

# THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs

## SAVE THE DATES

School Nutrition Programs Back to School Conference Set for Aug. 6 and 7



Nearly 600 school nutrition professionals from across the state attended last year's SNP Back to School Conference in August.

The annual School Nutrition Programs Back to School Conference is set for Monday, Aug. 6, and Tuesday, Aug. 7, 2018, at the Crowne Plaza in Springfield.

The free two-day conference will include

sessions on such topics as meal planning, USDA Foods, procurement and resource management, and more.

Watch for registration and more information on the [SNP Back to School Conference webpage](#).

# NEWS BRIEFS

## ILSNA CONFERENCE

The 2018 Illinois School Nutrition Association Annual Conference is set for June 26-27 at the President Abraham Lincoln Hotel in Springfield. Registration will open in April for attendees. Vender registration is expected in mid-February. Watch for details on the [ILSNA site](#).



## SUMMER MEALS WEBINAR

The Food Research & Action Center (FRAC) is planning a Feb. 1 webinar on “Developing High-Quality, Appealing Summer Meal Menus.” [Registration and more information is available online](#).



## ONLINE NEWSLETTER

Every month, the USDA creates a newsletter highlighting new resources available to assist with coordination and operation of the Summer Meal programs. Check out the latest issue on the [USDA website](#).



## AWARD OPPORTUNITIES

The School Nutrition Association is seeking nominations for Employee, Manager, and Director of the Year awards. The deadline is March 1. More information is available on the [SNA website](#).



# Equipment Grant Deadline

**D**on't forget that Feb. 2 is the due date for **National School Lunch Program Equipment Assistance Grants** applications. More than \$1.365 million will be awarded to School Food Authorities (SFAs) in fiscal year 2018 for the replacement, renovation, or purchase of kitchen equip-

ment that will allow SFAs to serve healthier meals that meet the updated meal patterns, with emphasis on more fruits and vegetables in school meals, improve food safety, and expand access. The Request for Proposals (RFP) is available at <https://www.isbe.net/Pages/Equipment-Grants.aspx>.

# USDA Seeking Public Input on Child Nutrition Food Crediting

**T**he USDA's Food and Nutrition Service announced an [invitation to submit ideas on food crediting](#), the system that defines how each food item fits into a meal for the National School Lunch Program and other federal child nutrition programs. The information collected will help them better understand its stakeholders' perspectives.

meet the minimum meal pattern requirements of the respective program. Crediting is the process designed by the USDA to specify how individual food items contribute to the Child Nutrition Programs' meal patterns. Several factors impact how food products can credit toward reimbursable meals, such as volume, weight, and overall nutrient profile.

In order to claim federal reimbursement, Child Nutrition Program operators must serve meals and snacks that

Electronic comments are preferred and may be submitted at the [Federal Register](#) through Feb. 12, 2018.

## USDA POLICY UPDATE

### ◆ [SP05 CACFP05-2018, Providing Child Nutrition Program Benefits to Disaster Survivor Evacuees](#). (1/19/18)

This memorandum provides a reminder overview of options available under current Program policy and regulation for connecting children and adult survivors,

who have evacuated from areas subject to major disaster and emergency declarations, with Child Nutrition Program (CNP) benefits. Many survivors have evacuated as a result of the recent hurricanes and wildfires and Program operators

are working hard to enroll and provide services for those evacuees. This memorandum does not con-

tain new policy, instead it summarizes options available to school food authorities and institutions participating in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Child and Adult Care Food Program (CACFP), as they provide services to those in these very specific circumstances.

View all policy memos for school meals on the [USDA website](#).



# Nominate Someone You Know

Does your district have a dynamic food service director, a cashier that puts smiles on all the students' faces, a super creative cook, or an administrative assistant that knows all the ins and outs of the National School Lunch Program regulations?

The Illinois State Board of Education Nutrition Division is seeking online nominations for the second annual School Nutrition Champion Award. Anyone can nominate a school nutrition professional for the School Nutrition Champion Award. This includes students, parents, community members, and other district and school staff.

The award will be presented to one school nutrition champion from Illinois on Friday, May 4, 2018, which is [Super Lunch Hero Day](#). The special day will help launch School Nutrition Employee Week (May 7-11). From now until then, ISBE will be highlighting nominees for the award in [The Outlook](#), the monthly newsletter for school nutrition programs in Illinois. The deadline for nominations is 5 p.m., Friday, March 30, 2018. A committee of ISBE staff will determine an overall winner. Visit the [School Nutrition and Wellness Champions page](#) and click on the "School Nutrition Champion Award" tab to find the online nomination form.

Last year's School Nutrition Champion was Sandra Duniphan, the cafeteria manager for Pontiac-William Holliday School District 105 in Fairview Heights. Check out all of [last year's nominees](#).



## SCHOOL NUTRITION CHAMPION AWARD

### Meet the nominees ...

**Melanie Johnson, Food Service Director at Crestwood School in Paris Community Unit School District 4**

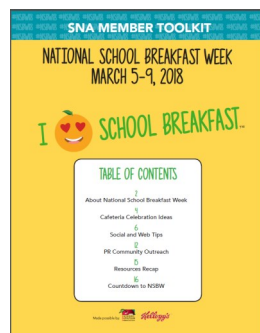
*From the nomination: "Melanie ensures students are greeted with a smiling face each day. She takes the time to get to know the students and has conversations to improve the student staff relationship. Melanie is an extremely hard worker and her dedication to her job shows in her ability to successfully manage multiple tasks at a time."*

# Celebrate National School Breakfast Week

National School Breakfast Week (NSBW) is set for March 5-9, and this year's theme is "I Heart School Breakfast." Here are a couple resources to help you plan something special.

