

Synergy School News

Commodities
Issue 2, November 2012

Greetings Everyone:

We hope this edition of Synergy School News finds you a bit more comfortable with the menu planning and the new regulations that went into effect in July. It has been a busy start to the school year for Synergy. We participated in the Kohl and the Kansas School Nutrition Association food shows in October and just wrapped up the Missouri School Nutrition Show last weekend. We want to thank all of you that stopped by the booths and attended our first "Rockin' Reception" party at MSNA!

This issue is our annual Commodity Issue and focuses on products that Synergy offers through commodity processing. For the Missouri schools, please go to the Missouri Commodity News section to get a sneak peek of the Synergy items that will be offered to you for the 2013-14 school year.

As always, please contact us to see product samples or if you need nutritional specifications on any of the items contained here within.

Thank you!

Tom Hoenig & John Pickert

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Upcoming Events & Important Menu Dates:

- November 22 – Thanksgiving Day
- December 6-SFNDA 2nd General Meeting
- December 24- Christmas Eve
- December 25-Christmas Day
- December 31-New Year's Eve
- January 1-New Year's Day
- January 11- HOA Meeting 4
- January 21-Martin Luther King Day
- January 16-18 – 2013 Missouri Commodity Expo Shows
 - 1/16 – Fort Osage
 - 1/17 – Waynesville
 - 1/18 – Francis Howell
- February 7-SFNDA 3rd General Meeting
- February 10-Chinese New Year
- February 13-Ash Wednesday Beginning of Lent
- February 14-Valentine's Day
- February 18-President's Day
- February 27-Heart of America Food Show
- February 28-National Chili Day
- March 3-6-LAC

NEW SYNERGY MANUFACTURER ANNOUNCEMENT!



notables® Breakfast. It's in the Bag.

Who we are

For the past 4 years, notables® has partnered with schools to provide nutritious, grab 'n go meals. notables® was born from its sister company Mission Nutrition, a division of Mello Smello LLC, which has been devoted to nutrition education in the school food service industry for over 30 years. As Mission Nutrition continued to talk to schools about Breakfast in the Classroom programs, fun ways to raise nutrition awareness and provide nutritious options to students, the need for a company like notables® was realized.

No Tables? No Time? No Problem!

The name notables® comes from the blending of two words: no tables. Our meals are intended to fit outside the constraints of a typical cafeteria setting.

Our flexible Grab'n Go concept can easily be adapted to "Breakfast in the Classroom" settings, "Breakfast on the Bus" programs, "Morning Breaks" and "Second Chance" breakfasts. Additionally, in a traditional setting, notables® works as a cold-option on a "Cereal Day" or any day when kids may not want a hot meal. Our Snack Sacks™ expand the concept of Grab'n Go into the afterschool snack program – offering a solution that saves time, and decreases inaccurate reimbursement counts. Our streamlined package design also works well in vending machines and as a nutritious a la carte option.

What we offer

Each notables® breakfast, when paired with milk, meets the reimbursement requirements of the federal School Breakfast Program by offering two shelf-stable whole grain rich bread products (or a meat alternate paired with a whole grain rich bread) as well as a fruit component, packaged in a clear meal bag allowing students to identify its contents. Our afterschool Snack Sack™ conveniently packages two components together in a clear plastic sack, simplifying distribution and ensuring each child receives a reimbursable snack.



Our Commitment

We are committed to offering only the highest quality foods, in a convenient, kid friendly manner, and we are dedicated to increasing meal participation by supporting school meal programs. We partner with like-minded companies and they work closely with us to provide the best food possible. From start to finish, we ensure a personal and positive experience for everyone involved in notables, from the manufacturer, to the child nutrition professionals, to the student.

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



MISSOURI COMMODITY NEWS

Synergy Food Sales currently represents seven manufacturers that are available to participating LEA's for the 2012-13 school year.



