

Synergy School News

Bid Guide
Issue 3, March 2013

Greetings Everyone:

It is hard to believe that it has been just under a year since John and I joined forces last May. We have just about completed our first commodity selling season together and have been overwhelmed by the kind support you have showed us as it winds down. A tremendous "THANK YOU" goes out to many of you.

With the commodity selling season behind us, our attention is now focused on new item placement and bids for the 2013-14 SY. This issue of SYNERGY SCHOOL NEWS is our annual Bid Guide Edition and focuses on products that Synergy offers through commercial distribution. In the separate Bid Guide attachment, we have compiled most of our products (including those highlighted in this newsletter) in an easy to read format that is intended to help you add products to your bids that interest you. Further nutritionals on the products can be found by going to the manufacturer websites which are also included or by contacting us. Please contact us if you need a format that is easier to copy/paste into your bids.

We look forward to seeing many of you at the rescheduled Heart of America Show in Kansas City on March 28th and the St. Louis School Food & Nutrition Directors Show on April 4th!

Thank you and may the luck o' the Irish be with you all!

Tom Hoenig & John Pickert



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Events & Important Menu Dates:

- **March 17th— St. Patrick's Day**
- **March 28th-Heart of America Food Show**
- **March 29th-Good Friday**
- **March 31th- Easter**
- **April 1st-April Fool's Day**
- **April 4th-St. Louis School Food Nutrition Directors Association Show**
- **April 7th-10th- ACDA Convention, Nashville, TN**
- **April 26th- Arbor Day**
- **May 3rd-Garden Meditation Day**
- **May 12th-Mother's Day**
- **May 15th- National Chocolate Chip Day**
- **May 27th-Memorial Day**
- **June 1st- Say Something Nice Day**
- **June 14th- Flag Day**
- **June 16th-Father's Day**
- **June 27th-National Bomb Pop Day**
- **July 4th-Independence Day**
- **July 13th-18th-ANC-Kansas City**
- **July 27th- Take Your Houseplant For A Walk Day**
- **July 29th- National Chicken Wing Day**

NEW SYNERGY MANUFACTURER ANNOUNCEMENT!



Red Gold Tomato Products

Red Gold / RedPack Brands: Commercial Quality

Tomato & Ketchup Products with Commodity NOI Discounts Available thru Approved Missouri Distributors

The Red Gold K12 Team is so excited to be joining forces with Synergy Food Sales. Red Gold has been a privately held company for the past 60 years. Based in Elwood, Indiana, we are focused on producing the best domestic tomato products available in the U.S., many designed specifically for the K-12 market. For more nutritional information on all our K12 products, click here: <http://www.redgold.com/docs/k-12/k-12-nutrition-chart--10-19-12-update3.pdf?sfvrsn=2>

Red Gold recently launched a line of Better Nutrition Made Simple Tomato & Ketchup products that have been formulated specifically to meet the K12 Menu needs: 70% lower in sodium than their traditional counterparts, no High Fructose Corn Syrup, added nutrients, great taste! For more information, click here:

<http://www.redgold.com/red-gold-company/foodservice/k-12-school-program>

Red Gold also participates in the USDA Commodity Processing Program when you divert Tomato Paste 100332. This program is available to Missouri schools via Net Off Invoice (commodity discounts from your participating distributor, commercially available products). There are more than 35 popular tomato and ketchup products available for discounts. For more information, click here and select SY13/14 Calculator: <http://www.redgold.com/red-gold-company/foodservice/k-12-school-program>

For SY13/14, USDA will not be offering USDA Foods "brown box" Spaghetti Sauce as they reformulate that product. So, you may want to consider spending some entitlement dollars on Tomato Paste 100332. Then, you can receive commodity discounts on these popular Red Gold items for all of SY13/14, easily purchased through your eligible commercial distributors.

