, Missouri , replaced Tracy Clay.
<b>Cindy Brownley</b>	New director at Carrolton R-VII in Carrolton, Missouri, replaced Josh Lankford.
<b>Gayla Atchley</b>	New director at Malden R-I in Malden, Missouri, replaced Edward Zych.
<b>Trish Ferguson</b>	New director at Hogan Prep Academy, Kansas City, MO, replaced Danielle McClelland.
<b>Denise Fast</b>	New director at Montrose R-XIV, in Montrose, MO, replaced Scott Ireland.
<b>Joyce Vonallmen</b>	New director at Glenwood R-VIII , in West Plains, MO, replaced Wayne Stewart.
<b>Pat Pruitt</b>	New director at Crittendon Center, in Kansas City, MO, replaced Amy Denker.
<b>Holly Bredehoeft</b>	New director at Trinity Lutheran School, in Alma, MO, replaced Dee McVey.
<b>Carla Morris</b>	New director at Our Lady Of The Snows in Eugene, MO, replaced Nancy Kliethermes.
<b>Kate Klein</b>	New director at Moniteau County R-I, in California, MO, replaced Dale Graff.
<b>Regenia Wyrick</b>	New director at High Point R-III in High Point, MO, replaced Amanda Barbour.
<b>Lela Bolden</b>	New director at Missouri Hills Campus, in St. Louis, MO, replaced Thelma Gilpin.
<b>Matt Surgener</b>	New foodservice director at Great Circle-St. Louis, replaced Michael Goodman.
<b>Sandra Waters</b>	New director at Grace Chapel Lutheran in St. Louis, MO replaced Sarah Geiger.
<b>Rachael Foster</b>	New director at St. Augustine's School in Kelso, MO replaced Missy Jansen.
<b>Dondra Case</b>	New director at Raymondville R-VII in Raymondville, MO replaced Sharon Courtney.
<b>Gaila Wester</b>	New director at Fordland R-III in Fordland, MO replaced Jenny Miller.

If you or anyone you know has made a position change in the school food service industry and would like it published in future issues of **Synergy School News**, please send to [tom@synergyfoodsales.com](mailto:tom@synergyfoodsales.com)

### *Bid Tips from Diana Blanck*

#### **Bid Tip #1**

Compare, compare compare – Please have Distributors tell you Brand, Code # and Pack Size. This way you can check to make sure they are bidding the same thing. There are times when 3 or 4 distributors are bidding and one is half the price.. Odds are that the one that is half price or substantially lower is not the same. If you check this out before you award - it will save you time and trouble later when you find out they only have ½ the amount and/or only meets 1 oz. protein instead of 2. This will keep you in compliance and saving money .

#### **Bid Tip # 2**

Make sure in your bid request that you tell the bidders that they will have to provide PFS Sheets and/or CN Labels for every applicable product. You should actually state they need to be received within 10 days of award. This way you can verify that you are in compliance before serving the products.



## MEET THE DIRECTOR



### Mari-Anne (Maj) Luckert

**School District:**  
Roxana CUSD #1

**Food Service Director Since:**  
1995

**Family:**

Mom of three great kids: Johanna, Katja & Kai. Beethoven, the dog, Stella, the "temporarily" adopted cat, and two goldfish whose names I don't remember.

**High School:**  
Liperi High School, Finland

**Favorite Famous Person:**  
Dr. James Dobson

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

Black licorice, Finnish or Aussie style! Not the weak American kind...

**Hobby or Activity you are most passionate about?:**  
Operation Christmas Child, Ask me if you want to know more or visit [www.samaritanspurse/occ.org](http://www.samaritanspurse/occ.org)

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

My parents owned a bakery when I was young and then they owned a hotel and restaurant. I literally was raised in the industry. I also had grandparents and an uncle who owned a bakery.

**If you were not a foodservice director, what do you wish you would have been?**

As I was growing up everyone expected me to become a teacher but besides food service career I thought about becoming a flight attendant or nurse at psychiatric hospital. If I were to change careers now I would like to become a counselor.

## MEET THE SYNERGY MANUFACTURER



### Steve Turner

**Company:**  
Los Cabos Mexican Foods

**Manufacturer Representative Since:**  
2009

**Family:**

Wife Robin, daughters Cassidy (13) and Rachel (11). I am the king of my castle and by gender only. I make no decisions whatsoever!

**High School/College:**  
Cretin High School

**Favorite Famous Person:**  
Chris Kyle. He took out the trash!

**If you were in an eating competition what could you eat the most of:**

Savoy Pizza in St. Paul. Best thin crust you will find!

**Hobby or Activity you are most passionate about: :**  
I would like to be as passionate about fitness as Steve Atchison with Jennie-O, but golf is my go to!

**When/How did you get started in the food business:**  
Worked in technology and sold to food brokerage that recruited me and brokered there for 11 years before becoming a manufacturer rep.

**If you were not a manufacturer representative, what do you wish you would have been:**

A Miss Universe Pageant host, I think I could have done better! Seriously, I wish I would have stayed in banking.

## SYNERGY TRIVIA CONTEST

### CORRECT ANSWERS FOR THE "FAMOUS RED HEADS IN HISTORY" TRIVIA TOPIC WERE AS FOLLOWS:

1) What actor, pictured above, played Ron Weasley in the Harry Potter movies?

