

Synergy Newsletter January 2023 Edition

Issue 20

Greetings and Happy New Year!

We hope you had a wonderful, restful, and well-deserved Holiday break! At Synergy Food Sales we are ready for warmer weather and to start seeing everybody at the food shows that will soon be happening across the market. We have been busy over the past month preparing for bids and commodity packets while integrating new processes to better serve your needs. We are here to help you, please do not hesitate to contact us.

This Spring newsletter marks the 20th edition of the Synergy Newsletter or 10 years running.

Within this publication you will find newly featured products and or updates from each of our 21 manufacturers along with the “State of the State” updates from contributing state agencies. Near the end of this newsletter, you will get to meet three new important individuals in our “Meet the Director, Manufacturer and State” sections. Don’t forget to review our “Quiz Time” contest at the end of this edition. 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, High Liner Foods.

Thank you for reading this and we appreciate YOU!

The Synergy Team,

Tom Hoenig, John Pickert, Andy Dudenhoeffer,

Diana Blanck & Kristine Bridgeman



Andy, Kristine, John and Tom found time to take a picture next to one of many beautiful Christmas trees while at MSNA.



Events and Important Dates

- Monday, January 16th

Martin Luther King Day

- Sunday, January 22nd

Chinese New Year

- January 31st—February 2nd

Synergy Road Shows

- Tuesday, February 14th

Valentine's Day ❤️

- Wednesday, February 22nd

First Day of Lent Season

March 6th—March 10th

National School Breakfast Week

- Friday, March 17th

St. Patrick's Day

- Friday, April 7th

Good Friday

- Sunday, April 9th

Easter

- April 16th—April 19th

ACDA Annual Conference

- Friday, May 5th

School Hero Lunch Day

- Sunday, May 14th

Mother's Day

- Sunday, June 18th

Father's Day

- Tuesday, July 4th

Independence Day

- July 9th—12th

SNA Annual Conference

State Updates

Illinois State Board of Education:

The SY 2023-24 Food Distribution Program Annual Order Period begins January 9, 2023

Annual Order Period Opens: January 9, 2023

Annual Order Period Closes: March 6, 2023



**Illinois
State Board of
Education**

The three spending options include, USDA Foods, DOD Fresh, and diversion to processors.

The diversion to processors option will close in ICS the week of **Feb 20 - Feb 24**, so that ISBE can compile truck loads. It will re-open Feb 27 for final changes. All diversion to processor requests are due by March 6.

Resources:

Please refer to the [ICS Instructions](#) for step-by-step instructions on placing an order.

Please refer to the ["How to Place an Annual Order"](#) recorded training for additional guidance.

For those interested in the diversion to processor spending option, we hope you were able to attend our in-person USDA Foods Show in Springfield, on Dec 8. If you were not, we have a webinar training available and the slides from the Dec. 8 training are available at <https://www.isbe.net/Pages/USDA-Foods-Show.aspx>.

Please email the fdp@isbe.net with questions.

Extra USDA Foods and DOD Funds available for SY 2022-23

ISBE has extra USDA Foods available for delivery the next few months. We post messages on the ICS Message Board, so be on the look out during the 13-20th each month for a list of the specific foods and quantities available.

We are also excited to announce that we have additional DOD funds available starting in January. Please use your allotted DOD funds first. You can request additional funds by emailing pawillia@isbe.net. We will distribute additional funds in increments of 20% of your SY 2022-23 beginning PAL allocation.

State Updates Continued...

Missouri Department of Elementary and Secondary Education—FNS

It is hard to believe we are already half way through the 22 23 School year. We hope it has been a smooth first semester!

The DESE Food and Nutrition Service Team would like to provide information on some upcoming events and reminders.

USDA Commodity Foods Expo

Thursday January 12th, 2023, Margaritaville, Lake of the Ozarks

We are featuring the following education sessions at the expo: Fee for Service (FFS) and Net Off Invoice (NOI) Procurement, Commodity 101 (for new managers/directors) and Commodity Foods Cooking Demonstration. Come visit the exhibit hall with new products and vendors.

USDA Commodity Foods Packet for SY23 24

The packet should be released in early January and will be due back to DESE March 1st, 2023

New processors or products to the processing packet include Cherry Central, Foster Farms, Nick's Famous BBQ and Rich Chick's.

USDA Foods Pre-packet Surveys

Thanks to all districts that completed the Pre-packet Survey. These surveys are very important and provide us with data to improve our commodity program and focus on the foods you and our students want. Based on the information provided, changes and additions were made to the Brown Box offerings that will be available for next school year.

Bonus Brown Box USDA Commodity Foods

Bonus commodity foods are still available and an email with an updated list of items will be published in early January for February delivery. Requests will be fulfilled in the order they are received and based on product availability. Please request only the amount of cases that you can take for immediate delivery.