A few things to consider when you process with a Synergy represented manufacturer:

- Synergy keeps your orders until 6 weeks prior to distribution month. If a product is not working for you or you have too much of an item scheduled, let us know as soon as possible and we can make adjustments for you. This is a service that our competitors do not readily provide.
- Synergy's goal is to help improve menu planning, alleviate freezer over-crowding, and increase overall satisfaction with the commodity processing program.

Pending state approval, here are the Synergy manufacturers and their products that are to be offered for the 2013-14 SY:



JTM Food Group

Beef

5613	Beef Steak Hamburger Patties (1.5 oz)	5695	WG C. Fried Breaded Beef Patty (3.35 oz)
5615	Premium Beef Steak Burger (1.62 oz)	5696	WG Brded Bf Patty Fingrs (4 = 2 oz M/MA)
5682	LS Beef Steak Hamburger Patties (2.25 oz)	5250	Beef Taco Filling, Reduced Fat, LS (3.17 oz)
5661	Beef Steak Hamburger Patties (2.2 oz)	545	Beef Sloppy Joe, Reduced Fat (3.63 oz)
5670	Premium Beef Steak Burger (2.45 oz)	5396	Culinary Fiesta Mac & Beef Casserole (8 oz)
5668	Premium Beef Steak Burger (3.0 oz)	5151	Beef Cheese Burger Macaroni (4.8 oz)
5664	Mesquite Hamburger Patties (2.5oz)	579	Beef Chili with Beans, Reduced Fat (5.83 oz)
5667	Beef & Onion Hamburger Patties (2.5 oz)	5578	Beef Spaghetti Sauce, Reduced Fat (5.6 oz)
5632	Salisbury Steak (2.78 oz)	5813	Cooked Seas. Beef "Philly" Steak (2.92 oz)
5035	Meatballs, Low Sodium (4 = 2 oz M/MA)	5876	Cooked Ground Crumbles (2 oz)

Pork

5649	Breakfast Sausage Patty (1.33 oz)	5521	Spaghetti Sauce, Reduced Fat (5.91 oz)
5653	Breakfast Sausage Link (2 links = 1.36 oz)	5401	Sloppy Joe (3.44 oz)
5694	Breaded Pork Choppette (3.35 oz)	552	Sausage Gravy (3.95 oz)
5416	Shredded Pork BBQ (4 oz)	5036	Meatballs, Low Sodium (4 = 2 oz. M/MA)
5614	BBQ Pork Rib Patty (2.54 oz)	5205	Taco Meat, Reduced Fat, (3.17 oz)
5690	BBQ Pork Rib Patty BBQ Sauce (2.8 oz)	5815	Saus. WG Eng. Muffin Sand. (Oven Wrap)
5692	BBQ Pork Rib Patty Fingers w/ Sauce (4 = 2 oz. M/MA)	5817	Saus. WG Maple Pncake Sand.(Oven Wrap)
		5802	Sausage Biscuit Sandwich (Oven Wrap)

Cheese

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

Turkey

5429	Pulled Turkey BBQ (4.11 oz)	5109	Turkey Noodle Soup (6.97 oz)
5343	Turkey Chili with Beans (5.83 oa)	5051	Turkey Meatballs (4 = 2 oz. M/MA)
5235	Turkey Taco Filling (3.45 oz)	5685	Turkey Breakfast Sausage Patties (1.3 oz)
5254	Culinary Turkey Taco Filling (3.26 oz)	5623	Turkey Burger (2.7 oz)
5425	Pulled Turkey Carnitas (4.35 oz)	5820	Sausage WG English Muffin Sandwich (Oven Wrap)
5426	Shredded Turkey Chipotle (4.35 oz)		
5821	Sausage WG Maple Pancake Sandwich (Oven Wrap)		

MISSOURI COMMODITY NEWS (13-14 SY products offered, cont.)