In addition, Red Gold has been working closely to help schools market and menu Tomato Products as a fun, popular, **and highly cost-effective Red/Orange Vegetable that is CREDITIBLE**. Kids love tomato products for dipping some of their favorite sides and entrees (i.e. Marinara Sauce & Salsa). Most options for ½ cup crediting are under \$.14/ serving. In addition, Red Gold offers Portion Control items as well for ease and convenience, of which two (2) are creditable as ½ cup Red/Orange Vegetable (2 oz. Marinara Sauce Dipping cups & 2.6 oz. Salsa Cups – coming soon). For more information, click here: <http://www.redgold.com/docs/foodservice/red-orange-vegetables-crediting-serving-guide.pdf?sfvrsn=0>

Synergy can provide samples of any item that you may be interested in testing. Please feel free to give us a call for more product information or questions. We look forward to the beginning of a great K12 partnership with Synergy, Red Gold, and K12 Missouri Schools. Thanks so much for your continued support of our products and programs.

Here at Synergy Food Sales, we are pleased to add
Red Gold to our manufacturer line up!



Synergy Food Sales wants to personally thank all of the schools that purchased from any of our eight participating manufacturers!

Fee for Service: We will be contacting you in mid April with our survey questionnaire which will have your total finished cases per item. This form allows you to designate how many cases you would like delivered each month from August 2013 through April 2014.

If you find that you are wanting to change items within a given category simply give us a call and with a few calculations we can adjust your finished cases. We have done this for years and the customers that utilize this service find it very beneficial. For instance, we do not want you to end the year with too many chicken nuggets and not enough chicken patties. With a little lead time your orders can be adjusted to fit your needs throughout the year.

The State commodity distribution contract is up for bid with a start date of July 1, 2013. Stay tuned for more information on the awarded distributor.

Net off Invoice: You will need to decide who will be distributing your products prior to July 1, 2013 so that your banks can be properly loaded. Please remember that while you can purchase from a variety of distributors, you are only allowed 1 distributor per raw donated food group per manufacturer on NOI products. The distributor can change during the year but there will be a 15 day lag in distributor reassignment to allow for unfinished transactions to be processed.

Once your chosen distributor has been designated we will send you a different survey asking which items you anticipate serving and how often so that we can assist our manufacturers and your distributors with maintaining proper inventory levels. Please do not underestimate the importance of this information to help avoid shortages and substitutions.

Please Note: The above services offered to our customers are normally not readily available from our competitors. While we would be happy to help in any way possible, we cannot provide you with the above services for companies that we do not represent. We often get calls asking for the same information on one of our competitors. The State has only provided us with information on our manufacturers.



SYNERGY MANUFACTURERS CORNER

This section contains news and information about new items that are available from Synergy's fine manufacturers...



"Nutrition, Taste, Value." These simple but powerful words capture the essence of AFS's mission. New whole grain options include:

- General Tso's (72003WG)
- Tangerine (72001WG)
- Japanese Cherry Blossom Chicken (72005WG)
- Vegetable Fried Brown Rice (78001)
- Vegetable Chow Mein w/ Teriyaki Sauce (22101)

Request a sample or feeding today to see how good we have made whole grain taste!



This quarter Bongards' Creameries, fine manufacturers of cheese products since 1908, is featuring our wildly popular 3 ounce Cheese Cups. Our cups come in cheddar and jalapeno flavors. They are shelf stable. Please request a sample today by using code number:

EC1006A Cheddar 3 oz. Cup

EC1006B Jalapeno 3 oz. Cup



Devastating Fire Ravages Echo Lake Foods



January 30th 2013 – Burlington, WI: The main plant and headquarters of Echo Lake Foods – a large producer of frozen breakfast food creations with over 800 employees and \$150 million annual sales, was severely damaged by what is now known to be the second largest fire in Wisconsin history. Over eighty fire companies with 300+ firefighters responded. After sixteen hours and thankfully no injuries - the smoke cleared, but Echo Lake Foods was out of business. All of their IT systems were destroyed impacting both existing operations as well as a total loss of all historical data in the profitable business they had been operating for over 70 years. Included in the piles of twisted steel, rubble and debris were computer servers, networking equipment and valuable production machinery. There were two remaining plants not hit by the fire but realistically they were critically off line with the main base of operations down unable to operate solo. Prior to 2013 Echo Lake had established a disaster recovery solution that was immediately rolled into place. Echo Lake Foods is now rebuilding their communications and operations infrastructure, and is currently operating at near full capacity on all of our grain related products (pancakes and waffles). Egg related products are being evaluated on a per item basis and new production is slowly beginning. Unfortunately our egg processing capabilities with regard to commodity processing of USDA donated egg will be deferred until late 2014 (or timeframe TBD). Thank you for your continued patience and understanding.



Giorgio Foods Introduces 2 New Whole Grain Wheat Calzones!!!!



Today's Choice
WHEAT TURKEY PEPPERONI CALZONE (5oz)
9072
48 Servings Per Case



Today's Choice
WHEAT CHEESE CALZONE
8512
48 Servings Per Case

HEATING INSTRUCTIONS:

BAKE: THAW. Convection Oven: Preheat oven to 325 degrees. Place calzone on sheet tray, bake for 6-8 minutes. Conventional Oven: Preheat oven to 375 degrees. Place calzone on sheet tray. Bake for 12-14 minutes.

CN EQUIVALENT VALUES - CN CONTRIBUTION:

2 MMA, 2GB, 1/8 C Veg

Please be advised that the CN Equivalent Values Stated Above Are Accurate At The Time Of This Statement, And Are Based Upon Giorgio Foods' Use Of Either Outside Laboratory Testing Or Recognized Nutritional Software Such As ESHA. The Values Are Subject To Change Without Notice. The USDA Has Not Verified These Values



Gold Kist Roasted Chicken Available Commercially for the 2013-14 School Year

- 8820 FC Roasted 8 piece parts
- 88013 FC Roasted 4 piece parts

The USDA has recently lifted the protein maximum which allows schools to serve the ever popular oven roasted bone in chicken again. Pilgrim's offers 2 options in this category. They are code 8820 (8 piece) and 88013 (breast and thigh only) both of which are available to purchase commercially.





Jennie-O Turkey Store New Products!

- **6401-40 Savory Turkey Crumbles**
- **6402-40 Italian Turkey Crumbles**

Delicious. Better-for-you. Quick & Easy.
Now *that's* the way the turkey crumbles!

- Two great tasting, authentic flavor options with unlimited ways to use them
 - **Savory** – Garlic and onion with a hint of sweetness
 - **Italian** – Black and red peppers, fennel & garlic
- Quality – All meat with no fillers, clean label, does not contain soy or gluten
- Consistency – Predictable usage, less waste
- Convenience – Fully cooked and dry for easy measuring
- Labor-friendly – No additional clean-up, equipment or training
- Food Safety – Fully Cooked IQF Frozen reduces microbial dangers and cross-contamination problems associated with raw meat
- Versatility – Use as either a topping or as an ingredient in a variety of menu applications
- Packaging – 8/5 lb. poly bags in a 40 lb. case



- **2130-08 Coin Size Pepperoni**

- Great Pepperoni Flavor for Pizza Toppings & Italian Entrees
- Pre-Sliced for Labor Savings, Consistency & Food Safety
- 1.75 " Diameter (Coin Size)
- 15 slices per ounce
- Packed 8/2-2.5 lb. packages
- Shipped Frozen (IQF)
- Round "COIN" Shape
- Utilizes 100124 – Dark only
- Contains No Soy or Gluten
- Available for 2013/2014 Commodity Processing





FOOD GROUP

Mac & Cheese and Cheese Sauces

Features & Benefits:

- Reduced Sodium and Reduced Fat Options
- Variety of Pasta Shapes
- Heat & Serve/Bagged Entrees
- Whole-Grain Rich (WGR) Options
- Homemade Taste
- Multiple Serving Applications



Available Products:

Code	Description	CN Serv. Size	M/MA	Grain Equiv.	Pack
WGR OPTIONS					
5765	Red. Fat, WGR Mac & Cheese (Straight Noodle)	6.00 oz	2.00	0.75	30 lbs-6 bags
5756	Red. Fat, WGR Mac & Cheese (Large Elbow)	6.00 oz	2.00	0.75	30 lbs-6 bags
5767	Red. Fat, Low Sodium, WGR Mac & Cheese (Large Elbow)	6.00 oz	2.00	0.75	30 lbs-6 bags
5768	Mac & Cheese (Large Elbow)	6.00 oz	2.00	0.75	30 lbs-6 bags
WGR STARTING SY '13-'14					
5769	Mac & Cheese (Straight Noodle)	6.00 oz	2.00	0.75	30 lbs-6 bags
5153	Red. Fat Mexican Mac & Cheese w/Chicken Breast (Large Elbow)	4.91 oz	2.00	0.50	30 lbs-6 bags
5154	Red. Fat Mac & Cheese w/Chicken Breast (Large Elbow)	4.91 oz	2.00	0.50	30 lbs-6 bags
5155	Red. Fat Alfredo Sauce w/Penne Pasta & Chicken Breast	4.41 oz	2.00	0.50	30 lbs-6 bags
5752	Portion Packed Mac & Cheese (Straight Noodle)	6.00 oz	2.00	0.75	15 lbs-40 serv.
5762	Portion Packed Mac & Cheese (Large Elbow)	6.00 oz	2.00	0.75	15 lbs-40 serv.
5763	Red. Fat Mexican Style Mac & Cheese (Large Elbow)	6.00 oz	2.00	0.75	30 lbs-6 bags
5764	Red. Fat Alfredo Sauce with Pasta Alfredo	5.47 oz	2.00	0.75	30 lbs-6 bags
SEMOLINA OPTIONS					
5758	Red. Fat Mac & Cheese (Large Elbow)	6.00 oz	2.00	0.75	30 lbs-6 bags
5756	Red. Fat Mac & Cheese (Straight Noodle)	6.00 oz	2.00	0.75	30 lbs-6 bags
5757	Homestyle Macaroni & Cheese (Large Elbow)	6.00 oz	2.00	0.75	30 lbs-6 bags
5759	Homestyle Macaroni & Cheese (Straight Noodle)	6.00 oz	2.00	0.75	30 lbs-6 bags
5761	Red. Fat Mac & Cheese (Straight Noodle)	6.00 oz	2.00	0.75	30 lbs-6 bags
CHEESE SAUCES					
5705	Cheddar Cheese Sauce	1.82 oz	1.00	-----	30 lbs-6 bags
5708	Jalapeno Flavored Cheese Sauce	1.82 oz	1.00	-----	30 lbs-6 bags
5715	Red. Fat Cheese Sauce	1.90 oz	1.00	-----	30 lbs-6 bags
5718	Queso Blanco (White) Sauce	2.00 oz	1.00	-----	30 lbs-6 bags
5722	Red. Fat Alfredo Sauce	1.83 oz	1.00	-----	30 lbs-6 bags
5723	Red. Fat Queso Cheese with Veggies (Golden)	1.90 oz	1.00	-----	30 lbs-6 bags
5724	Red. Fat Nacho Cheese Sauce (Golden w/Jalapenos)	1.90 oz	1.00	-----	30 lbs-6 bags
5725	Red. Fat Queso Blanco (White) Cheese Sauce	1.90 oz	1.00	-----	30 lbs-6 bags

Recipe Idea: Bacon Cheeseburger Mac

5 lbs. JTM Cheese Sauce 2 lbs. Dry Whole Grain Rich Elbow Pasta
 3 lbs. Hot Water 2 1/2 lbs. Ground beef crumbles
 16 oz Diced Tomatoes 8 oz Bacon Bits

1. Heat JTM Cheese sauce in steamer or water bath to 165°F for 15 seconds.
2. Pour Cheese sauce into a 2" deep full sized stainless steel insert.
3. Add Hot water and blend well.
4. Add dry pasta and blend well.
5. Cover with foil and bake in a preheated 325°F oven for 30 minutes.
6. Remove from oven after 30 minutes and add ground beef, bacon bits and tomatoes and blend well.
7. Cover again and finish in oven for an additional 15 minutes.
8. Remove from oven, stir again and hold hot until service.

