

Synergy School News

Back To School
Issue 5, September 2014

Greetings Everyone:

We hope that everyone had a marvelous summer and are enjoying great success with back to school start up. We know there have been some challenges with supply but overall we hope things have been good for you.

*This issue of **Synergy School News** features new products, coupons and information from some of our 14 manufacturers that we represent in Missouri, Kansas, Illinois and Iowa. We are proud to announce that we have been named the new broker for Health Fusion Brands, which is a homecoming of sorts as Health Fusion was the first line for Hoenig Brokerage Group back in 2008. It is nice to have Health Fusion and their Riptide products back in the fold; please refer to their section further down in this newsletter.*

We enjoyed seeing many of you in Boston at ANC and hope that you find this edition of our newsletter informative and interesting. As always, please contact us to see product samples or if you need nutritional specifications on any of the items contained here within. Also, please take a shot at our trivia contest and a chance to be the winner of a \$50 gift certificate from our featured manufacturer, Notables!

Thank you!

Tom Hoenig & John Pickert

In This Issue:

- Missouri Commodity News
- New Synergy Manufacturer Announcement - Health Fusion Brands
- Synergy Manufacturer's Corner
 - JTM Food Group - New Item Rebate Coupon
 - Gold Kist-New Item Availability
 - Jennie-O Turkey Store - New Items for 2014
 - Los Cabos - Smart Snack Options
 - Asian Food Solutions - Nested Noodles
 - Bongards' - New Logo
 - High Liner Foods - Cool School Menu Promotion
 - Giorgio - Black Bean 5" Round Pizza
 - notables - New Partnership with General Mills
 - Red Gold - Ranchup Dipping Cups
 - Tasty Brands - New Mozzarella Stuffed Breadsticks
- Ignition Highlight
- Meet The Director: Sue Barrett, Kirksville R-III School District
- Meet the Manufacturer: Sarah Lindberg, notables
- Synergy Trivia Contest

Events & Important Menu Dates:

- Sunday, September 7
Grandparents Day
- Thursday, September 11
Patriot's Day
- Friday, September 12
HOA 1st Meeting
- Tuesday, September 23
First Day Of Fall
- Saturday, October 4
SNA-KS Food Show
- Monday, October 13
Columbus Day
- October 13-17
National School Lunch Week
- Wednesday, October 15
Kohl Food Show
- October 23- 1st SFNDA General Meeting
- Friday, October 31-
Halloween
- Saturday, November 9
MSNA Food Show & Synergy Hosted Party!
- Thursday, November 27
Thanksgiving Day
- Thursday, December 24
Christmas Eve
- Friday, December 25
Christmas Day
- Tuesday, December 31
New Year's Eve
- January 19-21
Synergy Commodity Shows

MISSOURI COMMODITY NEWS



12 of Synergy's 14 manufacturers process commodities in the state of Missouri. Below is a reminder how these products are distributed using Lanter.

We hope that everyone's experience with the delivery of USDA Foods has been off to a good start this year with Lanter Distributing. The current delivery price per case is \$1.92. Please remember that if your district is a non-public LEA, you will receive an invoice from Lanter for the delivery of each case of USDA Food to be paid/submitted back to Lanter. Delivery of USDA Foods to public LEAs is paid for by DESE – FNS (Food and Nutrition Services); therefore, public LEAs will not receive a bill for the delivery of USDA Foods. However, all processed USDA foods have a "fee" associated with the production of each case which is invoiced by each individual processor and is paid/submitted back to the respective processor.

Below is a checklist of important details to remember when planning, receiving, and documenting a monthly delivery:

- ☐ *There will be 9 monthly deliveries (August – April).*
- ☐ *Deliveries are contracted to be tailgate deliveries. Inside delivery can be set-up for an additional fee billed by Lanter.*
- ☐ *The contract allows for delivery times anytime between 7:00 a.m. – 3:00 p.m. Please have appropriate staff available to receive the USDA Foods when Lanter arrives.*
- ☐ *Lanter will be Emailing or Faxing (based on your preference) a list of items to be received by your LEA during the upcoming month. This list will be sent before or during the first week of the month to all LEAs. The list will not include a delivery date and time.*
- ☐ *There will be a date printed on your list....this printed date is not an indication of your delivery date! The date is generated by importing the orders but has no significance on when the order will actually be delivered.*
- ☐ *A dispatch representative from Lanter will contact your LEA at least 4 days prior to a future delivery to verify the delivery date and a 2-hour window for your upcoming delivery.*
- ☐ *If a delivery is unable to be made due to sick driver, bad weather, equipment malfunctions, etc., Lanter will contact the LEA immediately and setup a redelivery within 24 hours.*
- ☐ *Lanter will have a printed copy of the Delivery Receipt for your LEA and a separate Bill of Lading for the driver to return to Lanter. When checking-in monthly deliveries, an LEA representative must verify quantity, item code & description, and total cases delivered. Should there be any discrepancies from the Delivery Receipt, make sure to document such discrepancies on the DRIVER'S Bill of Lading. Include the quantity shorted by item and update the total number of cases verified/received by your LEA before executing a signature. DESE – SFS will receive a copy of the drivers signed Bill of Lading as Proof of Delivery. If there are not discrepancies marked, DESE – SFS will not have the documentation needed to assist your LEA in recouping the shorted items.*
- ☐ *If there are additional items or incorrect items on the delivery, do not keep these items. Do not accept any substitutions. Only sign and keep items which match quantity and item code/description as listed on your Delivery Receipt.*
- ☐ *When signing the driver's Bill of Lading, please sign, date, write the TOTAL # of pieces received, and print your name.*
- ☐ *If you have any communication troubles, please notify Kim Ackerman with Lanter at 816-459-4823 or KAckerman@Lanterdist.com to update the contact information for your LEA.*



NEW SYNERGY MANUFACTURER ANNOUNCEMENT!



Health Fusion Brands

Health Fusion Brands & Synergy Food Sales

Rip•tide \ noun: a tide that opposes other tides, causing a powerful disturbance in the sea. In essence, it changes the make-up of the sea wherever the riptide exists.

In a "sea" of beverages, Riptide products by Health Fusion Brands, go against the flow, emphasizing nutrient-density over traditional beverage categories and marketing hype.

Since 2004, this line of great-tasting, nutrient-dense beverages has provided healthy alternatives to sugary juices, sodas, energy drinks and other nutrient-poor beverages, while helping to bridge nutritional gaps in the diets of both kids and adults.

We encourage you to explore their website by clicking on the link above and learn how Health Fusion is changing the way people think about beverages by making it easy to make the right choices.

2014 USDA Smart Snacks Compliant List

High Schools

NUTRIENT-DENSE SPARKLING REFRESHERS WITH "MORE LIKE MILK" AND "MORE LIKE FRUIT" NUTRITION (NATURALLY SWEETENED)

00052 24/12oz Riptide Stoked – Black Cherry Bomb	40 cal/8oz
00054 24/12oz Riptide Stoked – Lemon Lime Aid	40 cal/8oz

SUGAR FREE NUTRIENT-DENSE SPARKLING REFRESHERS WITH "MORE LIKE MILK" AND "MORE LIKE FRUIT" NUTRITION (NATURALLY SWEETENED)

00046 24/12oz Riptide Vapor – Strawberry Storm	3 cal/8oz
00047 24/12oz Riptide Vapor – Epic Orange	3 cal/8oz

NUTRIENT-DENSE PERFORMANCE BEVERAGES WITH "MORE LIKE MILK" AND "MORE LIKE FRUIT" NUTRITION (NATURALLY SWEETENED, NO ARTIFICIAL COLORS)

00015 24/12oz Riptide FX – Pomegranate Cherry	40 cal/8oz
00016 24/12oz Riptide FX – Grape Goji	40 cal/8oz
00017 24/12oz Riptide FX – Tropical Mangosteen	40 cal/8oz

NUTRIENT-INFUSED FLAVORED WATER WITH "MORE LIKE MILK" NUTRITION (SODIUM FREE)

00085 24/16.9oz Riptide Wave – Strawberry Swells	0 cal/8oz
00086 24/16.9oz Riptide Wave – Gonzo Grape	0 cal/8oz
00087 24/16.9oz Riptide Wave – Mahalo Orange-Mango	0 cal/8oz

Middle & Elementary Schools

NUTRIENT-DENSE 100% JUICE BEVERAGES WITH "MORE LIKE MILK" AND "MORE LIKE FRUIT" NUTRITION (ABOUT 20% LESS SUGAR THAN TRADITIONAL 100% JUICES)

00096 24/8oz Riptide Bliss – Pipeline Fruit Punch	120 cal/8oz
00097 24/8oz Riptide Bliss – Aloha Apple Cinnamon	120 cal/8oz

**Here at Synergy Food Sales, we are pleased to add
Health Fusion Brands to our manufacturer line up!**

SYNERGY MANUFACTURERS CORNER

This section contains news and information about new items that are available from Synergy's fine manufacturers... Please click on manufacturer name to be taken to the company website for more in depth details and information.