Gold Kist Farms

Chicken, Large

61210	Golden Breaded Chicken Nugget (5 pc)	61118	Savory Roasted Chicken Nugget (5 pc)
66210	Golden Breaded Chicken Pattie	66218	Savory Roasted Chicken Pattie
62210	Golden Breaded Chicken Tender (3 pc)	62118	Savory Roasted Chicken Tender (4 pc)
69130	Homestyle Breaded Popcorn Chicken	26276	Sweet BBQ Glazed Chicken Nuggets
6153	Homestyle Breaded Nugget (5 pc)	26623	Premium Grilled Chicken Pattie
6654	Homestyle Breaded Chicken Pattie	26624	Grilled Chicken Pattie
6253	Homestyle Breaded Chicken Tender (3 pc)	1230	Fully Cooked Diced Chicken
6173	Lite Breaded Chicken Nugget (5 pc)	1325	Chicken Fajita Strips
6673	Lite Breaded Chicken Patties	7513	Breaded Fully Cooked Breast Filet **
6273	Lite Breaded Chicken Tender (4 pc)	7514	Breaded Fully Cooked Spicy Breast Filet **
61660	Spicy Breaded Chicken Nugget (5 pc)	7515	Breaded Fully Cooked Breast Chunks **
66660	Spicy Breaded Chicken Pattie	7520	Grill Marked Cooked Breast Fillet
62660	Spicy Breaded Chicken Tender (3 pc)	1330	Dark Meat Chicken Strips **
46918	Breaded Chicken Ring Things (5 pc)	1332	Dark Meat Chicken Strips with Teriyaki Sauce **
110453	Homestyle Breaded Popcorn Smackers	1330	Dark Meat Chicken Strips with Orange Sauce **

Chicken, Small

7810	Fully Cooked 8 Piece Breaded Parts	8820	Fully Cooked 8 Piece Roasted Parts
88013	Fully Cooked Roasted Breasts and Thighs		



Jennie-O Turkey Store

Turkey (Chilled, Bulk)

2364-40	Oven Roasted Skinless Tkyy Breast (4 oz)	2155-35	Cuban Spiced Tky Pot Roast (3.29 oz)**
2131-30	Oven Roasted Turkey Breast Log (3.76 oz)**	2848-28	Cooked Grnd Tky Crumbles (2.84 oz)**
2099-21	Sliced Oven Roasted Tky Breast (3 oz) **	2178-04	Raw Breast & Thigh Roast (2.29 oz)
2098-21	Sliced Smoked Turkey Breast (3 oz)**	6134	Cooked Turkey Burger (2.22 oz)
2307-24	Thick Sl. (5 mm.) Roasted Breast (3.1 oz)	2847-28	Cooked Turkey & Gravy (4 oz)
2565-21	Sliced Turkey Ham (3.06 oz)**	2853-28	Cooked Tky Spaghetti Sauce (4.89 oz)
2089-24	Thick Slice (5 mm.) Turkey Ham (3.02 oz)**	2854-28	Cooked Turkey Chili (4.23 oz)
2025-24	Turkey Ham Slicing Log (3.01 oz)**	2858-28	Cooked Turkey Sloppy Joe (4.94 oz)
2840-28	Cooked Turkey Taco Meat (2.97 oz) **	2856-28	Cooked Turkey Taco (2.97 oz)
2154-34	Mexican Tinga Turkey Pot Roast (4.17 oz)**		

Turkey Thigh

2565-35	Sliced Turkey Ham (3.06 oz)	2031-35	Sliced Canadian Style Bacon (1.52 oz)
2156-35	Savory Roasted Turkey Pot Roast (3.22 oz)	6137-35	Premium Turkey Sausage Link (1.6 oz)
2859-28	Pre-Cooked Turkey Taco Meat (2.9 oz)		