*5.6 oz serving provides: 2 M/MA--Nutritional values will vary based on specific ingredients used.



Los Cabos Offers Alternatives To The Traditional Burrito

Los Cabos Mexican Foods of California has several new delicious alternatives to the traditional burrito. They are as follows:

- **New breakfast wraps with new USDA requirements in mind (97871, 97887, 98330, 97879, 97331, bulk number is 77897)**
- **Beef/Cheddar Soft Tacos (84555 & 84558)**
- **New Mozzarella Cheddar, Green Chili Quesadillas 83107 (1/1), 85227 (2/2), and 83557 (1.5/1.5)**

All of the new products are individually wrapped except for the 77897. These products are easy to prepare, are all in line with the USDA's new lunch and breakfast regulations for next year. These products are all wrapped in bakeable mylar film and simply put, taste better than other alternatives in this category. Los Cabos is a big supporter of SNA and is devoted to School Food Service. Please contact your Synergy representative for samples soon!



Introducing the next Notable Breakfast Solution: A Complete Meal in a Bag

Minneapolis-based notables® is excited to introduce 3TG™, a nutritious blend of crunchy granola, strawberry infused cranberries and honey roasted soybeans and sunflower seeds. A complete meal, 3TG™ is comprised of:

- 1 grain equivalent: 100% natural, crunchy, whole grain granola with delicious strawberry flavor; baked in small batches
- 1 serving of fruit: sweet, plump, dried cranberries bursting with natural strawberry infused flavor; and
- 1 meat/meat alternate: high protein, all-natural, non-GMO honey roasted sunflower seeds and soybeans grown on farms in the Midwest.

notables® provides nutrition conscious food, including a variety of breakfast kits and afterschool snacks, that meet the USDA meal pattern guidelines. Each notables breakfast, when paired with milk, meets the reimbursement requirements of the federal School Breakfast Program by offering two shelf-stable, whole grain products (or a meat alternate paired with a whole grain equivalent) as well as a fruit component, prepackaged in a convenient, kid-friendly, grab and go pouch.



MATTHEW'S MOTIVATIONAL MESSAGE

This section contains a motivational message taken from Matthew Essner's FREE weekly motivational email called the Monday Morning Ignition. In addition to working for DESE, Matthew is a motivational speaker who 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.

"Life is really simple, but we insist on making it complicated." - Confucius

Happy New You 2013!! Did you set your New You goals? Have you already made concessions, or "bent the rules", to find a scenario when it would be OK to step off your path towards goal achievement for a short-term satisfaction? I hope I read you wrong and you at least made it one week into the New You with keeping your goals, but statistics aren't in my favor. Most people miss the opportunity of a New Year to set goals, even fewer write them down, and fewer still make it longer than a week before breaking their goals. But that's not YOU! YOU are better than those statistics.

Maybe 2013 should be the year for you to **simplify**. If you didn't last week, find time this week to sit down and write out your goals for 2013. Make these goals your game-plan for enjoying yourself in the New Year. When the noisy world around you overwhelms you with stimuli of things to do, revert back to your written goals and see if any of the activities are helping you to achieve your goals. If they are not, then **simplify** and kindly pass on engaging in meaningless activities.

You see, with a game-plan of goals, you can live 2013 purposefully. To **simplify** the process, think of your goals as the side-lines in your game of life for 2013. If what you are doing cultivates goals, it's within the playing field, purposeful, and worth your time. If an activity doesn't fit into your game-plan, then it's outside the side-

lines and should not consume your time. It's **simple**: this is your field (life), define the side-lines (goals) and then go play to win!! Oh, and don't forget to be thankful for the opportunity to play, and also grateful for all the other players who will be playing the game with you!