A bill to create the Missouri Universal Meals Act was recently introduced and if passed would be implemented during the school year 2023-24. Our office will continue to monitor this bill and keep you up to date. Contact your local legislative representatives and let them know why this is important. A result of your hard work and willingness to support school nutrition Missouri children receive the healthy meals during the school day that help them thrive and succeed. Thank you for all you do!





Trusted Brands Enjoyed By Students

WHOLE GRAIN 16" MULTI-SERVE ROUND PIZZAS ~ SLIGHTLY PAR-BAKED

SD162WS	Simply Delicious 16" Whole Grain Cheese Pizza w/ SKINNY CRUST	72	4.75	21.38	2	2	1/8	340	15	6	640	31	20	9.00
SD164WS	Simply Delicious 16" Whole Grain Pepperoni Pizza w/ SKINNY CRUST	72	4.86	21.85	2	2	1/8	370	18	8	770	31	20	7.88
SD164BWS	Simply Delicious 16" Whole Grain All Beef-Pepperoni Pizza w/ SKINNY CRUST	72	5.11	22.98	2	2	1/8	390	19	8	780	31	20	9.00
SD169WS	Simply Delicious 16" Whole Grain Mega Meat Pizza w/ SKINNY CRUST	72	5.31	23.91	2	2	1/8	390	19	8	780	31	23	9.00
AS162WT	Alpha Supreme 16" Whole Grain Cheese Pizza, Thin Crust	72	5.31	23.91	2	2	1/8	350	15	7	640	33	21	9.00
AS164WT	Alpha Supreme 16" Whole Grain Pepperoni Pizza, Thin Crust	72	5.42	24.38	2	2	1/8	380	18	8	770	33	22	7.88
AS1628WT	Alpha Supreme 16" Whole Grain Veggie Supreme Pizza, Thin Crust	72	5.96	26.83	2	2	1/8	360	15	7	660	34	21	9.00
AS1668WT	Alpha Supreme 16" Whole Grain Super Supreme Pizza, Thin Crust	72	6.31	28.41	2	2	1/8	400	19	7	820	34	24	9.00

WHOLE GRAIN 16" MULTI-SERVE ROUND PIZZAS ~ BAKE-TO-RISE

SP1622RW	Sgt. Pepperoni's 16" WG Rolled Edge Bake to Rise Four Cheese Pizza	72	6.56	29.53	2	3	1/8	440	17	8	550	46	26	8.44
SP162RW	Sgt. Pepperoni's 16" WG Rolled Edge Bake to Rise Cheese Pizza	72	6.31	28.40	2	3	1/8	430	17	8	500	46	25	9.00
SP164RW	Sgt. Pepperoni's 16" WG Rolled Edge Bake to Rise Pepperoni Pizza	72	6.38	28.69	2	3	1/8	450	19	9	620	45	25	7.88
SP1668RW	Sgt. Pepperoni's 16" WG Rolled Edge Bake to Rise Super Supreme Pizza	72	7.19	32.34	2	3	1/8	470	20	8	750	46	27	9.00
SP169RW	Sgt. Pepperoni's 16" WG Rolled Edge Bake to Rise Mega Meat Pizza	72	6.75	30.38	2	3	1/8	460	19	8	720	46	25	7.88

WHOLE GRAIN INDIVIDUAL PIZZAS

AS52W	THE SELFIE PIZZA Alpha Supreme 5" WG Pan Style Deep Dish Cheese Pizza	60	5.70	21.38	2	2.5	1/8	370	14	7	580	38	22	7.50
AS54W	THE SELFIE PIZZA Alpha Supreme 5" WG Pan Style Deep Dish Pepperoni Pizza	60	5.76	21.60	2	2.5	1/8	390	16	7	660	38	22	6.98
AS62W	Alpha Supreme Whole Grain Personal Cheese Pizza	60	5.30	19.88	2	2	1/8	350	15	7	580	32	21	7.50
AS64W	Alpha Supreme Whole Grain Personal Pepperoni Pizza	60	5.36	20.10	2	2	1/8	360	17	7	650	32	21	6.98
AS68W	Alpha Supreme Whole Grain Personal Super Supreme Pizza	60	6.00	22.50	2	2	1/8	385	18	7	730	32	23	7.50
AS652W	Alpha Supreme 6.5" Whole Grain Cheese Pizza	60	5.30	19.88	2	2	1/8	350	15	7	580	32	21	7.50
AS654W	Alpha Supreme 6.5" Whole Grain Pepperoni Pizza	60	5.45	20.44	2	2	1/8	370	18	8	700	32	22	6.98
SP62W	Sgt. Pepperoni's Whole Grain Personal Cheese Pizza/Calzone	60	5.30	19.88	2	2	1/8	340	15	7	510	32	22	7.50
SP64W	Sgt. Pepperoni's Whole Grain Personal Pepperoni Pizza/Calzone	60	5.36	20.10	2	2	1/8	360	17	8	580	32	22	6.98
SP652WB	Sgt. Pepperoni's 6.5" Whole Grain Cheese Pizza with Windowed Pizza Box	60	5.30	19.88	2	2	1/8	350	15	7	580	32	21	7.50
SP654WB	Sgt. Pepperoni's 6.5" Whole Grain Pepperoni Pizza with Windowed Pizza Box	60	5.45	20.44	2	2	1/8	370	18	8	700	32	22	6.98
SPBK66WR	Sgt. Pepperoni's Breakfast Pizza with Sausage and Red Sauce	60	4.60	17.25	1	2	1/8	290	12	5	388	31	15	3.75