Los Cabos

Beef

98767/CM	Beef and Cheddar Taco Snack IW**	64040/CM	Beef & Bean Burrito Bulk Pack
38767/CM	Beef and Cheddar Taco Snack IW	94040/CM	Beef & Bean Red Chili Burrito IW
95574/CM	Beef & Bean Green Chili Burrito IW	94541/CM	Beef & Bean Red Chili Burrito IW
93540/CM	Beef & Bean Burrito Individual Wrap	64541/CM	Beef & Bean Red Chili Burrito Bulk Pack
64042/CM	Beef & Bean Burrito Individual Wrap	61853/CM	Beef Enchilada Bulk Packed
63540/CM	Beef & Bean Burrito Bulk Pack		

Cheese

97576	Bean & Cheddar Burrito Individual Wrap	64142	RF Monterey Jack Cheese Enchilada Bulk Pack
97580	Bean, Cheddar, & Geen Chili Burrito Ind Wrap	64141	RF Cheddar Cheese Enchilada Bulk Packed
64149	RF Monterey Jack Cheese Enchilada Bulk Pack	64143	RF Cheddar Cheese Enchilada Bulk Packed

MISSOURI COMMODITY NEWS (13-14 SY products offered, cont.)



Bongards'

Cheese

10081	American Yellow 200/.4 oz Slice per 5 lb	75553	Natural Shredded LMPS Mozzarella
10137	American Yellow 160/.5 oz Slice per 5 lb	77102	Natural Shredded Jack & Cheddar Blend
10043	American Swiss 160/.5 oz Slice per 5 lb	75535	Natural Shredded Pepper Jack
10138	American White 160/.5 oz Slice per 5 lb	75591	Shredded American Yellow
10954	Am Y RF/Red Sod. 160/.5 oz Slice per 5 lb	75245	Natural Cheddar Slices (.75 oz)
10341	Am Pep. Jack Slice 120/.67 oz Slice per 5 lb	75246	Natural Mozzarella Slices (.75 oz)
40291	Natural Yellow Cheddar Stick (1 oz.)	75247	Natural Provolone Slices (.75 oz)
40293	Natural Colby Jack Marbled Stick (1 oz.)	75248	Natural Swiss Slices (.75 oz)
40295	Natural Mozzarella String Cheese (1 oz.)	75252	Natural Pepper Jack Slices (.75 oz)
75550	Natural Shredded Yellow Cheddar	48120	Cheddar Cup (3 oz)
75571	Natural Shredded Yellow Cheddar - RF	48130	Jalapeno Cup (3 oz)



Echo Lake Foods

Eggs

MF3148	Colby Cheese Omelet	MF3027	Pre-Cooked Scrambled Egg - 8/5# Bags
MF3062	Grilled Egg Patty	MF6148W	Cheese Omelet in WG Tortilla IW
MF3015CN	Pre-Cooked Scrambled Egg - BULK	MF8085CN	Whole Grain Glazed French Toast



Asian Food Solutions

Chicken

72005	Breaded Jap. Cherry Blossom/Sweet n Sour Chicken (3.9 oz)	73001	Teriyaki Chicken (CN 2.85 oz.)
72007	Breaded General Tso's Chicken (CN 3.9 oz)	73002	New Orleans Chicken (CN 2.85 oz.)
72008	Breaded Tangerine Chicken (CN 3.9 oz.)	73003	Spicy Chicken (CN 2.85 oz.)



Giorgio Foods

Cheese

5245	16" Wedge Cut Cheese Pizza	8371	5" Round Southwest Pizza
5754	16" Wedge Cut Pepperoni Pizza	8391	5" Round Reduced Sodium Cheese Pizza
8071	16" Wedge Cut Turkey Pepperoni Pizza	8671	5" Round Turkey Pepperoni Pizza - RS
8711	16" Wedge Cut Southwest Pizza	6432	Crazy Cheesy Breadsticks
5250	5" Round Cheese Pizza	8512	Cheese Calzone
7794	5" Round Pepperoni Pizza	8236	Potato & American Cheese Pierogie
7927	5" Round Turkey Pepperoni Pizza	8401	Ovenable Breaded Mozz. Sticks (4 per serving)

SYNERGY MANUFACTURERS CORNER

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



Asian Food Solutions is pleased to announce that they have recently changed over their General Tso's (72003WG) and Tangerine Chicken (72001WG) batter to whole grain. This change allows us to stay ahead of the new USDA requirements for whole grain. Request a sample today to see how good we have made whole grain taste!