What's that I hear?? Is that the lively soccer commentator of your life yelling GOAAAAAAL!!

Yeah, that's what I thought 😊



Do you have an In-Service day planned for your Nutrition Services this summer?

Is your school district hosting a Staff Development day and looking for a "Spark" to start the 2013-2014 school year on the right foot?

Here's what others are saying about Ignite-the-Passion.com presentations:

"Thank you Matthew, for coming to talk to us! I walked out of there Friday with a good feeling of knowing "change" can do a person good. Felt as if your message was directed to me somehow with what I have going on in my life. Keep up the great work you do, what an inspiration you are! Thank you again!"

USDA SPOTLIGHT



The USDA recently announced (February 25th, 2013) that they have extended flexibility in the M/MA and Grains Maximums for SY 2013-14. This comes as a welcome relief to many of you that have struggled with the original minimum/maximum ranges.

This ruling covers both breakfast and lunch. Rather than share the entire 3 page USDA memo that many of you have read, we have summarized and taken from it the important stuff. :)

MEET THE DIRECTOR

Name: Laina Fullum

School District: Columbia Public Schools

Food Service Director Since: 2007

Family: My husband is John. I have two sons and a daughter. Seth is my step son 21 and in his Jr. year of college, Quin is 8 and Zoe is 5.

High School: Theodore Roosevelt HS in Kent, Ohio

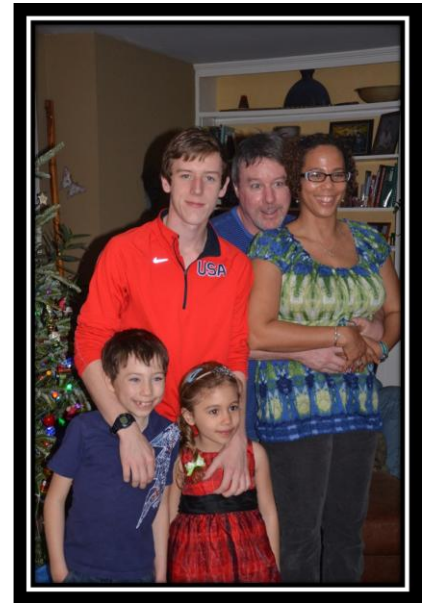
Favorite Famous Person: Robert Cray and Rachel Ray (can't limit to one, like food I like variety)

If you were in an eating competition what could you eat the most of: Fresh Steamed Asparagus and Blackened Salmon

Hobby or Activity you are most passionate about: Cooking, gardening and eating

When/How did you get started in the food service business : I got into the food business 20 years ago. I started waiting tables while in college at one of the best Columbia, MO Southwestern/Cajun restaurants and majored in dietetics in college. I learned as much about food working in that restaurant as I did working on my degree. I became a dietitian because I came from a very health conscience family and had a knack for cooking. My mother encouraged me to become a registered dietitian and I thought that sounded like a good idea. So, I did.

If you were not a foodservice director, what do you wish you would have been: Horticulturalist. I love to garden and wish I knew more in order to do it better. Herbs and fruit trees are my favorite thing to grow. My husband tries to convince me every year to stop planting new stuff in our yard because we are out of room to grow new things. I don't listen.



MEET THE SYNERGY MANUFACTURER REP

Name: Steve Atchison

Company: Jennie O Turkey Store

Manufacturer Representative Since: Jennie O Turkey Store Central Regional Sales Rep since 2009.

Family: Wife Lois (33 years of marriage), son Andy, two daughters Emily & Shelly, plus three grand kids, Maci, Lauren, and Morgan. These people are the joy of my life!

High School: Moorhead Sr. High, Moorhead MN class of 1976 ;
Concordia College, Moorhead MN class of 1980

Favorite Famous Person: Chesley Sullenberger, US Airways Pilot that landed his airplane in the Hudson River. A regular person doing great things.

If you were in an eating competition what could you eat the most of: A Turkey Burger competition as I love the Jennie O Turkey Burger! (Editor Note: What a HOMER!)