WHOLE GRAIN 16" PRE-SLICED PIZZA

SD162WS-SL	Simply Delicious 16" Pre-Sliced Whole Grain Cheese Pizza w/ SKINNY CRUST 8-Cut	72	4.75	21.38	2	2	1/8	340	15	6	640	31	20	9.00
SD164WS-SL	Simply Delicious 16" Pre-Sliced Whole Grain Pepperoni Pizza w/ SKINNY CRUST 8-Cut	72	4.86	21.85	2	2	1/8	370	18	8	770	31	20	7.88
SD164BWS-SL	Simply Delicious 16" Pre-Sliced Whole Grain All Beef-Pepperoni Pizza w/ SKINNY CRUST 8-Cut	72	5.11	22.98	2	2	1/8	390	19	8	780	31	20	9.00
AS162W-10-SL	Alpha Supreme 16" Pre-Sliced Whole Grain Cheese Pizza 10-Cut	90	5.40	30.38	2	2	1/8	350	15	7	560	33	21	11.25
AS164W-10-SL	Alpha Supreme 16" Pre-Sliced Whole Grain Pepperoni Pizza 10-Cut	90	5.49	30.85	2	2	1/8	370	18	8	680	33	21	10.13

NON WHOLE GRAIN INDIVIDUAL PIZZAS

SP72B	Sgt. Pepperoni's 7" Cheese Pizza with Windowed Pizza Box	48	7.00	21.00	2	3.75	1/8	480	17	7	670	57	24	6.00
SP74B	Sgt. Pepperoni's 7" Pepperoni Pizza with Windowed Pizza Box	48	7.26	21.75	2	3.75	1/8	520	21	10	800	57	26	6.00

Amazin' RaisinTM

BLAST OFF

**1/2 Cup
Fruit
Equivalent**



**SWEET
BLAST**

**Easy
Tear Film**



**SPICY
BLAST**

chili lime


Amazing Fruit
PRODUCTS - US
amazingfruitproducts.com



TWIST & GO



SWEET FRUIT AND CREAMY YOGURT SMOOTHIES
ARE THE PERFECT START TO ANY DAY OR
"ON THE GO" SNACK IN THREE AMAZING FLAVORS
BOTH KIDS AND ADULTS LOVE

✓ The crediting of yogurt in smoothies as a protein/meat alternate for all meals and snacks, including snacks and suppers served under CACFP and the Summer Food Service Program for all federally funded meal programs

✓ Compliant with USDA reimbursable meal programs

✓ Smart Snack compliant

✓ Live and active probiotic cultures

✓ Minimum 4oz yogurt & ½ cup fruit juice (1 meat alternate serving & ½ serving fruit)

✓ Fat free and cholesterol free

✓ No preservatives, artificial flavors or colors

✓ Good source of Calcium and Vitamin C

AVAILABLE IN 3 POPULAR FLAVORS:

- STRAWBERRY BANANA
- MANGO PINEAPPLE
- PEACH

**NO
ADDED
SUGAR**

**ONLY
125-130
CALORIES**

**5G
OF PROTEIN**



Package 7.6 oz smoothie bottle

Credits 4oz Yogurt + ½ c Juice
(1 meat alternate, ½ fruit serving)

Best when...
 • Labor is unavailable
 • A Grab & Go option is needed
 • A premium package is important

7.6 oz smoothie carton

Credits 4oz Yogurt + ½ c Juice
(1 meat alternate, ½ fruit serving)

• Labor is unavailable
 • A Grab & Go option is needed
 • A better value per serving is required
 • Sustainable packaging is desired

Gallon jug

You decide:
 7.6 oz = 4oz Yogurt + ½ c Juice
 (1 meat alternate, ½ fruit serving)
 15.2 oz = 8 oz Yogurt + 1 c Juice
 (2 meat alternates, 1 fruit serving)

• Appearing to be made from scratch is appreciated
 • Flexibility to pour different serving sizes is preferred
 • You need greater value per serving

Premium Naturals

AN AFFORDABLE, DELICIOUS CHOICE



BONGARDS® Pasteurized Blended Natural Cheese Slices are a perfect, simple label option for your menu.



Give your students premium quality and flavor. They'll thank you!

- ★ Rich in protein and calcium
- ★ Lower sodium than process slices
- ★ Consistent flavor and portions
- ★ Comparable pricing (net of commodities) to process slices
- ★ More slices in each pack reduces packaging waste
- ★ Five popular flavors provide menu variety

PRODUCT CODE	PRODUCT DESCRIPTION	MMA/SLICE	SERVING SIZE	TOTAL FAT (g)	SODIUM (g)	CAL. (g)	PROTEIN (g)	COMMODITY # PER CASE	PACK SIZE	NET WEIGHT (Lbs)	SHELF LIFE (Days)
114411	Yellow Cheddar Cheese Slices - 160P	0.5	1 Slice	4.5	120	50	3	20	4/5#	20	365
114421	Reduced Fat Cheddar Cheese Slices - 160P	0.5	1 Slice	3	110	40	3	20	4/5#	20	365
114431	Swiss Cheese Slices - 160P	0.5	1 Slice	3.5	65	50	4	20	4/5#	20	365
114441	Pepper Jack Cheese Slices - 160P	0.5	1 Slice	4	115	50	3	20	4/5#	20	365
114451	LMP5 Mozzarella Cheese Slices - 160P	0.5	1 Slice	3	100	40	3	20	4/5#	20	365
114461	Provolone Cheese Slices - 160P	0.5	1 Slice	3.5	85	45	3	20	4/5#	20	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



CherryCentral

CHERRYCENTRAL.COM

SINCE 2011
Cooper Street

GRANOLA BAKES

A delicious blend of unique whole grains and real fruit for on-the-go snacking.



MADE IN A
DEDICATED
**PEANUT
& TREE NUT
FREE**
FACILITY

**NOTHING
ARTIFICIAL**
**HFCS
FREE**

**nut
FREE**

**DAIRY
FREE**

**TRANS FAT
FREE**

SOY FREE
LOW SODIUM

**110
CALORIES
PER BAR**

**WOMEN
OWNED**

**PRODUCT
OF THE
USA**

WE PROUDLY USE
INGREDIENTS AND
PACKAGING THAT
ARE DOMESTICALLY
SOURCED



SINCE 2011
Cooper Street

**PUMPKIN
SEEDS**



BUCKWHEAT



OATS



FLAX



CHIA



QUINOA



BLUEBERRY POMEGRANATE Granola Bake

With Chia, Flax, Buckwheat,
Oats, Pomegranate &
Real Michigan Blueberries



CHOCOLATE CHERRY Granola Bake

With Quinoa, Buckwheat,
Oats, Flax, Dark Chocolate &
Real Michigan Cherries



OATMEAL CRANBERRY Granola Bake

With Roasted Pumpkin Seeds,
Buckwheat, Flax, Oats &
Real Michigan Cranberries

Nutrition Facts	
1 serving per container	
Serving size	1 Bar (28g)
Amount per serving	
Calories	110
Total Fat 3g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 10mg	
Total Carbohydrate 18g	
Dietary Fiber 2g	
Total Sugars 9g	
Includes 9g Added Sugars 100%	
Protein 2g	
Vitamin D 0.1mcg 2%	
Iron 1mg 2%	
Calcium 20mg 2%	
Potassium 30mg 2%	

INGREDIENTS: GRANOLA BLEND (WHOLE ROLLED OATS, BUCKWHEAT GROATS, GOLDEN FLAX SEEDS, CHIA SEEDS), SWEETENED WHEAT FLOUR (WHEAT, REDUCED IRON, THIAMINE MONONITRATE, NIACIN, FOLIC ACID), OAT FLOUR, BROWN CANE SUGAR, WHITE CHIPS (SUSTAINABLY SOURCED PALM KERNEL AND PALM OIL, NATURAL FLAVOR, SUNFLOWER LECITHIN, SALT), CHOCOLATE ROAST FIBER, HONEY, DRIED BLUEBERRIES, DRIED CRANBERRIES, SUGAR, SUNFLOWER OIL, INFUSED CRANBERRIES (CRANBERRIES, SUGAR, GRAPE JUICE, IN LOOSE RHY JUICE, SUNFLOWER OIL), INFUSED CRANBERRIES (CRANBERRIES, SUGAR, GRAPE JUICE, IN LOOSE RHY JUICE, SUNFLOWER OIL), ORGANIC NON-CARO CANOLA OIL, WATER, POMEGRANATE JUICE, EGGS, NATURAL FLAVORS, SALT, BAKING SODA, MONOCALCIUM PHOSPHATE.

CONTAINS: EGG & WHEAT



Nutrition Facts	
1 serving per container	
Serving size	1 Bar (28g)
Amount per serving	
Calories	110
Total Fat 3g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 10mg	
Total Carbohydrate 18g	
Dietary Fiber 2g	
Total Sugars 9g	
Includes 9g Added Sugars 100%	
Protein 2g	
Vitamin D 0.1mcg 2%	
Iron 1mg 2%	
Calcium 20mg 2%	
Potassium 30mg 2%	

INGREDIENTS: GRANOLA BLEND (WHOLE ROLLED OATS, BUCKWHEAT GROATS, GOLDEN FLAX SEEDS, CHIA SEEDS), SWEETENED WHEAT FLOUR (WHEAT, REDUCED IRON, THIAMINE MONONITRATE, NIACIN, FOLIC ACID), OAT FLOUR, BROWN CANE SUGAR, WHITE CHIPS (SUSTAINABLY SOURCED PALM KERNEL AND PALM OIL, NATURAL FLAVOR, SUNFLOWER LECITHIN, SALT), DRIED CHERRIES (CHERRIES, CANE SUGAR, SUNFLOWER OIL), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), EGGS, NATURAL FLAVORS, SALT, CINNAMON, BAKING SODA, MONOCALCIUM PHOSPHATE.

CONTAINS: EGG & WHEAT



Nutrition Facts	
1 serving per container	
Serving size	1 Bar (28g)
Amount per serving	
Calories	110
Total Fat 3g	
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Trans Fat 0g	
Cholesterol 0mg	
Sodium 10mg	
Total Carbohydrate 18g	
Dietary Fiber 2g	
Total Sugars 9g	
Includes 9g Added Sugars 100%	
Protein 2g	
Vitamin D 0.1mcg 2%	
Iron 1mg 2%	
Calcium 20mg 2%	
Potassium 30mg 2%	

INGREDIENTS: GRANOLA BLEND (WHOLE ROLLED OATS, BUCKWHEAT GROATS, GOLDEN FLAX SEEDS, CHIA SEEDS), SWEETENED WHEAT FLOUR (WHEAT, REDUCED IRON, THIAMINE MONONITRATE, NIACIN, FOLIC ACID), OAT FLOUR, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), BROWN CANE SUGAR, SUSTAINABLY SOURCED PALM KERNEL AND PALM OIL, NATURAL FLAVOR, SUNFLOWER LECITHIN, SALT, CHOCOLATE ROAST FIBER, HONEY, ORGANIC NON-CARO CANOLA OIL, WATER, EGGS, NATURAL FLAVORS, SALT, CINNAMON, BAKING SODA, MONOCALCIUM PHOSPHATE.

CONTAINS: EGG & WHEAT



USDA
SMART SNACKS
COMPLIANT

ALLIANCE FOR A
HEALTHIER
GENERATION



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New: Cherry Muffin



AVAILABLE NOW

Product code: WG841

Unit Size: 3.15 oz.

Contains 2 Serving's of Grains



**NOW AVAILABLE IN 1 GRAIN
CINNAMON ROLL IW
SWEET POTATO SWIRL IW**

- Made fresh daily in our nut free bakery
- Proudly served in schools

Please Contact: Jeri Thornton
jthornton@hadleyfarms.com

hadleyfarms.com





24 KARAT PRODUCTS

WHITE MEAT • 32 LB. CASE

- 792401 Whole Grain Whole Muscle Breast Chunks
- 792402 Whole Grain Whole Muscle Spicy Breast Chunks
- 792421 Whole Grain Whole Muscle Breast Chicken Fillets
- 792422 Whole Grain Whole Muscle Breast Chicken Fillets with foil bags
- 792426 Whole Grain Whole Muscle Breakfast Fillets
- 792427 Whole Grain Whole Muscle Breakfast Fillets with foil wraps
- 792431 Whole Grain Whole Muscle Spicy Breast Fillets
- 792432 Whole Grain Whole Muscle Spicy Breast Fillets with foil bags
- 792441 Whole Grain Breast Tenderloins
- 792442 Whole Grain Breast Tenderloins with boxes
- 792451 Whole Grain Spicy Breast Tenderloins
- 792452 Whole Grain Spicy Breast Tenderloins with boxes

18 KARAT PRODUCTS

DARK MEAT • 32 LB. CASE

- 791861 Whole Grain Dark Meat Pancake Dippers
- 791880 Fully Cooked Breaded Drumsticks and Thighs
- 791890 Fully Cooked Roasted Drumsticks and Thighs
- 791893 Whole Grain Breaded Dark Meat Popcorn
- 791896 Unbreaded Dark Meat Chicken Strips

14 KARAT PRODUCTS

NATURAL PROPORTION WHITE AND DARK MEAT • 32 LB. CASE

- 791401 Whole Grain Chicken Nuggets
- 791421 Whole Grain Chicken Patties
- 791426 Whole Grain Breakfast Chicken Patties
- 791431 Whole Grain Hot & Spicy Patties
- 791441 Whole Grain Chicken Tenders
- 791461 Whole Grain Popcorn Chicken
- 791493 Whole Grain Large Popcorn Chicken
- 791499 Shredded Chicken



www.goldcreekfoods.com



K-12 FISH TALK

NOT YOUR GRANDMA'S FISH STICKS!



Our Wild Alaska (frozen one time only) seafood tastes great, is nutritional, and is easy to prepare. With flavor options like Nacho, Potato Crusted, and Cheese along with new shapes like nuggets, bites, and sandwich portions you don't have to offer the traditional fish stick.



53998
Whole Grain Breaded Pollock
and Cheese Rectangle



HIGH LINER
FOODSERVICE™



**JA FOOD
SERVICE**

Packaged Meals!

school GRAB & GO! ~MEAL OPTIONS~

**PROVIDING SAFE & NUTRITIOUS MEALS FOR YOUR STUDENTS.
MEALS AVAILABLE TO MEET SFSP, NSLP OR CACFP!**

BREAKFAST MEAL BOX



**Ready To Go
JUST ADD MILK!**

INDIVIDUAL MEALS BY THE CASE



24 Meals Per Case

MULTI-MEAL BOXES



**Each box contains 3 or 5 meals
that qualify for the
USDA reimbursable guidelines.**

SHELF STABLE - NO REFRIGERATION REQUIRED

NO MINIMUMS!

**Please contact our sales department
for menus and pricing**

**FOR MORE
INFORMATION,
CONTACT:**

JA Foodservice
800-592-1173
PackagedMealKit.com
info@JAFoodservice.com

**Locker
Mates**
**JA FOOD
SERVICE**



Jennie-O[®]
Brand

COUNT ON THE SAME JENNIE-O[®] BRAND

We are excited about further integrating into the broader Hormel Foods enterprise! As we come together under one roof, you can be sure that your products and support will still be backed by our same leadership and expertise.



+



WHAT THIS MEANS FOR YOU

The only difference you'll notice in the near future will be seeing the Hormel Foods name here and there. Later on, you'll experience an expanded portfolio and a more efficient process—all with the goal of continuing to dish out your students' favorite meals.

KEEP SERVING WITH K12 LEADERSHIP

Through this transition (and long into the future), you'll have all of the experience and expertise you've always received from
JENNIE-O[®] Turkey Store:

a K12 sales team with
100 years
of combined experience

90% of USDA
donated turkey is
processed by Jennie-O

30 years
of experience in
USDA commodity
processing

the
largest
VARIETY OF K12
TURKEY PRODUCTS



Level II **Reduced Sodium** Cheese Sauces & Pasta Entrees

To help you meet Level II sodium guidelines, we've shaken out the sodium in some of our most popular products and student favorites. Our NEW premium, reduced sodium cheese products are crafted with all the things you love like real cheddar cheese and whole-grain rich pasta, and without the things you don't, like phosphates and artificial flavors.

- Formulated to help you meet Target 2 sodium guidelines
- Cleaner label - free from phosphates and artificial flavors
- Packed with protein - provides M/MA contribution
- Menu versatility - works for multiple menu applications
- Labor savings - fully prepared, heat & serve

Sodium SHAKEDOWN

25%

less sodium*

Item #5776

**Premium Reduced-Sodium
MAC & CHEESE**
577 mg of sodium

49%

less sodium*

Item #5734

**Premium Reduced-Sodium
CHEESE SAUCE**
209 mg of sodium

49%

less sodium*

Item #5741

**Premium Reduced-Sodium
ALFREDO SAUCE**
196 mg of sodium

51%

less sodium*

Item #5742

**Premium Reduced-Sodium
QUESO BLANCO**
214 mg of sodium

To request samples, please contact
Dave Hackman | J.T.M. Food Group
513.503.6047 • davehackman@jtmfoodgroup.com

For more information, go to
www.jtmfoodgroup.com/k-12



* as compared to 5705 Premium Cheddar Cheese Sauce

** as compared to 5768 Premium Creamy Mac & Cheese



MORE THAN A TREND



Plant Protein Benefits

- Plant-Based
- Dairy Free
- Nut Free
- Plant-based meat such as Impossible Beef uses less natural resources, water, and land than meat from animals.
- Flexitarian Friendly
- CN Labeled

Stock Code	Product Description & Meat/Meat Alternate/OZ EQV Grains	Size OZ.	Case Pack	Calories	Sodium (mg)	% Calories From Fat	% Calories From Sat Fat	% Sugar	Notes
13807	Bean & Green Chile Burrito 2/2.25	5.25	80	273.96	553.10	25.66%	8.05%	1.35%	
13880	Taco Seasoned IMPOSSIBLE™ Plant Based Beef Burrito 2/2.25	5.35	80	285.78	640.93	19.87%	8.05%	1.48%	
73344	Three Bean Chili 2 MA	7.05	48	166.47	777.21	6.27%	1.03%	1.83%	

SY 22-23

HIGH GRAPHIC DUAL-OVENABLE FILM



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Smart. Delicious. Choices.

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!



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

The Amazing Chickpea® LLC

5610 International Parkway • New Hope, MN 55428

www.theamazingchickpea.com



The Amazing Chickpea



**Better
Nutrition**
made simple.™



Reduce Sodium, Increase Savings

With Students' Favorite Red/Orange Vegetable Options

**Choose Commodity Processing
with Red Gold for SY2324!**



RED GOLD.

offers extra discounts when you divert
Tomato Paste 100332 for SY2324

[Commodity Calculator](#)

50+
OPTIONS FROM

**Marinara Sauce to
Salsa, Ketchup, &
BBQ Sauce!**



Start Reducing Sodium without Sacrificing Flavor!

**Nutritionally Enhanced™ Sauces & Salsa
+ Naturally Balanced™ Condiments**

Utilizing our proprietary formulation, we offer you great tasting Better Nutrition Made Simple™ Tomato and Condiment products (22), designed to exceed nutritional expectations by **lowering sodium up to 80%**. Additionally, in our Naturally Balanced™ Ketchup and BBQ Sauce we removed the HFCS and use sugar for perfect sweetness.

[K12 Folder PDF](#)



5 unique recipes
FROM TYSON K-12, LAND O'LAKES & RED GOLD!

Best in Class Recipes & Promotion with CSC!

[Promotion Website](#)



**Better
Nutrition**
made simple.™



SAMPLE OUR FIELD OF PRODUCTS

— Sign up for our newsletter —

Contact us





LOCALLY GROWN
QUALITY APPLES
SINCE 1992

APPLES THAT ARE
**ACTUALLY
EATEN,**
NOT JUST SERVED



Packaged Apple Slices Fresh
from the Orchard



Gluten and Nut-Free



Non-browning slices without
compromising taste

Scan to view our full product line!



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Equipment Spotlight

CONTINENTAL 2R



- Made in the USA
- Tested at 100 degree ambient temperature
- Customizable
- Over 2,500 models

ELOMA MULTIMAX 6-11 COMBI OVEN



- Featured at the SNA Missouri show
- Smallest Footprint in the industry, less than 37" left to right
- Boilerless (no de-liming!)
- Holds 6 Full Size Sheet Pans
- Easy to Use interface
- Hands-free one touch self-cleaning
- Full Product Training and Support

- 1000 Watt Medium-Duty Commercial Microwave
- Dependable 6-minute Electronic Illuminated Dial Timer
- 1.0 Cubic Ft Capacity
- Stainless Steel Door, Cavity, & Exterior
- Best Warranty in the Industry

SHARP R-21LCF



Visit our website to see all of the lines we represent - select-mktg.com



Don't Forget!
Allocate your commodity
cheese #110242.

Contact your regional sales
manager/broker with any questions.



Coming Soon!
Tasty Brands' annual
summer prebooking.

Forecast for summer '23 & save!
More details to follow!



THE **PASTABILITIES** BY TASTY BRANDS **ARE ENDLESS!**

- * Endless Recipes
- * Great for Speed Scratch
- * Perfect for Meatless Mondays



For full recipes & instructional videos, visit
tastybrandsk12.com.



SOMETHING DELICIOUS FOR ALL YOUR DAY PARTS!

BREAKFAST

Waffles
Strawberryboli
Turkey Ham and
Cheese Croissant

LUNCH

Pasta
Twiz-Stiks
PizzaBoli
Mozzarella Sticks
Gourmet Café Sliced Deli Meats
Garlic Knots

ASM/SUMMER

Gourmet Café Sandwiches
ANYTIMERS®
Sandwiches
Stuffed Sandwiches
Brunch for Lunch items

A LA CARTE

Onion Rings
Popcorn Indiana

Be sure to inquire about **PASTABILITIES**
BY TASTY BRANDS



Scan to visit our website and see
our full line of products. Be sure to
check out our Pastabilities recipes for
great speed-scratch meals.



I



**Give the kids what they love –
Yang's Mandarin Orange
Chicken is a favorite
from Kindergarten to
the big kids.**

**Whole muscle, whole
grain, delicious Asian
entree.**



**Ask me how you can recreate our products to
make other menu options to stretch one
product throughout your menu planning.**

Clean label - basically a home cooked meal!

*Cindy Husar-Marschke
(414)-333-5578
cindy@yangs5thtaste.com*

Follow Us:   

Meet the Director



Vickie Cantrell

Food Service Director

**Logan-Rogersville R-VII Public
Schools**



Food Service Director Since: 2004

Family: Husband, Dan, Two Sons. Two Daughter-In-Laws, and Nine Grandchildren.

High School: Van Horn High School

Favorite Famous Person: Queen Elizabeth. There's no one like her.

If you were in an eating competition, what could you eat the most of: Fried Chicken

Hobby or activity you are most passionate about: Family! There's nothing I'd rather do.

When/how did you get started in the food service business: I started at Shoney's. Was going to stay for a little while and that turned into 25 years. I love the crazy world of food!

If you were not a foodservice director, what do you think you would have been? I would be in education in some capacity. Working around children is the best!

Meet the Manufacturer



Manufacturer Rep. Since: A very long time!