Let's Create Great Dishes Together!®

JTM Food Group

NEW Product Promotion for Missouri, Kansas and Illinois Schools

For a limited time, get \$5 off a case on our Steel Cut Oatmeal w/ Brown Sugar & NEW Mediterranean-Style Hummus!

Promotion Dates: September 15, 2014 to October 15, 2014

Code	Product	Pack
5950	Steel Cut Oatmeal with Brown Sugar	6 bags/5 lbs.
5990	Portion Packed Steel Cut Oatmeal with Brown Sugar	36 cups/6 oz.
5951	Mediterranean Style Hummus	10 bags/3 lbs.

PRODUCT OVERVIEW

WGR Steel Cut Oatmeal with Brown Sugar



Allergen Free • Clean Label • Low Sodium

JTM's **heat and serve**, Steel Cut Oatmeal is made with **three simple ingredients**: steel-cut oats, water, and brown sugar.

Each 6 oz. serving provides 1 whole grain equivalent.

Serving Suggestions:

- Portion Packed variety is great for breakfast in the classroom.
- Serve with assorted toppings like blueberries, dried fruits and WGR graham crackers.

Mediterranean-Style Hummus



Allergen Free • Clean Label • Low Sodium • On Trend

JTM's **thaw and serve** Mediterranean-Style Hummus is made with a classic blend of garbanzo beans, Sesame Tahini, garlic and lemon.

- **2 oz. (#16 scoop) provides 1 M/MA OR**
- **2.61 oz. (#12 scoop or 1/4 cup) provides 1/4 cup legumes**

Serving Suggestions:

- Serve as a dip with veggies or pita chips
- Serve as a spread on sandwiches and wraps
- Serve in a salad or snack pack with cheese wedge and veggies.
- Serve on a flatbread topped with veggies
- Create your own varieties: Top with diced jalapenos, salsa, or roasted red peppers.

For additional product information and recipes, visit www.jtmfoodgroup.com/schools.

For questions about distributor participation, please contact Synergy Food Sales.



Gold Kist Farms

Gold Kist/Pilgrims has introduced five new commodity chicken items for the 2014-2015 school year.

"Excitement" is the word of the day to describe the new minimally-processed chicken from Gold Kist / Pilgrims. Initial feedback has been outstanding! Based on the open orders and production schedule, appropriate inventory levels on all five items will be available by early October. Please see our suggestions below on other items that could be used in the short term.

6116 PHD WG Nugget

Alternative codes

61210 Traditional WG Nugget

6153 Homestyle WG Nugget

6216 PHD WG Tender

Alternative codes

62210 Traditional WG Tender

6253 Homestyle WG Tender

6616 PHD WG Patty

Alternative codes

66210 Traditional WG Patty

6654 Homestyle WG Patty

66260 PHD Unbreaded Patty

Alternative code

26624 Unbreaded Chicken Patty

6667 Pyro Hot & Spicy Patty

Alternative codes

66660 WG Hot & Spicy Patty

66661 WG Hot & Spicy Patty with foil wrappers



Minimally Processed Homestyle Whole Grain Breaded Chicken

Pilgrim's new minimally processed whole grain homestyle breading chicken product that meets the new USDA serving regulations. This product has NO SOY or DRIED WHOLE EGG and a new 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.



Un-Breaded Chicken Patty

Pilgrim's new minimally processed flavor enhanced chicken product that meets the new USDA serving regulations. This product has NO SOY or DRIED WHOLE EGG and a new great chicken flavor. Each CN serving has 2 meat/meat alternative.



Jennie-O Turkey

Jennie-O Turkey Store is excited to introduce several new products for the 2014-15 SY. Please call us to request samples or further nutritional!

NEW Uncured Turkey Frank 6126-20/6125-30



- Uncured - cured without chemicals
- No nitrates or nitrites added (only what's naturally in celery juice)
- No gluten or allergens
- Reduced sodium — only 260 mg of sodium

NEW Chorizo Crumble 6397-40



- Adds "POW" to any recipe; great for speed scratch cooking
- Zesty profile from paprika, a blend of peppers and a hint of cilantro
- Unsauced for easy measuring
- No gluten

NEW Taco Crumble 6398-40



- Versatile — perfect for the speed scratch recipes kids crave
- Tex-Mex profile from chili peppers, onion and garlic
- Unsauced for easy measuring
- No gluten

NEW All Natural Uncured Turkey Ham 2568-21



- Ideal for sandwiches; pre-sliced convenience; 4 slices = 2 M/MA
- Simply add veggies to sandwich (or sides) to meet desired requirements
- No nitrates or nitrites added (only what's naturally in celery juice)
- No gluten or allergens

All Natural Oven Roasted Sliced Turkey Breast 2318-12,

All Natural Smoked Sliced Turkey Breast 2319-12



- Premium whole muscle oven roasted breast
- Pre-sliced convenience; 4 slices = 2 M/MA
- Contains no gluten or allergens
- All natural — minimally processed, contains no artificial ingredients
- Only 460 mg of sodium in 2.94 oz. (4 slices)

All Natural Diced Turkey W/D 1/2" 6446-35



- Easy to use — just thaw and serve
- Perfect for salad toppings or speed scratch recipes such as pot pie, turkey and gravy, casseroles and more
- Contains no gluten or allergens
- All natural — minimally processed, contains no artificial ingredients

All Natural Skinless Raw Boneless Breast Roast Cook-in-Film 2185-04



- Utilizes cook-in-bag technology that goes from freezer to oven without removing any outer packaging
- Contains no gluten or allergens
- All natural — minimally processed, contains no artificial ingredients

Shredded Turkey Breast 2201-20



- Popular, craveable shredded format
- Unsauced and unseasoned for incredible versatility
- Made with whole muscle breast meat
- Contains no gluten or allergens



MCI/Los Cabos Mexican Foods

Los Cabos items that meet 2014-15 Smart Snack Guidelines



STOCK CODE	PRODUCT DESCRIPTION	Size Ounce	CASE PACK	51% Whole Grain Rich	Meat Alternate	OZ EQV GRAINS	Calories	Sodium	% Calories Sat Fat	% Calories Fat
LOS CABOS BRAND - BURRITOS CN IW PREPRINTED OVENABLE FILM										
93540	BEEF, BEAN	5.2	96	Yes	2.00	2.00	278.76	402.91	7.20	26.02
94541	BEEF, BEAN, RED CHILI	5.2	96	Yes	2.00	2.00	280.68	404.01	7.12	26.04
54001	BEEF, CHICKEN BEAN RED CHILI	5.2	40	Yes	2.00	2.00	277.81	447.77	7.03	26.99
LOS CABOS BRAND - BURRITOS - CN BULK PACKED										
69542	BEAN, REDUCED FAT AMR CHS	5.2	48	Yes	2.00	2.00	270.80	305.73	6.88	19.01
63540	BEEF, BEAN	5.2	48	Yes	2.00	2.00	278.76	402.91	7.20	26.02
63451	BEEF, BEAN YFT	5.2	48	Yes	2.00	2.00	278.76	402.91	7.20	26.02
64541	BEEF, BEAN, RED CHILI	5.2	48	Yes	2.00	2.00	280.68	404.01	7.12	26.04
65574	BEEF, BEAN, GREEN CHILI	5.2	48	Yes	2.00	2.00	293.70	413.93	7.81	27.98
61257	CHICKEN, BEAN	4.9	48	Yes	2.00	2.00	265.10	399.16	6.25	27.09
SCRATCH COOKED LOOK NO SOY IN FILLING WHOLE BEANS										
LOS CABOS BRAND-BURRITOS- CN BULK PACK										
63456	BEEF, BEAN, RED CHILI W/O TVP	5.2	48	Yes	2.00	2.00	287.89	390.72	7.60	25.17
LOS CABOS BRAND - BURRITOS CN IW PREPRINTED OVENABLE FILM										
94040	BEEF, BEAN, RED CHILI	3.95	120	Yes	1.50	1.50	213.00	307.72	7.14	26.07
64042	BEEF & BEAN	3.95	120	Yes	1.50	1.50	211.54	306.88	7.23	26.04
LOS CABOS BRAND - BURRITOS - CN BULK PACKED										
64040	BEEF, BEAN	3.95	72	Yes	1.50	1.50	211.54	306.88	7.23	26.04
64441	BEEF, BEAN, RED CHILI	3.95	72	Yes	1.50	1.50	213.00	307.72	7.14	26.07
64474	BEEF, BEAN, GREEN CHILI	3.95	72	Yes	1.50	1.50	223.85	310.59	7.72	27.78
CABO PRIMO BRAND										
71673	Southwestern Style Black Bean & Cheese	80/6.05oz		Yes	2	2	298.5	470.43	9.47%	28.55%
71682	Buffalo Style Chicken & Cheese YFT	96/5 oz		Yes	2	2	270.01	561.13	7.17%	29.97%
43558	Chicken Black Bean & Cheese Quesadilla	40/5.56 oz		Yes	2	2	273.32	481.08	8.56%	28.55%



Bongards' Creameries

In 1908 the doors of a farmer-owned co-op opened in the town of Bongards, Minnesota. The promise was simple: to produce the freshest, most wholesome and flavorful dairy products available.

Today, a lot of things are different than they were back then. But one thing hasn't changed: Bongards' stayed true to that original promise. It's a promise you'll be able to taste in each and every bite of each and every variety of Bongards' Creameries cheese.

Bongards' Creameries has updated their current company logo (see at right), look for it in the future!



Asian Food Solutions

NEW NESTED NOODLES

Item Code 22003WG (2.06 oz//233 per case) CN 1 br.

Item Code 2200\$WG (4.12 oz//116 per case) CN 2 br.

Italian Entree

Alfredo Chicken



Nested Noodle



Spaghetti & Meatballs



Thai Chicken



Asian Entree

Vegetable Stir Fry



Teriyaki Chicken



Meatball



Noodle Bowls

Chicken



Vegetable





High Liner Foods

GET A FREE* POS KIT & 10,000 COOL SCHOOL CAFE® POINTS FOR MENUING MORE HIGH LINER SEAFOOD!

The FDA recommends that children eat a weekly minimum of two fish servings⁵, plus:

- Fish is low in saturated fat to help control weight¹
- Fish has lots of muscle-building protein, which growing bodies need²
- The Omega-3s in fish help boost brain development³ and help protect the immune system⁴
- Fish is filled with goodness like iron, calcium, zinc and magnesium⁵

Receive a free POS kit and 10,000 Cool School Cafe® points when you menu seafood at least two times per month for three consecutive months within the promotional period. Choose between:



Sa-Weet Merchandising Kit —
includes promotional clings,
serving aprons, sticky pads
and bracelets.



Seafood is Smarter Food Kit —
includes table tents, desk
calendars, smart glasses,
beads and fish pens.

School Name	
Foodservice Director/Contact Name	
Title	
School District	
Address	
City/State/Zip	
Phone	
Email	
Broker Sales Rep Name	
Broker Sales Rep Phone	
Broker Sales Rep Email	
<input type="checkbox"/> Yes! I would like to receive email communications and information from High Liner Foods	

Mail this form and menu to:

BACK2SCHOOL, Village Press, Inc., P.O. Box 552, Traverse City, MI 49685-0552

Rules:

Redeem your FREE POS kit by December 31, 2014. Only one POS kit per customer is allowed. Valid for K12 foodservice operator accounts only. Must present K12 school menus dated between August 2014 – November 2014, showing at least 2 servings of seafood per month for 3 consecutive months to receive a FREE POS Kit and 10,000 Cool School Cafe® points. Not valid in conjunction with any other High Liner Foods offer, contract price, promotion or rebate. Void where prohibited, taxed or where distribution is unavailable. Allow 6-8 weeks for processing of your POS kit and Cool School Cafe® points credit.



Giorgio Foods

Giorgio Foods introduces new 5" Southwest Pizza!

Giorgio Foods, headquartered in Temple, PA, has come up with a new twist on traditional, tomato sauce based pizza. The southwest pizza substitutes hearty, black beans to create a unique flavor that your kids are sure to enjoy. This is a 2 m/ma, 2 grain product with only 350 calories per pie. Serve with a salad bar utilizing shredded lettuce, tomatoes, olives & sour cream, the kids will go wild over this Mexican style treat! CN labeling information is listed below. Please contact Synergy Foods for more information or samples.

Giorgio	8371 5" SOUTHWESTERN PIZZA	8371
	72 Count	
	CN	084948
CN	Each 4.77 oz. Southwestern pizza provides 2.00 oz. equivalent meat alternate, and 2.00 oz equivalent grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 08/12)	CN
	CN	
INGREDIENTS: Water, Mozzarella Cheese (Pasteurized Whole And/Or Part Skim Milk, Cultures, Salt, Enzymes), Black Beans (Black Beans, Water, Salt And Ferrous Gluconate), Whole Wheat Flour, Unbleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Cheddar Cheese, (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color), Wheat Protein Isolate (Wheat Gluten, Lactic Acid, And Sulfite), Sugar, American Cheese [(Milk, Cheese Culture, Salt And Enzymes), Soy Protein Isolate, Diced Jalapenos (Jalapeno Peppers, Water, Salt, Citric Acid And Calcium Chloride), Modified Wheat Starch, Cheese Blend [Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), American Cheese [(Milk, Cheese Culture, Salt And Enzymes), Water, Dry Cream, Milkfat, Sodium Citrate, Salt, Sorbic Acid (Preservative), Annatto And Oleoresin Paprika Color (If Colored), Soy Lecithin (Release Agent)], Yeast, Nacho Seasoning [Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whey, Maltodextrin, Cheddar/Romano Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Lactose, Onion Powder, Palm Oil, Salt, Tomato Powder, Yeast Extract, Corn Syrup Solids, Garlic Powder, Citric Acid, Dextrose, Sugar, Spice, Turmeric Extract (Color) Paprika Extract (Color) And Less Than 2% Silicon Dioxide (Anti-Caking Agent)], Oil (May Contain Soy, Olive, Canola Or Cottonseed Oils), Salt. CONTAINS: MILK, SOY, WHEAT		
COOKING INSTRUCTIONS: BAKE: KEEP FROZEN. Convection Oven: Preheat oven to 325 degrees. Place pizza on sheet tray, bake for 6-9 minutes. Conventional Oven: Preheat oven to 400 degrees. Place pizza on sheet tray. Bake for 12-15 minutes. Impingement Oven: Preheat oven to 400 degrees. Bake for 6-9 minutes or until cheese bubbles and crust is crisp.		
OVEN TEMPERATURES MAY VARY - ADAPT DIRECTIONS TO INDIVIDUAL OVENS.		
CN CONTRIBUTION – 2 M/MA, 2.00 EQUIVALENT GRAINS		
NET WT 21.5 LBS		KEEP FROZEN
Giorgio Foods, Inc. P.O. Box 96, Temple, PA 19560 USA		
72- 4.77 oz servings NET WEIGHT: 21.50 lbs.	<div style="border: 1px solid black; padding: 5px; text-align: center;">INSPECTED BY THE U.S. DEPT. OF AGRICULTURE IN ACCORDANCE WITH FNS REQUIREMENTS</div>	KEEP FROZEN
Distributed by: Giorgio Foods, Inc., P.O. Box 96, Temple, PA 19560		

notables® breakfast kits now include General Mills branded cereal items!!

Item Code	Shelf Stable Cereal Bowl Kits w/Spoon	CN Equivalent	Servings/Case
38095	Cinnamon Toast Crunch® Reduced Sugar, Honey Graham, 100% Orange	2G, 1/2 C. F	48
38096	Cocoa Puffs® Reduced Sugar, Maple Waffle Graham, 100% Apple Juice	2G, 1/2 C. F	48
38097	Trix® Reduced Sugar, Strawberry Waffle Graham, 100% Orange Tangerine Juice	2G, 1/2 C. F	48
38098	Honey Nut Cheerios®, Apple Cinnamon Graham, 100%	2G, 1/2 C. F	48
38099	Rice Chex®, Honey Sunflower Seeds, 100% Orange Tangerine	1G, 1MA, 1/2 C. F	48
38100	Lucky Charms®, Cinnamon Graham, 100% Apple Juice	2G, 1/2 C. F	48
Item Code	Shelf Stable Cereal Bar Kits	CN Equivalent	Servings/Case
38101	Cinnamon Toast Crunch® Cereal Bar, Salted Sunflower Seeds, 100% Orange Tangerine Juice	1G, 1MA, 1/2 C. F	48
38102	Golden Grahams® Cereal Bar, Honey Sunflower Seeds, 100% Apple Juice	1G, 1MA, 1/2 C. F	48
38103	Cocoa Puffs® Cereal Bar, Pretzel Goldfish, 100% Orange Tangerine	2G, 1/2 C. F	48
38104	Trix® Cereal Bar, Cheddar Goldfish, 100% Apple Juice	2G, 1/2 C. F	48
38105	Team Cheerios® Cereal Bar, Cinnamon Graham, 100% Orange Tangerine Juice	2G, 1/2 C. F	48
Item Code	Shelf Stable Afterschool Snack Kits	CN Equivalent	Servings/Case
35154	MJM® Chocolate Bear Graham, Fruit Punch	1G, ¾ C. F	48
35155	MJM® Cinnamon Graham, Fruit Punch	1G, ¾ C. F	48
35156	Pepperidge Farm® Pretzel Goldfish, Fruit Punch	1G, ¾ C. F	48
35157	Pepperidge Farm® Cheddar Goldfish, Fruit Punch	1G, ¾ C. F	48
38026	MJM® Honey Graham, Fruit Punch	1G, ¾ C. F	48

**TASTE
FROM THE
BRANDS
YOU TRUST**



➤ All Whole Grain components
 ➤ Shelf Stable
 ➤ Gluten Free option available



Red Gold Tomato Products

Red Gold introduces NEW 2.6 ounce Ranchup Dipping Sauce cups!!!

RED GOLD® RANCHUP DIPPING SAUCE

What's Red Gold RANCHUP? . . . Ketchup & Ranch Dressing!

To satisfy your customers demand for enhanced condiment choices, add variety with NEW 1 oz. dunk cup RED GOLD RANCHUP DIPPING SAUCE. This premium quality dipping sauce is a blend of the ever popular premium Tomato Ketchup and ranch dressing. It requires no preparation and consistently delivers a unique taste. It's great with just about anything - especially sweet potato fries!

RED GOLD RANCHUP DIPPING SAUCE - 250/1 oz. Dunk Cups



- ◀ Unique blend of America's two favorite condiments - Ketchup and Ranch Dressing
- ◀ Low sodium (100mg) and tastes great!
- ◀ Easy to open peel-back lid for easy dipping
- ◀ Perfect with sweet potato fries, baked fries, and chicken nuggets
- ◀ Suited for all foodservice operations

Red Gold brand products are produced by one of America's leading tomato processing companies, Red Gold, LLC. This family-owned business has produced the highest quality products for over 70 years.

Case Pack	Product Description	RG Item #	GTIN
250/ 1 oz. Cup	Red Gold RANCHUP Dipping Sauce	REDYFIZ	8-00-72940-11586-7

*If you have questions about this product call toll-free
1-877-748-9798, Ext. 1630 or email rmeyers@redgold.com*

You can review nutritional and other information by visiting www.whypaymore4ketchup.com

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



RGRANCHUP 42514



Tasty Brands

***Tasty Brands introduces new
Whole Grain Mozzarella Filled Twisted
Buttery Breadstick.***

***Bonus Mozzarella Cheese also available
to our MO customers!***

Whole Grain Mozzarella Filled Twisted Buttery Breadstick

Code: 62002

Serving Size: 3.10 oz.

Pack: 90/3.10 oz



*** For our Missouri commodity customers only, we currently have roughly 13,000 lbs of mozzarella cheese available on a first come, first serve basis. The cheese can be processed with any 2014-15 Tasty Brands state approved products, either through the state warehouse or from your NOI distributor. Please contact Tom Hoenig for a current list of these products, order form & availability!! Pounds must be drawn down in the current school year. We will be following up with a bonus order form if the pounds still remain at the end of this calendar year.**

Nutrition Facts

Serving Size 1 Breadstick (88g)

Amount Per Serving

Calories 220 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 330mg **14%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 13g

Vitamin A 6% • **Vitamin C 0%**

Calcium 30% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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 an outstanding motivational speaker and is available for events. His company, Ignite-the-Passion, custom creates presentations to fit the requests of individual groups. For more information visit www.Ignite-the-Passion.com or "Like" the [Facebook](#) page. Below is an excerpt from one of his most recent email's.



"For the person who lacks motivation, hard work is merely a prison sentence." - Malcolm Gladwell

Happy Labor Day 2014; a holiday celebrating the hard working labor force and the contributions they make to better our country. You work hard to provide for yourself and your family, and I hope this day finds you enjoying an extended weekend celebrating the fruits of your labor with friends and family.

Have you ever thought about why you work so hard? For some, it is simply to provide income to pay for the necessities in life (food, clothing, and shelter). For others, they want to have finer things in life which require money, so they work in exchange for money in hopes of finding happiness in materialistic things. Yet there are others who find joy in their daily work because their work helps to fulfill their **PURPOSE**. When you align your **PURPOSE** with a way to create income; happiness and fulfillment are inevitable!

Have you taken the time to reflect and define your **PURPOSE**? Do you know what motivates you to work so hard? If you are merely working to generate income, chances are you will not be satisfied and eventually get discouraged, look for another way to generate income, only to eventually get discouraged once again. When you find your **PURPOSE**, your motivation to work towards your **PURPOSE** makes the work seem effortless and the rewards become greater...because they are not only financial rewards. Determine your **PURPOSE** and you will find your motivation to achieve greatness! If you don't find a **PURPOSE**, then as Gladwell says, "hard work is merely a prison sentence."

Make this a great week and stay excited about making a difference!!

Igniting your passion -

Matthew E Essner Creator, Speaker, Writer

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MEET THE DIRECTOR

Name: Sue Barrett

School District: Kirksville R-III School District

Food Service Director Since: 2003

Family: Married to Dale Barrett, a local attorney, for 31 years. Mother of three daughters, one who is a beautician and horse rider, one who is a District Manager of Panera's in Kansas City and one who is a Senior at Mizzou. I also have 5 wonderful grandchildren I love to spoil.

High School: St. Dominic High School in O'Fallon, MO

Favorite Famous Person: Todd Wilbur - Recipe Clone Author

If you were in an eating competition what could you eat the most of: Ooey Goey Chocolate

Hobby or Activity you are most passionate about: After baking would be sewing. Activity I am passionate about would be the Buddy Back Pack Program with the Central and North Missouri Food Bank.

When/How did you get started in the food service business: I started working in a Nursing Home kitchen during College (1978) and for awhile after college. One of my favorite jobs other than School Food Service was when I operated Barrett's Pantry a catering business. I have been involved in some aspect of food service ever since whether it was cooking for Girl Scouts, Hardees, working in a child care facility, or managing a Fazoli's but my home is in School Food Service.

If you were not a foodservice director, what do you wish you would have been: An event coordinator, I love all the planning of the food, decorations.... Thank goodness I have one more daughter to get married, then I guess I will have to wait for the grandchildren to marry!!



MEET THE SYNERGY MANUFACTURER REP

Name: Sarah Lindberg, SNS

Company: notables

Manufacturer Representative Since: 1999

Family: Husband, Josh and two sons, Jack (10) and Cole (8)

High School: Sibley-Ocheyedan High Schools, Sibley, IA.

College: University of South Dakota, B.S. Recreation Therapy

Favorite Famous Person : Mother Theresa

If you were in an eating competition what could you eat the most of?: White Bean Ragout

Hobby or Activity you are most passionate about: Reading and spending time at the lake/cabin with my family.

When/How did you get started in the food business?: In 2008, after 9 years at Mello Smello heading up our food service promotions and marketing division, Mission Nutrition, I convinced my manager and company ownership that we should get into the grab 'n go breakfast kit business.

If you were not a manufacturer representative, what do you wish you would have been?: An independent bookstore owner or librarian.



SYNERGY TRIVIA CONTEST

Winner from the last edition of Synergy Trivia:

- **Leah Schmidt Hickman Mills C-I School District Kansas City, MO**
1st Runner Up: Anne Steele Louisiana School District, Louisiana, MO
2nd Runner Up: Shelly Johnson Neosho School District, Neosho, MO

Correct answers for the "Kansas City" trivia topic were as follows:

- 1) Which famous gangster was involved in the Kansas City Massacre at Union Station? **ANSWER: Pretty Boy Floyd**
- 2) Kansas City exists at the confluence of what two rivers? **ANSWER: Missouri and Kansas**
- 3) The Liberty Memorial commemorates which war ? (Bonus Question: Why is it significant?)
ANSWER: WWI Bonus: It is the National WWI museum and has a fabulous view of KC.
- 4) What is Kansas City's primary newspaper called? **ANSWER: Star**
- 5) What former Negro League Baseball franchise called Kansas City home?
(Bonus Question: What future MLB Hall of Famer started his career there?)
ANSWER: Kansas City Monarchs Bonus: Jackie Robinson

School Nutrition Association (SNA) 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, **notables!** 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 was SNA formed?
- 2) What city and state will be host to the 2015 Annual National Conference (ANC) ?
- 3) Who is the current president of SNA ? (Bonus Question: Whom did they replace?)
- 4) In what state is the national office of SNA located?
- 5) Name 2 of the 3 official newsletter publications of SNA?

Be Cool To Your School!

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