**Rupert Grint**

2) What child actor, turned director played both Opie Taylor on the Andy Griffith Show in the 1960's as well as high schooler, Richie Cunningham in the 1970's sitcom, Happy Days? (Bonus Question: Name one of the movies he has directed)

**Ron Howard**

**Bonus: Apollo 13 (Amongst Many Others)**

3) What is the FULL name of the red headed school teacher in the multi-media, The Magic School Bus, series?

**Valerie Felicity Frizzle**

4) What French military and political figure, who had a significant hand in the French Revolution, then turned around and declared himself Emperor of France in 1804?

**Napoleon Dyno-MITE!**

5) This famous red-head was our 3rd president of the United States and is credited with writing The Declaration of Independence, who is he?

**Thomas Jefferson**

### STAR WARS TRIVIA CONTEST

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, MCI Los Cabos Mexican Foods! 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 name of the ship piloted by Han Solo & Chewbacca?

2) Who blew up the first Death Star?

3) On which planet was Anakin Skywalker raised?

4) What is the name of Princess Leia's mother? (Hint: It is NOT Endora)

5) Please name the 4 colors of light sabre's in all of the Star Wars movie series.

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

### WINNER FROM LAST EDITION

Heather Wirsig  
Warrensburg Public  
Schools  
Warrensburg, MO

#### **1st Runner Up:**

Jill Morey  
Branson Public  
Schools  
Branson, MO

#### **2nd Runner Up:**

Sara Hilton  
West Prarie Schools  
CUSD #103  
Good Hope, IL

# MISSOURI COMMODITY NEWS

## DESE-FNS-FOOD DISTRIBUTION UPDATE:

Join the DESE – Food & Nutrition Services (FNS) staff at one of the locations to further your knowledge of the USDA Foods Program in Missouri while networking with other Food Service Directors from across the state. The last few years we have received great feedback regarding the round table discussions, so we will again start each Expo with round table discussions between other Food Service personnel and an assigned table leader for each table being one of our processing partners. There will then be an informational session presented by DESE – FNS about the operation of the USDA Foods Program in Missouri and ordering techniques for SY 16-17. As always, the food show will close out the day while DESE – FNS staff will be set up to offer assistance in completing the annual USDA Foods Packet. If you have struggles with completing the USDA Foods Packet, the Expos are an opportune time to work one-on-one with DESE – FNS staff to make sure orders are placed accordingly for SY 16-17. The Expos will prove to be a worthwhile time for everyone and **ALL** LEAs are encouraged to join. The USDA Foods Program is a great benefit to each of your programs, and we hope you make plans to join us to learn how you can maximize your utilization of the USDA Foods.

[Registration](#) is **FREE**, but we do require registration so we can provide a list of visitors for the hosting districts. Please complete Expo Registration by **January 29, 2016**. Directions and times for each event are also posted to the [DESE – FNS USDA Foods](#) website.

### Commodity Expos February 10-12, 2016

The following dates and locations have been established for the SY 15-16 Commodity Expos:

Central MO area – Waynesville Career Center  
Wednesday, February 10, 2016

Kansas City area – Fort Osage High School  
Thursday, February 11, 2016

St. Louis area – Francis Howell Central High School  
Friday, February 12, 2016

### Monthly USDA Foods Deliveries

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 Nov. and Dec. are unique months due to the holiday schedules surrounding Thanksgiving and Christmas. Patience and courtesy are appreciated as we work to squeeze nearly 800 deliveries into a shortened window during Nov. and Dec.

Winter weather is upon us and DESE – FNS asks for your cooperation as we work to keep deliveries on track as much as possible. Unfortunately, snow days in MO are typically unavoidable, and the safety of the drivers and school personnel are a top priority. With this understanding, if drivers feel comfortable making deliveries, DESE – FNS and Lanter will make every effort to keep an originally scheduled delivery, even if the LEA has cancelled school due to winter weather. The logistics of keeping up with the multiple LEAs on each load and not being able to reschedule for the next day due to drivers already being committed to other deliveries for other MO LEAs makes it very difficult to be accommodating for every LEA. Best attempts are made to communicate with LEAs when winter weather becomes an issue. If you are ever in question, please do not hesitate to contact DESE – FNS or Lanter Distributing and we will be happy to assist.

**DESE-FNS will have the SY 16-17 USDA Foods Packet out soon!** The packet will soon be available (along with instructions), for you to complete, and submit back to us on our DESE-FNS/Donated Foods webpage. Entitlement for SY 16-17 is close to the same this year as last year, so don't be surprised if you see that your entitlement is close to the same as it was in SY 15-16. The due date for the SY 16-17 USDA Foods Packet is **Friday, February 26<sup>th</sup>**. If you have any questions, or run into any problems with the USDA Foods Packet, please don't hesitate to call into our office.

One last bit of information to update everybody on... Matthew Essner resigned from DESE – FNS – Food Distribution, Director in September 2015 to start a new adventure with Red Gold. Since then Andy Dudenhoeffer has assumed the Director position and Josh Winters (which was previously the AR reviewer for DESE – FNS central region) has taken the position as our new Food Distribution Specialist.

### 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



## 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.



## CONTACT US

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### Synergy Food Sales Bid Specialist

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[www.synergyfoodsales.com](http://www.synergyfoodsales.com)