Family: Married with two adult children and a fur baby, Sir Bentley Schwalb (Boxer)

High School: Spring Valley High School

Favorite Famous Person: Bradley Cooper - Hands Down!

If you were in an eating competition, what could you eat the most of: Hot dogs! I love them, but never eat them!

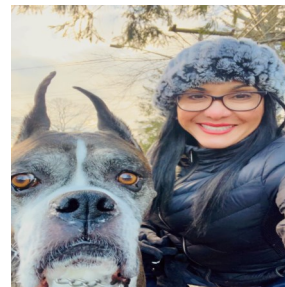
Hobby or activity you are most passionate about: Road cyclist.

When/how did you get started in the food service business: I earned my degree in criminal justice and worked in law enforcement for 5 years and realized "Ooooh this is way to scary for me" Then I had a heart to heart with myself trying to figure out my next career path. It dawned on me that everyone needs to eat so I pursued a entry level sales position in foodservice selling pate for Les Trois Petite Cochons (The Three Little Pigs Pate Company located in NYC) – my territory was the NE and the rest is history!

If you were not a manufacturer rep. what do you think you would have been? Something in the field of space science.

Janine Schwalb

**National Account Manager K-12
High Liner Foods**



**HIGH LINER
FOODSERVICE**

Meet the State



Paula Williams

Principal Consultant

Illinois State Board of Education



**Illinois
State Board of
Education**

State Office Employee Since: 2005

Family: Husband of 17 years - Lyn, 13 year old son - Alex, and four-legged friend – Bruce the Boxer

High School: Taylorville High School

Favorite Famous Person: I love the characters on the Great British Baking Show.

If you were in an eating competition, what could you eat the most of: Ice cream or chips and queso... It's a close call :)

Hobby or activity you are most passionate about: I enjoy spending time in the fresh air, whether it be walking, hiking, or just lounging on the patio.

When/how did you get started in the food service business: My first job with ISBE was field based, and I traveled every day conducting audits of school districts. Once I had my son, I didn't want to travel as much, so I applied for a job in the Nutrition Department. I've worked in a few different capacities over the years, from administering the Child and Adult Care Food Program for child care centers, to coordinating the Nutrition field monitors, to managing the Food Distribution Program. I'm very grateful to get to work with programs that I sincerely believe are beneficial to children.

If you were not a foodservice director, what do you think you would have been? I wish I would have been a pre-school teacher.



“Committed to Excellence”



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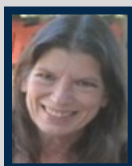
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Diana@Synergyfoodsales.com | P: (816) 896-6691



September 2022 Prize Puzzle Winners!

Sponsored By:



7th Place-\$25 Target Gift Card— Mari-Anne Sundberg, Foodservice Director, Community School Unit #1, Roxana, IL.

6th Place-\$25 Target Gift Card-Ruth Blackburn, Assistant Foodservice Director, Trenton R-IX School District, Trenton, MO.

5th Place-\$25 Target Gift Card-Kathy Hale, Cafeteria Manager, Visitation Inter-Parish School, Vienna, MO.

4th Place-\$25 Target Gift Card-Casey Klein, Foodservice Director, Santa Fe R-X School District, Waverly, MO.

3rd Place-\$25 Target Gift Card-Adrea Katzenmeier, Assistant Foodservice Director, Wichita Public Schools, Wichita, KS.

2nd Place-\$25 Target Gift Card-Nichole Arnold, Foodservice Director, Dunklin R-V School District, Herculaneum, MO.

1st Place-\$50 Target Gift Card-Katie Gegg, Foodservice Director, Mehlville, School District, Mehlville, MO.

Sponsored By:



1st Place: \$50.00 Target Gift Card

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



Q1. Name the two social media platforms you can find Synergy on.

Q2. What is the fruit equivalent of one pack of Amazin' Raisins?

Q3. What is the name of the large enterprise that Jennie-O integrated with recently?

Q4. What issue is this newsletter and how many years has Synergy been sending this out?

Q5. Does JTM now offer Level 2 sodium approved cheese products? (Y/N)

Q6. Name Cindy Husar-Marschke's favorite chicken product that she sells with Yang's 5th Taste.

Q7. How long has Paula Williams been working for the Illinois Board of Education?

Q8. What chain restaurant gave Mrs. Vickie Cantrell her start in foodservice?

Q9: Name the fresh sliced apple manufacturer that Synergy represents.

Q10. Are the Bongards natural slices of cheese lower in sodium than a processed slice of cheese? (Y/N)

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

Synergy Manufacturer's SY 22-23



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.



Cooper Street

Granola Cookie Bakes using high quality ingredients with no nuts, no dairy and nothing artificial. Made with a combination of delicate sweetness and crunch.



Dave's Baking

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



High Liner Foods

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



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.



JA Food Service

Makers of pre-packaged and customizable breakfast lunch and snack options to fit all daily needs. Convenient and satisfying meals that meet USDA requirements



Jennie-O Turkey Store

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.