Go to their website, asianfoodsolutions.com for nutritionals and further information on all their products. Or contact us at Synergy Food Sales.



This quarter Bongards' Creameries, fine manufacturers of cheese products since 1908, is featuring new shredded pepper jack cheese as part of its great line up. This product is available both for commercial and commodity sale. Please request a sample today by using code number:

75535Natural Shredded Pepper Jack



Colby Cheese Omelet MF3148—2.1 oz.

A delicious precooked omelet made with pasteurized eggs and stuffed with cheese, then grilled to perfection. This individually portioned entrée is a cost-effective, heat-n-serve breakfast alternative. In addition, EACH 2.1 oz. omelet provides the following added benefits:

- Heat-N-Serve,
- Good Source of Protein and Calcium,
- Cost-Effective,
- Zero trans fat
- Meets 2 meat equivalency for school breakfast/lunch program.





Giorgio Foods has hit a home run with their breaded Mozzarella items. Serve them ala carte to your hungry kids. The best part is that you don't need a deep fryer to serve restaurant-style taste!



**IRRESISTIBLE CHEESE STICKS
FROM GIORGIO**

*Real string mozzarella and delectably flavorful breading.
Irresistible Cheese Sticks from Giorgio Foods, Inc., America's
Leading Mushroom Processor and More...*

PRODUCT CODE	ITEM	CASE CUBE	PACK SIZE	GROSS WEIGHT	APPROX. COUNT/LB.	PIECE SIZE	SERVING SIZE
905	Italian Breaded Mozzarella Sticks	0.93	8-2.5 lbs	22 lbs	16	3" (1 oz.)	4 pcs.
1439	Italian Breaded Mozzarella Sticks	0.53	6-2 lbs	13 lbs	16	3" (1 oz.)	4 pcs.
1420	Breaded Mozzarella Cheese Sticks	0.93	8-2.5 lbs	22 lbs	24-26	2 1/4" (2/3 oz.)	6 pcs.
4162	Breaded Mozzarella Cheese Sticks	0.93	8-2.5 lbs	22 lbs	16	3" (1 oz.)	4 pcs.
4292	Breaded Mozzarella Cheese Nuggets	0.76	20lbs	21lbs	24	1 3/4" (2/3 oz.)	6pcs.



**NEW! and available for the
2012-2013 School Year**



Pilgrim's has a new whole grain Homestyle breeding Chicken product that meets the new USDA serving regulations. This product has the same great chicken flavor, extended holding time, and a new taste that far exceeds whole grain expectations. Each CN serving has 2 meat/meat alternative, and 1 grain serving.

6153 Homestyle Whole Grain Nuggets w/ISP&DWE	30# case	158 (3.04 oz) servings per case
6253 Homestyle Whole Grain Tender Strips w/ISP&DWE	30# case	156 (3.06 oz) servings per case
6353 Homestyle Whole Grain Breakfast Patty w/ISP&DWE	30# case	294 (1.63 oz) servings per case
6654 Homestyle Whole Grain Patty w/ISP&DWE	30# case	153 (3.05 oz) servings per case



Beef or Cheese Enchiladas from Los Cabos allow for home-cooked look and reduce the labor for your school (prefilled with beef or cheese, just top with sauce and cheese of choice). Features and benefits include:

- Gluten free
- Various sizes to meet challenging USDA grain and protein requirements
- 3 flavors (reduced fat, reduced sodium Monterey Jack, reduced fat, reduced sodium cheddar, ground beef)
- High commodity DF value (we process beef and cheese in commodities)
- Offers a different menu item that students haven't seen, yet they are accustomed to eating in restaurants
- Can be prepared as a sauce and cheese topped entrée, dipping sticks entrée, or as the base of an enchilada bake



Helping schools comply with the new meal regulations



Embracing our role as a leader in school foodservice, JENNIE-O TURKEY STORE® is proud to be helping schools comply with today's menu planning regulations while delivering great flavor, convenience and kid-appeal. As a key provider of school nutrition center-of-the-plate solutions, we deliver smart, relevant meal components that help you meet and exceed the **New USDA School Meal Rules**. The new rules went into effect on July 1, 2012, but JENNIE-O TURKEY STORE® anticipated your school's needs long before that. We've been making our already-nutritious turkey products even more school-menu friendly. In fact, we've reduced sodium by an average of 26% in 20 of our most popular school products. Also, 89% of our entire K-12 turkey product portfolio currently meets or exceeds the Alliance for a Healthier Generation's school meals criteria for lean protein products.

2012/2013 Reformulated Products Chart

Product Code	Product Description	11/12 SY Sodium (mg)	12/13 SY Sodium (mg)	Sodium Reduction	\$ Change Per Serving
2099	Sliced Oven Roasted Turkey Breast w/White Meat, .5 oz.	530	370	30%	\$(0.043)
2099-21	Sliced Oven Roasted Turkey Breast w/White Meat, .5 oz.	530	370	30%	\$(0.041)
2098-21	Sliced Smoked Turkey Breast w/White Meat, .5 oz.	530	370	30%	\$(0.045)
8364-02	Blue Ribbon Oven Roasted Turkey Breast – Reduced Sodium	750	540	28%	\$(0.006)
2364-20	Blue Ribbon Oven Roasted Turkey Breast – Reduced Sodium	750	540	28%	\$(0.008)
2364-40	Blue Ribbon Oven Roasted Turkey Breast – Reduced Sodium	750	540	28%	\$(0.008)
6423	Diced Turkey Breast, 1/2"	730	540	26%	\$(0.005)
2565	Sliced Turkey Ham, .51 oz.	720	530	26%	\$(0.003)
2565-21	Sliced Turkey Ham, .51 oz.	720	530	26%	\$(0.012)
6409	Diced Turkey Ham, 1/2"	720	530	26%	\$0.002
2025-24	Turkey Ham Slicing Log	660	530	20%	\$(0.007)
8130-30	Turkey Ham Slicing Log – Fresh	660	530	20%	\$(0.003)
2089-24	Pre-Sliced Turkey Ham Steak, 1.51 oz.	660	530	20%	\$(0.030)
2031	Sliced Canadian Style Bacon Turkey Ham, .76 oz.	310*	260**	19%	\$0.022
2095	Sliced Turkey Combo Pack Ham, .51 oz.	720	530	26%	\$(0.046)
	Sliced Turkey Combo Pack Salami, .5 oz.	940	600	36%	
	Sliced Turkey Combo Pack Bologna, .5 oz.	630	630	0%	
2096-12	Sliced Italian Turkey Combo Pack Ham, .51 oz.	720	530	26%	\$(0.009)
	Sliced Italian Turkey Combo Pack Salami, .5 oz.	940	600	36%	
	Sliced Italian Turkey Combo Pack Pepperoni, .5 oz.	780	710	9%	
2847-28	Pre-Cooked Turkey & Gravy W/D	600	460	23%	\$(0.065)
2862-28	Pre-Cooked Turkey & Gravy – All White	600	460	23%	\$(0.075)
6424-20	Diced Pepperoni Style Seasoned Turkey, 1/4"	800	750	6%	\$0.004
2130-12	Sliced Pepperoni Style Seasoned Turkey, 2.5 oz.	780	710	9%	\$0.012

*2 slices of 2031 is equal to .75 oz m/mt alt for 2011/12 SY

**2 slices of 2031 is equal to 1.0 oz m/mt alt for 2012/13 SY



For more information about these featured products, or any of the products JENNIE-O TURKEY STORE® provides through our K-12 Commodity Processing Program, visit jennieofoodservice.com/schools.



JTM Food Group--Making It as Easy as 5-3-2!

5 lbs JTM Product • 3 lbs Water • 2 lbs Dry Pasta

Using JTM's quick and easy 5-3-2 Progressive Cooking™ method allows schools to put together delicious, main dishes that can be easily prepared utilizing minimal equipment and resources. JTM's 5-3-2 method **increases efficiencies, reduces waste and capitalizes on flavors** students love.

5-3-2 Rotini with Meat Sauce

- 1) Preheat convection oven to 325°F and gather ingredients for Rotini with Meat Sauce.
- 2) Spray full size pan with non-stick cooking spray, then cut open thawed **5 lb. bag of JTM Meat Sauce** and place in center of the pan.
- 3) Add **3 lbs. of hot water** (6 cups) and blend with wire whip.
- 4) Add **2 lbs. of dried pasta** to pan and blend.
- 5) Cover the pan with lid or foil.
- 6) Place pan in preheated 325°F oven and bake for 30 minutes.
- 7) Remove pan, stir, sprinkle with mozzarella cheese and bake covered for an additional 10-15 minutes.
- 8) Enjoy your meal!



Get more 5-3-2 Progressive Cooking ideas and download the brochure at:
www.jtmfoodgroup.com/schools-5-3-2-cooking

Please contact us for a complete list and nutritional!

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.*



"Until you value yourself, you won't value your time. Until you value your time, you won't do anything with it." - M. Scott Peck

How much is your time worth? Can you put a dollar amount on your time or is there some variance in how you would value your time? I look at value a lot like perception....it is different for each individual. While a price or a dollar amount can be universally accepted by all, the value is independent for everyone. For example, a car may cost \$20,000, you and I can agree on that amount; however for someone who makes \$25,000 a year, the value of the car is much different than another individual who earns \$250,000 a year. Same price, much different value.

The difference I see with time and money in determining value is that we each get equal amounts of time each day, but the amount of money we earn varies. While you know you have 24 hours in a day just like everyone else, how are you going to use this time to maximize your value? As M. Scott Peck alluded, the first step in maximizing your time is to "value yourself". Until your perception of yourself is that of someone who makes a difference, you likely will not begin to make a difference. You decide when you are ready to make a difference and start adding value to your time.

Although you have an equal number of hours in each day as everyone else, remember the number of days for everyone is no guarantee. Every day is precious and should be highly valued. There is no reason to waste another day. What is it is you could do this week to bring more value to yourself? If you have projects or goals you have been putting off, there is no better time than the present to get them started. And once you begin starting and accomplishing goals, you will find much greater value in yourself, and your time!

USDA SPOTLIGHT

A Revised Food Buying Guide Helps Schools Serve More Fruits and Vegetables



Need help calculating how many bunches of celery you should prepare for 100 servings or determining whether 35 pounds of frozen sweet potatoes is enough for 200 servings? The Food Buying Guide can help! The revised fruit and vegetable section of the guide separates fruits and vegetables and categorizes vegetables into the subgroups outlined in the new meal pattern requirements; [<click here to check it out >](#)

WEBINARS AND TRAININGS

Farm to School and the New Meal Pattern Webinar ~ November 29

Now that schools are back in session and working their way through new meal pattern implementation, USDA is hosting a webinar to focus on inclusion of local and regional products in the new meal pattern. Early feedback from the field suggests there is a broad continuum regarding how school districts are responding to the new regulations. As it relates to adoption of "farm to school" approaches, some schools see plenty of opportunity to buy local and others feel more constrained. In addition to USDA Farm to School personnel, FNS Child Nutrition Program staff will also be on hand to answer any questions attendees have about the new meal pattern in general and local and regional products in specific. The webinar will take place at 1:00 pm EST on Thursday, November 29. RSVP to [Laura Brown](#) for dial-in information.