Hobby or Activity you are most passionate about: My regular fitness workouts and wellness routine. I really enjoy my healthy lifestyle as I like feeling good each day.

When/How did you get started in the food business: Started in the school foodservice business 15 years ago with the JM Smucker Company and the Uncrustable Peanut Butter & Jelly Sandwich.

If you were not a broker representative, what do you wish you would have been: An athletic director at a major college. I love college athletics and the enthusiasm that they bring to the campus and the community.



LEGISLATION ACTION CONFERENCE OVERVIEW

LAC was attended by more members this year than any other prior years. The states of Missouri, Illinois and Kansas were all represented there. Attendee's heard from USDA regarding the new competitive foods policy. NBC's Chuck Todd gave an overview of the Barrack Obama's presidency as well as the challenges regarding the two political parties. SNA and its members were thankful that Congress did not include the National School Lunch Program in its sequestration.

This year's legislative issues are as follows:

1. SNA supports the elimination of the weekly limits on grains and meats served in the National School Lunch Program.
2. SNA urges a delay in the implementation of the School Breakfast Program modifications pending resolution of outstanding issues related to the School Lunch Meal Program.
3. Section 205 of the Healthy, Hunger-Free Kids Act mandates that certain School Food Authorities annually increase their paid meal prices regardless of the their financial solvency.
4. Unpaid meal charges owed to the School Food Authority by participant in the program have increased significantly. Congress should require USDA to establish a consistent national policy on how to address the debt incurred by the unpaid meal charges.

(Editor Note: Thank you to Paul Becker at Fort Zumwalt School District for putting this together.)



Pictured l to r: Doug Cowgill, Regional Sales Manager, ES Foods,
Carmen Fischer, Director Rockwood School District,
Katie Koester, Director Mehlville School District ,
Blaine Luettemeyer , Representative (R-MO 3rd District)
Dawn Matthews, Director, Camdenton School District
Paul Becker, Director Fort Zumwalt School District,
Robert Shade, Winston Equipment Company.

SYNERGY TRIVIA CONTEST

Winner from the last edition of Synergy Trivia:

- **Sondra Stubbs, Director of Nutritional Services @ North Platte County, Missouri, (Opaa!™ Food Management, Inc.)**

Correct answers were as follows:

Disco

- 1) Who is the only remaining Bee Gee brother alive today? (For bonus points, name the other famous singing brother that was not in the group.) **Maurice Gibb. Bonus Answer: Andy Gibb**
- 2) What group had a string of disco-definitive top-five hits between 1975 and 1977, including "Get Down Tonight", "That's the Way (I Like It)", "(Shake, Shake, Shake) Shake Your Booty", "I'm Your Boogie Man" and "Keep It Comin' Love"?
KC & The Sunshine Band
- 3) In what year was the disco movie, Saturday Night Fever, released? **1977**
- 4) Who was widely considered the "Queen of Disco" (hint: she died earlier this year)? **Donna Summer**
- 5) July 12, 1979 became known as "the day disco died" because of Disco Demolition Night, an anti-disco demonstration, at what major league ballpark? **Comiskey Park, Chicago, Illinois**

Disney World Trivia Contest

The first person from School Food Service to respond with the correct answers to all of the questions below gets a \$50 gift card to Target, courtesy of our featured manufacturer, **Jennie-O Turkey Store!** You can use it as a giveaway for your school contests, give it as a gift, or keep it for yourself! Winner & correct answers will be announced in our next newsletter.

- 1) **What year did Disney World open in Florida? (Bonus: What year did Disneyland open in California?)**
- 2) **What are the four themed parks within Disney World?**
- 3) **What Disney World attraction features a rapid rollercoaster ride through "outer space"?**
- 4) **What feature allows guests to make 'reservations' for a popular ride to avoid waiting in long lines?**
- 5) **What large object appears at the entrance to Hollywood Studios?**



Be Cool To Your School!

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

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Synergy Food Sales - East Tom Hoenig

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Proudly Representing the following manufacturing lines:

