

Synergy Newsletter September 2023 Edition

Issue 21

Greetings Everyone,

Welcome back! This summer flew by, and we hope you were able to find some time to rest, recover and reflect in preparation for the new school year! At Synergy Food Sales we have been busy working all summer to give you the best version of “us.” The past few months we have been collecting bid awards, placing orders with manufacturers, confirming orders, and working with distribution to help get our customers the food that was bid and awarded. Please never hesitate to contact us if a problem arises with one of our represented manufacturers. Sometimes, the only way we know that there is a problem is from our customers telling us.

This Fall Newsletter is the 21st edition or the start of our 11th year publishing it. Within this publication you will find information about our newly added manufacturer (Cool Tropics) and updates from each of our twenty-one manufacturers. If you were able to attend SNA-ANC this year, the one thing you might have noticed was every manufacturer was showing new items! This has hardly happened since pre-COVID, and we are hopeful that this is a good sign of moving in the right direction. Near the end of this newsletter, you will be introduced to three important individuals in our “Meet the Director, Manufacturer and State” sections.

Do not forget to review our “Quiz Time” contest at the end of this newsletter. Submitting the correct answers will provide you with a chance to be a winner of one of seven Target gift cards, courtesy of our featured manufacturer, **Cool Tropics!**

Thank you for reading this and we appreciate YOU!

The Synergy Team,

Tom Hoenig, John Pickert,
Andy Dudenhoeffer,

Kim Lopez & Kristine
Bridgeman



Bottom left: Tom, John and Andy at the SNA-ANC exhibit hall. **Bottom right:** most of the group of manufacturers and customers that attended our SNA-ANC “Summer Blast” event.

Events and Important Dates

- Friday, September 22nd

Heart of America Lunch & Learn

- Wednesday, October 4th

Kohl Wholesale Fall Food Show

- October 9th-13th

National School Lunch Week

- Saturday, October 14th

MSNA Food Show

- Monday, October 16th

Boss's Day

- Tuesday, October 17th

Illinois Commodity Food Show

- Thursday, October 20th

SFNDA 1st General Meeting

- Tuesday, October 31st

Halloween

- Sunday, November 5th

Daylight Savings Time

- Tuesday, November 7th

Election Day

- Friday, November 10th

Heart of America Lunch & Learn

- Saturday, November 11th

Veteran's Day

- Thursday, November 23rd

Thanksgiving

- Friday, November 24th

Black Friday

- Thursday, December 7th

SFNDA 2nd General Meeting

- Sunday, December 25th

Christmas Day

Meet the New Manufacturer



What began as a two-person venture making frozen drinks from a blender has grown into a socially responsible company providing millions of students with healthy, innovative, and fun fruit drinks and foods right in their schools.

100% Juice

Always innovating, in 2003 Cool Tropics was one of the first companies to offer 100% juice, no sugar added, slush drinks. Sensing that Cool Tropics was trying to be everything to everyone, the business narrowed its focus. Seeking to make a more socially responsible impact, the company turned its attention away from bars and clubs to providing healthy beverages to K-12 students.

Cool Schools

The business continued to grow and by 2004 a team was assembled. Cool Tropics was ready to take its new lineup of healthy beverages directly to schools. Many districts were initially hesitant to bring 100% juice slush drinks on board, continuing to offer the existing added-sugar products, which were more cost-effective but provided few health benefits. It wasn't until California became the first state to mandate 100% juice in schools in the 2004-2005 academic year that the other states soon followed.

Before long, Cool Tropics had its healthy beverage products in more than 40 states and over 5000 schools.

Welch's Partners with Cool Tropics

In March of 2016 a new line of Welch's 100% juice slush by Cool Tropics was introduced. Four delicious and nutritious flavors were added with shipments beginning in July 2016:

Concord Grape – Concord Berry – White Grape Cherry – White Grape Peach

Welch's adds a heritage of healthful, family friendly innovation to the Cool Tropics brand. Welch's 100% Juice pouches are the perfect complement to tray line menus and a la carte.

State Updates—Illinois



Illinois State Board of Education

Illinois USDA Foods Show 2023

The Illinois State Board of Education and the Illinois School Nutrition Association are hosting a USDA Foods Show at Abbington Distinctive Banquets in Glen Ellyn, IL on Tuesday, October 17, 2023.

All USDA Foods processors are welcome to exhibit, and all Illinois school districts participating in the National School Lunch Program are welcome to attend!

Attendance is free, and registration will be available soon. We will offer training in the morning and the foods show in the afternoon. Join us to Power Up Your Meals!

Check the [ISBE website](#) for registration information and a schedule of events.

USDA FOODS SHOW 2023



Illinois
State Board of
Education



State Updates Continued—Missouri

Commodity Deliveries for 23/24 SY – In order to receive a commodity delivery, each school district must have a Gold Star Online Account and must “order” the items they requested on their USDA Foods Packet using that Gold Star Ordering feature.

Each district’s monthly order must be placed by the Tuesday prior to your delivery week. Items may be added to your initial order until 2 days prior to your scheduled delivery date by reaching out to your Gold Star Account Specialist. Any commodity items remaining in your Gold Star account from the 22/23 SY will be automatically force-shipped if you have not selected them for delivery.

Fee For Service items that are not selected and delivered in the month requested on the USDA Foods Packet, will be force shipped to your district the following month.

Direct Delivery (Brown Box) cheese items not selected and delivered in the month requested on the USDA Foods Packet, will be force shipped to your district the following month.

Cancelled and Adjusted USDA Foods - This listing is updated for the 23/24 SY. Please reference this as you place your Gold Star Commodity Orders. [USDA Foods | Missouri Department of Elementary and Secondary Education \(mo.gov\)](https://www.mo.gov/USDA-Foods)

Delivery Charges - DESE FNS must make changes to the way we deliver commodity items to school districts. In the past we have been able to fully cover delivery costs for public school districts, but due to price increases in fuel and labor, the funds we have to operate this program no longer cover the entire cost. We now must ask public school districts to pay a portion of the delivery fee. If additional funds become available during the school year, DESE will reimburse for delivery costs as possible.

Beginning in the 23/24 SY, ALL school districts will begin paying a per case delivery fee.

Delivery Cost: Non-Public Districts -\$5.69 per case Public Districts - \$2.00 per case

Bonus Entitlement Available for 23/24 SY

Bonus food are items that do not draw down the entitlement that you received when you completed the annual USDA Foods Packet. They are additional foods available to all LEAs that participate in the commodity foods program on a first come, first serve basis. We are offering 3 Bonus opportunities this school year.



State Updates Continued—Missouri

Direct Delivery (Brown Box)- We have ordered additional truckloads of some of the most popular direct delivery items and will be offering them at different times throughout the school year. School districts may request these bonus foods using a new advertisement feature on the Gold Star website.

Gold Star Advertisement Feature – When logged into your Gold Star account, the blue bar on the left side of the screen has a heading called USDA Direct Delivery. Underneath it is the “Advertisements” link where all Bonus foods available can be viewed and requested. District can also use this feature to offer others any direct delivery items they cannot use this school year that are still in their Gold Star Live account. If items are not requested by another district, the district offering the items will be responsible to take delivery of the products. Complete instructions are included on the USDA Foods website under *Gold Star Training Videos - Advertisements*.

Please request only the amount of bonus direct delivery items that can be immediately accepted and stored. Once bonus requests are approved they will be moved into each district’s Gold Star Live account. Bonus foods must be included a on a district’s next Gold Star delivery.

DOD Fresh - LEA’s that processed DOD Fresh may request additional bonus dollars be added to your accounts when you have depleted what was processed. Also, LEA’s that did not process DOD Fresh may request bonus dollars that we will provide as long as bonus is available. To request Bonus DOD Fresh, please reach out to our DESE Donated Foods Team – donatedfoods@dese.mo.gov.

Net Off Invoice - To utilize this bonus option, you must have a commercial distributor that pounds can be designated to and who will provide the items requested by the LEA. LEAs that are processing via Net Off Invoice may request additional bonus pounds as available – availability will vary by processor. We will also allow LEAs to request bonus pounds from processors you did not select on your packet if bonus pounds are available. Competitive procurement will be required. To request bonus NOI please reach out to the processor you are interested in. They will be able to provide bonus pounds if they are available.

Coordinators Update

We are officially into school season and the days are getting shorter. Fall is a season of abundance as we begin kicking off all the school food service things, check out the [Food and Nutrition Services Calendar](#) to keep up with all the due dates and reminders each month. Welcome all newly hired food service professionals, we have recorded trainings to navigate the program-check out the recorded trainings [here](#). Each month, beginning in October, our office will host a live “Let’s Talk Tuesday” webinar to cover important topics throughout the school year. October 2, we dive into the verification process for students who were determined eligible for free or reduced-price meals. School Nutrition Program financial reports will also open in the web applications system in October. Keep a look out for the bi-monthly DESE FNS newsletters and if you missed a past newsletter these can be found on the [News and Updates](#). October is also [Missouri Farm to School Month](#) and a time to celebrate local and crisp juicy apples, but we also have some fun things planned to help you bring more local foods to your school meals. We need your participation in the [Missouri Crunch Off 2023](#). The Local Food for Schools (LFS) [application](#) is now open and save the date for a Farm Bus trip on November 3- these details will be available soon on the [Farm to School](#) page. If you have any questions, concerns or need any assistance please reach out to one of our DESE FNS [staff](#).

ALPHA SUPREME



**SUPERIOR QUALITY,
BETTER TASTING PIZZAS!**

Meets all the USDA School Nutrition Guidelines, Grain Requirements and Approved List-Smart Snack

Now with
CALCIUM & POTASSIUM

**Whole
Grain**

CHORTLES®

Mini-Mini® Graham Cracker Snacks!



1 WG Serving



Everything you always wanted in a snack...

No High Fructose Corn Syrup

No Hydrogenated Oils, No Palm Oil or Saturated Fats

0g Trans Fats, 0g Cholesterol

Produced in a Nut-free Facility

...and more!

They're great as a fun Mini-Mini sized snack.

- As a cereal with milk (or added to your favorite cereal)
- As a crunchy ingredient to yogurt
- As an extra add-in to trail mixes
- As a topping for ice cream!

What in the world is a Chortle?

A chortle is a gleeful chuckle or laugh you make when you really enjoy something...like Chortles!



**Smart Snack
Approved**

Fun Size

1/2 WG Serving



See back for Nutrition Information

Marketed by:

AMAZING FRUIT PRODUCTS-US, 501 AIRPORT ROAD, FORT PAYNE, AL 35968
PHONE (256) 273-5363 info@AFP-us.com

www.chortles.com

MADE IN THE U.S.A.



TWIST & Go



NEW OUTSIDE BUT THE SAME GREAT SMOOTHIE INSIDE!

NOW EVEN BETTER FOR THE ENVIRONMENT!!





Reduced Sodium Cheese FOR YOUR K-12 MENU

Meeting the lower sodium targets of the school nutrition standards doesn't mean you have to sacrifice taste! Bongards offers a variety of protein-packed, calcium-rich cheeses that contain less fat and sodium than regular cheese. Provide your students a healthier meal without sacrificing the delicious cheesy flavor they love!

- ★ 30-50% reduction in fat and sodium
- ★ Exceptional melting properties
- ★ Helps meet changing school nutrition requirements
- ★ Gluten free and rBST free
- ★ Eligible for commodity reimbursement
- ★ Easy-peel slices with no paper waste



PRODUCT CODE	PRODUCT DESCRIPTION	MMA	SERVING SIZE	TOTAL FAT (g)	SODIUM (g)	CAL. (g)	PROTEIN (g)	COMMODITY # PER CASE	PACK SIZE	NET WEIGHT (Lbs)	SHELF LIFE (Days)
110541	Red. Fat (30%)/Sod. (30%) Yellow American – 160H	1	2 Slices	6	280	80	7	15.41	4/5#	20	365
111331	Red. Fat (50%)/Sod. (50%) Yellow American – 160H	1	2 Slices	4.5	190	70	7	23.40	6/5#	30	365
111351	Red. Fat (30%)/Sod. (30%) Yellow American – 160H	1	2 Slices	6	280	80	7	23.17	6/5#	30	365
111431	Red. Fat (50%)/Sod. (30%) White American – 160H	1	2 Slices	4.5	290	70	5	23.17	6/5#	30	365



Jill Ponder
Director of Sales – K12
Jill.Ponder@Bongards.com
952-277-5582

For more information, visit
K12.Bongards.com



DRIED CHERRIES & CRANBERRIES



**SINGLE SERVE • 1/2 CUP FRUIT EQUIVALENT • NUT FREE
NON-GMO • GLUTEN FREE • NO PRESERVATIVES ADDED**

CHERRIES

Nutrition Facts

1 Unit (38.5g/1.36oz servings per container)

Serving size 1 Bag (39g)

Amount per serving
Calories **130**

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 1g **4%**

Total Sugars 27g

Includes 10g Added Sugars **20%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 12mg **0%**

Iron 1mg **6%**

Potassium 116mg **2%**

Calories per gram:

INGREDIENTS: DRIED CHERRIES, SUGAR, SUNFLOWER OIL

CRANBERRIES

Nutrition Facts

servings per container
Serving size 1 Bag (33g)

Amount per serving
Calories **120**

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 29g **11%**

Dietary Fiber 2g **7%**

Total Sugars 21g

Includes 12g Added Sugars **24%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 3mg **0%**

Iron 0mg **0%**

Potassium 77mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DRIED CRANBERRIES, SUCROSE, SUNFLOWER OIL

SOUR BERRIES

Nutrition Facts

servings per container
Serving size 1 Bag (36g)

Amount per serving
Calories **120**

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 30g **11%**

Dietary Fiber 2g **7%**

Total Sugars 24g

Includes 11g Added Sugars **22%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 8mg **0%**

Iron 1mg **0%**

Potassium 76mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DRIED CHERRIES (RED TART CHERRIES, SUCROSE, SUNFLOWER OIL), DRIED CRANBERRIES (CRANBERRIES, SUCROSE, SUNFLOWER OIL), TARTARIC ACID, CITRIC ACID, AND NATURAL FLAVOR



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CHUBBY[®]
SNACKS

THAW &
ENJOY

Perfect
on the go

SUPERFOOD PB&JS BY CHUBBY SNACKS

Powered by chia seeds, sweetened with dates!



Chubby Snacks superfood PB&Js are packed with tangy sweetness, salty swirls within pillow-soft whole wheat bread. Packaged perfectly for on-the-go, Chubby Snacks sandwiches are sweetened with dates and powered by chia seeds. Our 'we cut crusts, not corners' mission ensures the kids get tasty snacks without any of the junk ingredients. With less than 3g of real sugar, high protein and fiber, Chubby Snacks are the perfect snack for the entire family!



HIGH
PROTEIN



HIGH
FIBER



NO ADDED
SUGAR



PLANT
BASED



SWEETENED
WITH DATES



EXPERIENCE COOL TROPICS



COOL TROPICS 100% FRUIT JUICE SLUSH

- 1 Serving of Fruit (1/2 Cup)
- Shelf Stable up to 12 months
- Freeze and Refreeze
- Staff Friendly Handling/Serving



COOL TROPICS 100% VEGETABLE JUICE SLUSH

- 1 Serving of Additional Vegetable (1/2 Cup)
- Shelf Stable up to 12 months
- Freeze and Refreeze
- Staff Friendly Handling/Serving



WELCH'S 100% FRUIT JUICE SLUSH

- 1 Serving of Fruit (1/2 Cup)
- Shelf Stable up to 12 months
- Freeze and Refreeze
- Staff Friendly Handling/Serving



COOL TROPICS 100% VEGETABLE JUICE

- 1 Serving of Additional Vegetable (1/2 Cup)
- Shelf Stable up to 12 months
- Staff Friendly Handling/Serving

Flavors	MFG #	Description	Case Pack	1/2 Cup Fruit	1/2 Cup Vegetable	Shelf Stable
100% FRUIT JUICE SLUSH						
Kiwi Strawberry	12002-R4	Cool Tropics Kiwi Strawberry 100% Juice Slush	60/4 oz.	X		X
Paradise Punch	12004-R4	Cool Tropics Paradise Punch 100% Juice Slush	60/4 oz.	X		X
Blue Raspberry	13001	Cool Tropics Blue Raspberry 100% Juice Slush	60/4 oz.	X		X
Raspberry Passion Fruit	13009	Cool Tropics Raspberry Passion Fruit 100% Juice Slush	60/4 oz.	X		X
Concord Grape	14501	Welch's Concord Grape 100% Juice Slush	60/4 oz.			X
Concord Berry	14502	Welch's Concord Berry 100% Juice Slush	60/4 oz.	X		X
White Grape Peach	14503	Welch's White Grape Peach 100% Juice Slush	60/4 oz.	X		X
Hula Cooler	14505	Welch's Hula Cooler 100% Juice Slush	60/4 oz.	X		X
Mango Peach	14506	Welch's Mango Peach 100% Juice Slush	60/4 oz.	X		X
100% VEGGIE JUICE SLUSH						
Tropical Trio	16001	Cool Tropics Tropical Trio 100% Juice Slush	60/4 oz.		X	X
Berry Berry Blue	16002	Cool Tropics Berry Berry Blue 100% Juice Slush	60/4 oz.		X	X
100% VEGGIE JUICE						
Berry Citrus Squeeze	19001	Cool Tropics Berry Citrus Squeeze 100% Juice	96/4 oz.		X	X
Triple Berry Blast	19002	Cool Tropics Triple Berry Blast 100% Juice	96/4 oz.		X	X
100% FRUIT JUICE						
Concord Grape Apple	17001	Welch's Concord Grape Apple 100% Juice Cup	96/4 oz.	X		X

EXPERIENCE THE COOL!

Shelf Stable • Individually Wrapped • Staff Friendly

FRUIT SLUSH
1/2 Cup of Fruit



FRUIT SLUSH
1/2 Cup of Fruit



VEGGIE EDGE JUICE
1/2 Cup of Veggie



VEGGIE EDGE SLUSH
1/2 Cup of Veggie



Scan QR Code for more on
The Cool Experience



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DAVE'S BAKING CO.

Egg & Cheese Frittata

**Our NEW Egg & Cheese Frittata is made with real whole eggs, cheese, vegetables, and spices.
No artificial colors, flavors**



Corn Jalapeno

#5900: 3.7 OZ.
serving= 2 M/A

Red Pepper

#5800: 3.65 OZ.
serving= 2 M/A

Plain Egg & Cheese

#5700: 3.4 OZ.
serving= 2 M/A

Menu Suggestions:

- **Breakfast in the Classroom**
- **Meatless Monday**
- **Brunch for Lunch**

Serving Instructions:

Oven safe wrapper
Bake: 350 for 10- 15 min.
Microwave: 60 seconds



Whole Grain ICED CINNABAR



Item # 804IW | Case Pack 48/3.4oz | 2.0 OZ EQ per bar

Nutrition Facts

48 servings per container

Serving size
1 Bar (96g)

Calories
per serving **330**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10g	12%	Total Carbohydrate 56g	20%
Saturated Fat 2g	11%	Dietary Fiber 4g	14%
Trans Fat 0g		Total Sugars 24g	
Cholesterol 0mg	0%	Includes 24g Added Sugars	48%
Sodium 300mg	13%	Protein 5g	
Vitamin D 0%	Calcium 4%	Iron 10%	Potassium 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Competitive Foods Data:

Percent Calories from Fat (<=35%) 27.27%
Percent Calories from Sat Fat (<=10%) 5.45%
Percent Sugar by Weight (<=35%) 25.00%

Allergen Information:

Contains: Soy, Wheat

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Nut & Sesame Free Facility



6000

- Accepts sauces for multiple flavor options
- 30 pounds/case
 - ➔ Approx. 430 wings/cs
 - ➔ 49 cases per pallet
- 72 Servings per cs (est)
 - ➔ 6 wings per serving
-



Contact Jack Crawford to confirm price and volume.

Phone: (770)570-6098

SEAFOOD IS ALWAYS A WINNING HAND.

With seafood products from High Liner Foodservice, you'll always find the right combination of flavor, fun and nutrition—all in budget-friendly offerings that are easy to prepare and serve.

The recipes that follow were created to inspire your own delicious meals, from nuggets and fish sticks to wraps, sandwiches and more. Each is sure to delight students.



MEXI CALI NACHO BREADED POLLOCK + BROWN RICE BOWL

Product: 38118 Whole Grain Nacho Breaded Pollock Sticks

Servings: 20

1. Prepare the Nacho Breaded Pollock Sticks according to the package instructions.
2. In a large stock pot gently heat the black beans and roasted corn for serving.
3. For plating, add approximately 1/2 cup of fully cooked brown rice to the center of a small serving bowl. Around the edge of the bowl arrange 1/2 cup of the black bean and corn mixture along with 1/4 cup of Mexican cheese, iceberg lettuce and salsa.
4. Top the Mexi Cali bowl with four nacho breaded sticks and serve.

80 pc.	Nacho Breaded Pollock Sticks
10 cups	Brown Rice, fully cooked and reserved warm
5 cups	Canned Black Beans, drained
5 cups	Roasted Corn, frozen and drained
5 cups	Shredded Mexican Cheese
5 cups	Shredded Iceberg Lettuce
5 cups	Prepared Salsa

New Dill-Flavored Breaded Turkey

Put Favorites on the Menu

Serve up formats kids love with new JENNIE-O® Dill-Flavored Breaded Turkey Patties and Nuggets. Perfectly breaded and flavored with the right amount of tangy dill, these heat-and-serve items mimic kid-favorites at popular chains.



Crispy Turkey Sandwich
with JENNIE-O® Dill Turkey Patties





Easy for Kitchens. Tasty for Kids.

These new soy-free products are made with whole-grain breading and whole-muscle breast meat—no binders, fillers or trim. They not only give kids an alternative to chicken, but these nuggets and patties are a way for you to draw down your white turkey commodity pounds. They're also easy on your staff! Just heat and serve or prepare in exciting ways using special sauces and trending flavors.

So Many Ways To Serve

JENNIE-O® Dill Turkey Patty

- In sandwiches
- On salads
- In wraps
- As turkey parmesan

JENNIE-O® Dill Turkey Nuggets

- Serve with ketchup or other dipping sauces
- Toss in Buffalo sauce
- In southern-style mashed potato bowls



Product	Code	Meat Bank	M/MA (oz.)	Serving Size (oz.)	Total Cal (Kcal)	Total Fat (g)	Sodium (mg)	Protein (g)	Gluten	Allergens
JENNIE-O® Breaded Turkey Patty - Dill	134659	100124 White	2	4.5	230	9	690	20	Yes	Wheat
JENNIE-O® Breaded Turkey Nuggets - Dill	134658	100124 White	2	4.62 (6 nuggets)	230	9	690	21	Yes	Wheat

Get more product info and recipe ideas at jennieofoodservice.com/k12



More Ways to Serve Your Kids



K12



FOODSERVICE

The PlantBorn Collection

Introducing... the PlantBorn™ Collection from J.T.M. Food Group

Adding more plant-based options to your menus just got easier with J.T.M.'s NEW PlantBorn™ Taco Filling and Pasta Sauce. These slow-simmered, student-favorites are made with Deeply Rooted® Farms Dehydrated Pea Protein Crumbles – the cleanest, best-tasting, plant-based crumble we could find – and blended with J.T.M.'s signature sauces to create familiar menu options that are simple to serve and taste great.



Features & Benefits

Clean Label

Allergen &
Gluten Free

Menu Versatility

Fully Prepared

Heat & Serve

Labor Savings

Easy to Menu

Vegan

The Products

PlantBorn™ Taco Filling

Packed with flavor, our PlantBorn™ Taco Filling is seasoned with chili powder, onion, garlic and cumin. It's perfect for taco salads, nachos, rice bowls, tacos, burritos, flatbreads, and quesadillas.

Each 3.17 oz. serving provides 2 M/MA and 1/8 cup R/O vegetable.

PlantBorn™ Pasta Sauce

This classically seasoned sauce is made with a blend of tomatoes, onion, garlic, and Italian seasonings. It is great paired with pasta, on a flatbread or pizza, in a calzone or melt, and for speed-scratch lasagna and casseroles.

Each 6 oz. serving provides 2 M/MA and 1/2 cup R/O vegetable.

For product information and recipes, go to www.jtmfoodgroup.com/k-12.

To request samples, please contact: Dave Hackman
davehackman@jtmfoodgroup.com • 513.503.6047



Learn More

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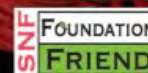
INTRODUCING THE NEW BREAKFAST BURRITOS FROM



Product Stock code	Product Description & Meat/Meat Alternative/Oz EQV Grains	Size Ounce	Pack Size
71605	Foil Wrapped Burrito 3 Cheese, Turkey Sausage, Egg 2M/MA and 2.25 GB - IW	6.0	36
97863	Cheese, Beef and Egg with Chorizo Seasoning 1.00 M/MA and 1.00 GB - IW	2.5	72
97896	Cheese, Turkey Sausage and Egg 1.25 M/MA and 1.25 GB - IW	3.0	72

Los Cabos Contact: Steve Turner - sturner@mcifoods.com

Synergy Food Sales Contacts: Tom Hoenig & Andy Dudenhoeffer - tom@synergyfoods.com andy@synergyfoods.com



Traditional Red Sauce BBQ

This is a tomato based, red sauce that has a bold & sweet flavor. This is a traditional, western styled barbecue.

Signature Sauce BBQ

This is our Signature, classic vinegar based sauce. This sauce pairs perfectly with the hickory smoked pulled pork. The sauce acts as a natural tenderizer adding a distinctive flavor to the barbecue.



Semi-Dry BBQ

This is made from our Signature, vinegar based sauce, just a lighter version. It's perfect for those who enjoy less sauce in their barbecue and those that want to add their own sauce.

Made in
Carthage, Missouri

SINCE 1947



DRESSINGS & SAUCES

QUALITY INGREDIENTS.  FAMILY TRADITIONS.



- NO MSG
- Gluten Free Products Available
- Family Owned



DRESSINGS & SAUCES

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The Amazing Chickpea School Food Service Lineup for 2023!

1 M/MA Nut-Free, Gluten-Free, Soy-Free Spreads!



2 M/MA 2 Grain, Nut-Free, Soy-Free Vegan Sandwiches!



NEW!

1 M/MA 1 Grain, Nut-Free, Soy-Free Tortilla Roll-ups!



Featuring: 15lb. bulk pails of our most popular spreads!



Contact Sunil Kumar: (612) 548-1099

k12support@theamazingchickpea.com

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www.theamazingchickpea.com



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85 MG
Per Packet

-VS-



25 MG
Per Packet

Naturally
Balanced™

SODIUM SAVINGS = **-60 MG PER 9G PACKET**

BBQ SAUCE



65 MG
Per Cup

-VS-



National
Leading
Brand

370 MG
Per Cup

SODIUM SAVINGS = **-305 MG PER CUP**

SAUCES



274 MG
Per Serving

-VS-



92 MG
Per Serving

Nutritionally
Enhanced™

SODIUM SAVINGS = **-182 MG PER 3oz SERVING**

SALSA



208 MG
Per Serving

-VS-



National
Leading
Brand

565 MG
Per Serving

SODIUM SAVINGS = **-357 MG PER 3oz SERVING**

For more information, visit k12tomatoes.com
email info@redgold.com or call 765-557-5500 x1209



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#10202 - Turkey & Cheese Kit (Nitrate/Nitrite Free) | #10206 - Turkey Ham & Cheese Kit
#10292 - Turkey Pepperoni & Cheese Kit

- MADE EXCLUSIVELY FOR K12
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- AVAILABLE THROUGH COMMODITY PROCESSING
- EASY DISTRIBUTION, HANDLING AND FLEXIBILITY
- SHELF LIFE: 9 MONTHS FROZEN AND 10 DAYS REFRIGERATED
- 5 TASTY SKUS

Yang's

5th Taste

Speed Scratch Menu Options



Concept:

**Pineapple Garlic Teriyaki utilizing
Yang's BBQ Teriyaki Chicken**

**Simply add pineapple chunks
and garlic**

**EMAIL CINDY
for recipe**

cindy@yangs5thtaste.com



Concept:

**Korean Chicken utilizing
Yang's Mandarin Orange Chicken**

**Simply add Gochujang Sauce
and garlic**

**EMAIL CINDY
for recipe**

cindy@yangs5thtaste.com

Meet the Director



Vicki McConnell

Director of Nutrition
Ottawa Elementary
School District #141



Food Service Director Since: **2010**

Family: **Husband-Bret, Sons-Calvin and Emmett**

High School: **Ottawa Township High**

Favorite Famous Person: My dream would've been to be on the Ellen show with guests Tom Hanks, Judge Judy with musical guest, Bruce Springsteen.

If you were in an eating competition, what could you eat the most of: I first thought of Swedish Fish, but they'd sit too heavily, so I'm going with popcorn!!

Where is the most interesting place you have traveled: This is between 2. The salt mines in Salzburg, Austria were so totally cool. The other would be Mt. Pilatus in Lucerne, Switzerland. Elevation is 2,132 meters above sea level and we went to the top by ski lifts.

Hobby or activity you are most passionate about: Traveling! I love to see what the world has to offer.

If you were not a foodservice director, what do you wish you would have been: As a kid, it was always a train engineer or an airline pilot. In high school, the goal was nursing school, but got married instead and moved with my husband wherever the Army sent us.

Meet the Manufacturer



Manufacturer Rep. Since: **2005**

Family: **Wife-Vicki, Three Children—James, Leigh and Willie**

High School: **Wayland, Massachusetts**

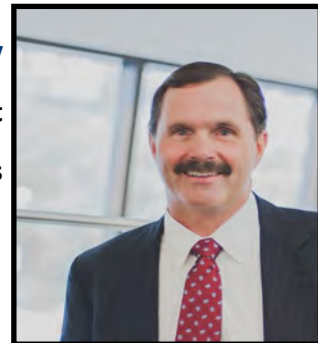
Favorite Famous Person: **William Shakespeare**



Name: Bill Crosby

Title: Sales & Professional Development

Manufacturer Name: Cool Tropics



If you were in an eating competition, what could you eat the most of: **Lobster (ayuh, I live in Maine)**

Hobby or activity you are most passionate about: **Golfing, gardening, and chess**

When/how did you get started in the food service business: **Got my first sales job in 1981 selling Vitality juice dispensers to hospitals, schools, hotels and restaurants. 24 years with that organization and then onto Cool Tropics for the past 18 years.**

If you were not a foodservice director, what do you think you would have been? **A landscape architect.**

Meet the State



Kyle Heislen

Procurement and Provisions Manager

**MO Department of Elementary and
Secondary Education**

State Office Employee Since: **2000**

Family: **Cindy (wife), and dog (Bogey)**

High School: **Helias High School
(Jefferson City, MO)**



Favorite Famous Person: Adam Sandler

If you were in an eating competition, what could you eat the most of: Macaroni & Cheese

Hobby or activity you are most passionate about: Golfing

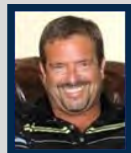
Where is the most interesting place you have visited: St. Lucia on his honeymoon

How did you get started in the foodservice business: Growing up, my dad owned a small grocery store and was the butcher. I learned the basics of food preparation there. Since then, I've been working for the state in many different areas but have come to enjoy working with the Food and Nutrition Services people. They are all very kind and helpful to everyone.

If you were not a State employee, what do you wish you would have been: This is a good question and has changed with age. I like working with my hands, so earlier in life I would've like to be an electrician or HVAC professional. With retirement, in the not so distant future, I have thought about this and think I would like to keep helping out. My sister works at the Special Learning Center. I wouldn't mind working there and helping out, being a bus driver for them, or whatever they need to keep me on my feet and around people.



“Committed to Excellence”



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Sponsored By:



January 2023 Prize Puzzle Winners!

7th Place-\$25 Target Gift Card – Tracey Bremer, Foodservice Director, Dixon R-I School District, Dixon, MO.

6th Place-\$25 Target Gift Card—Amanda Hays, Kitchen Manager, St. Mary’s Elementary School, Joplin, MO

5th Place-\$25 Target Gift Card—Glenda Johnston, Nutrition Services Coordinator, Spring Hill School District, Spring Hill, KS.

4th Place-\$25 Target Gift Card—Dee McVey, Head Cook, Santa Fe R-X School District, Waverly, MO.

3rd Place-\$25 Target Gift Card—Gail Jones, Fox C-6 School District, Arnold, MO.

2nd Place-\$25 Target Gift Card—Donna Lively, Foodservice Director, DuQuion Elementary and Middle School, DuQuion, IL

1st Place- \$50 Target Gift Card—Mary Rondon, Dietician, Blue Valley School District, Overland Park, KS.

Sponsored By:



1st Place: \$50.00 Target Gift Card

2nd—7th Place: \$25.00 Target Gift Card



*Send quiz answers to Tom Hoenig at
Tom@SynergyFoodSales.com*

Q1. Name the new manufacturer that Synergy added and name an item they produce.

Q2. What famous cartoon characters now endorse the Los Cabos breakfast wraps?

Q3. What’s the name of the bakery manufacturer that Synergy represents that makes the WG Iced Cinnabar?

Q4. How many manufacturer lines does Synergy Food Sales currently represent?

Q5. Name one plant born product that J.T.M. is currently producing.

Q6. Name a way that Chortles can be served/used?

Q7. What pizza manufacturer does Synergy represent?

Q8. What breath taking destination did Vicki McConnel visit at 2,132 meters above sea level?

Q9: How many years has Kyle Heislen been with Missouri Dept. of Elementary and Secondary Education?

Q10. Name the members of the Synergy Food Sales team.

Synergy Manufacturer's SY 23-24



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Alpha Foods Co.
An industry leader in the field of manufacturing and distributing superior quality pizzas and pizza related products.



Amazing Fruit Products
United States produced line of tasty and healthy flavor infused dried fruit products that are smart snack compliant.



Bar Fresh
Producers of fresh blended frozen beverages. Offers a simple and profitable solution for healthy beverages with minimal labor and zero waste.



Bongards Premium Cheese
A farmer-owned co-op and producer of high quality natural and process cheeses, including blocks, slices, shreds and sticks.



Cherry Central
Manufacturer specializing in the growing, processing and marketing of fruit sauce and diced fruit cups.



Cool Tropics
A fruit and vegetable juice slush and fruit drink company. Cool Tropics uses 100% fruit and vegetable juices to make juice slush's that taste good and contribute towards fruit and vegetable credits.



Dave's Baking
Established in 1960. Offers quality, taste, unequalled nutritional contents, and a pledge to maintain product integrity.



Gold Creek
A family owned poultry company that strives to provide an array of Gold Standard products that kids will love to eat.



Hadley Farms Bakery
Hadley Farms bakes a full line of golden, layered Croissants and a wide selection of "just like homemade" Cinnamon rolls, Sweet rolls and Danish Pastries. Thaw and Serve.



High Liner Foods
Harvests, processes, distributes and markets a variety of Child Nutrition labeled seafood products from the United States.



Jennie-O Turkey Store/Hormel Foods
A complete line of CN labeled and commodity processed turkey items with many reduced calorie and reduced sodium options.



JTM Food Group
Industry leader in the production of CN beef, pork, cheese & turkey entrees including soups and sauces all designed to be healthier, better tasting & nutritious.



M.C.I. Los Cabos
Producers of handmade frozen Mexican products including bulk and individually wrapped burritos, enchiladas and quesadillas for all meal segments.



Nicks Famous Bar-B-Q
Great tasting barbecue in Nashville for 30 years. With minimal ingredients, no fillers, our barbecue is high in protein, low in fat & will satisfy students.



Ott's
Missouri manufacturer of the highest quality dressings and sauces with famously unique taste and versatility.



Red Gold
Manufacturer of fine tomato products - ketchups, sauces, salsa and pastes that are nutritionally enhanced and designed to fit the school food service segment.



Richland Hills Farms
Processor of high quality refrigerated individually wrapped sliced apples.



Tasty Brands
Great tasting child nutrition products featuring a wide array of menu options for breakfast, lunch, and dinner.



The Amazing Chickpea
A Unique spread made from select chickpeas using specialty roasting process for a roasted, nutty taste without any nuts.



Yang's 5th Taste
Manufacturers of cutting-edge, authentic Asian cuisine with an emphasis on nutrition, quality and delicious kid tested products.