MEET THE DIRECTOR

Name: Carmen Fischer

School District: Rockwood School District

Food Service Director Since: 2003

Family: Husband Jeff, sons Kyle, 10 and Kaleb, 7

High School: Unity High School, Mendon Illinois

Favorite Famous Person: Martha Stewart

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

Hobby or Activity you are most passionate about: I love to cook and bake. I really enjoy trying new recipes. Favorite activity would have to be shopping.

When/How did you get started in the food service business: Growing up my mom and grandmothers loved to cook/bake and planned wonderful family meals. So my passion for food began early at home and in 4-H. I began in food service at a 16 working at Hardee's eventually working most of the jobs, from dining room to baking the biscuits. While working at Niemann Catering I learned to improve the quality and appearance of items.

If you were not a foodservice director, what do you wish you would have been: I'm not sure. I wanted to be a Food Service Director / Registered Dietitian since High School. I might have gone to culinary school or perhaps marketing. I'm intrigued by how consumers make decisions about their food purchases.



MEET THE SYNERGY MANUFACTURER REP

Name: Kris Kaczmarczyk

Company: Giorgio Foods, Inc.

Manufacturer Representative Since: 2001

Family: Wife Jennifer, expecting first child (son Zachary)

High School: Glubczyce High School, Poland

Favorite Famous Person: John Paul II

If you were in an eating competition what could you eat the most of: My wife's mac 'n cheese

Hobby or Activity you are most passionate about:
Traveling and gourmet cooking

When/How did you get started in the food business: I grew up on a farm. I have a master's degree in food technology. You could say I have always been closely connected to the food business.

If you were not a broker representative, what do you wish you would have been: Rock Star



PAST SYNERGY EVENTS

TropiKohl Food Show-October 17, 2012



Missouri School Nutrition Association Show-November 3, 2012



School Nutrition Association-Kansas Show-October 20, 2012



Synergy 1st Annual "Get Up & Boogie" Rockin' Reception at MSNA- Nov. 3, 2012



SEQUEL DOSE ROCKS THE MISSOURI SCHOOL NUTRITION ASSOCIATION CONFERENCE

Many of you have asked "Who was that band that played your party at the MSNA Conference? They were awesome!". Well, they are Sequel Dose from Springfield, Missouri, and we are thrilled to announce that they will be back for next year's party on November 9, 2013 at the MSNA Conference at the DoubleTree Hotel in Chesterfield, Missouri! Mark your calendars!



SYNERGY TRIVIA CONTEST

Winner from the last edition of Synergy Trivia:

- **Janice Granicke, Student Nutrition Services, Fort Zumwalt School District**

Correct answers were as follows:

Olympics

- 1) What US Women's Gymnast won overall gold in this year's Olympic games? **Gabby Douglas**
- 2) What highly touted US Women's hurdler finished fourth and out of medal contention in the 100m Hurdles Final? **Lolo Jones**
- 3) Which country's team did the USA Mens Basketball Team defeat in the gold medal game this year? **Spain**
- 4) Which Mens Olympic sprinter took gold in both the 100m and 200m races this year, making him the first man in history to win such titles at two consecutive Olympic Games? **Usain Bolt**
- 5) Which Olympic athlete was the first double amputee to compete in the Track & Field competition at the Olympics this year? **Oscar Pistorius**

Disco 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, **Giorgio Foods!** 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) **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.)**
- 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"?**
- 3) **In what year was the disco movie, Saturday Night Fever, released?**
- 4) **Who was widely considered the "Queen of Disco" (hint: she died earlier this year)?**
- 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?**



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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