- [The School Nutrition Association](#) has a wide variety of resources, including the [NSBW 2018 Toolkit](#).

The toolkit highlights ways to promote your program (use #NSBW18 for social media), a photo contest, an origami fruit project, activity sheets, a sample press release, and more.



- Check out the U.S. Department of Agriculture's Team Nutrition for great [School Breakfast Program materials](#) to celebrate the special week. The space-themed "[Launch Your Day With Breakfast](#)" PDF document is one thing to consider from the [Popular Events Idea Booklet](#).

The Illinois State Board of Education administers the [School Breakfast Program](#) and the [National School Lunch Program](#), which are funded by the USDA.

# Illinois School Meal Service Mandates

## BREAKFAST AFTER THE BELL PROGRAM

**P**ublic schools in which at least 70 percent of the students were eligible for free or reduced-price lunches in October of the preceding year\* must operate a Breakfast After the Bell program. Breakfast must be provided to children after the instructional day has officially begun. This mandate does not prohibit schools from additionally providing breakfast before instructional day begins.

### Delivery Options

Schools may choose whatever delivery model that best suits the students, such as:

- **Breakfast in the Classroom:** Food is delivered (by staff, students or volunteers) to each classroom after school begins and students are permitted to eat breakfast in the classroom.
- **Grab and Go:** Students pick-up bagged or boxed breakfast from carts or specified areas and are permitted to eat in either designated areas or the classroom.
- **Breakfast After First:** An extended passing or breakfast period is offered in the cafeteria, following the first or second period of the day.
- Other options including serving breakfast during an early recess or outdoor lesson. As long as breakfast is offered to all students after the instructional day has begun, schools and districts have great flexibility in serving breakfast after-the-bell.

### Reimbursement

To offset the cost, or a portion thereof, of the breakfast:

- State reimbursement is available through Illinois Free Breakfast Program.
- Federal (including state) reimbursement is available through School Breakfast Program.

### Opt-Out Provision (Required annually)

District must show either:

- they are already delivering a school breakfast effectively with 70% or more of the free and reduced-price students participating in the School Breakfast Program
- or -
- due to circumstances specific to that school district, the expense reimbursement would not fully cover the costs of implementing and operating a breakfast after the bell program.
  - ◇ District must submit cost analysis to district's board of education
  - ◇ District board holds public hearing - must post date, time, place, and subject matter of meeting on its website and notifies ISBE by emailing [cnp@isbe.net](mailto:cnp@isbe.net) at least 14 days prior to the hearing
  - ◇ If board passes a resolution that district cannot afford to operate a breakfast after the bell program, district submits final resolution approving the breakfast after the bell exemption to ISBE by emailing [cnp@isbe.net](mailto:cnp@isbe.net) upon passage.

\* *October data is posted annually at <https://www.isbe.net/Pages/Seamless-Summer-Option-Meal-Eligibility.aspx>*

## ILLINOIS FREE LUNCH AND BREAKFAST PROGRAMS

**P**er 105 ILCS 125/4 and 23 Illinois Administrative Code 305.10, every public school, including public special education facilities, must have a free lunch program that provides free lunches (and free breakfasts if a school offers breakfast) to students

eligible to receive free meals. State reimbursement to offset a portion of the cost of the meal is available if a site serves a reimbursable meal to a student eligible for a free meal and the site is enrolled in the Illinois Free Breakfast and Lunch Programs. Sites participating in a federally-funded school meals program, National School Lunch Program (NSLP), and/or School Breakfast Program (SBP) are automatically enrolled in the corresponding Illinois Free Program.

*Illinois School Meal Service Mandates Continued on Page 5*

## SUMMER FOOD SERVICE MANDATE

**P**ublic schools in which at least 50 percent of the students were eligible for free and reduced-price lunches in October of the preceding year\* AND has a summer program operating during the summer months must provide a summer breakfast and/or lunch program for the children in that community. The plan must be implemented each year so long as the above criteria are met and must operate for the duration of the school's summer school program.

### Reimbursement

- Federal reimbursement to offset a portion if not all of the cost is available if a site serves a reimbursable meal to a child and site is enrolled in either the National School Lunch Program's Seamless Summer Option (SSO) or the Summer Food Service Program (SFSP).

### Opt-Out Provision (Required annually)

- **Jan. 15** — Deadline to submit written opt-out petition to your regional superintendent of schools.

- **Feb. 15** — Deadline to develop and keep on file the district plan to conduct a summer lunch and/or breakfast program for each school where at least 50 percent of the students are eligible for free or reduced-price school meals AND that have a summer school program
- **March 1** — Deadline for Regional superintendent of schools to 1) convene a public hearing to hear testimony from the school district and interested community members, 2) inform the school district, in writing, of his or her decision, along with the reasons why the petition was granted or denied, and 3) provide a listing to the Nutrition Programs Division of all districts that applied to opt-out, along with the affected schools, whether the petition was granted or denied, and the reasons for the action
- **April 1** — Deadline for the Illinois State Superintendent of Education to hear appeals on the decisions of regional superintendents of schools

\* *October data is posted annually at <https://www.isbe.net/Pages/Seamless-Summer-Option-Meal-Eligibility.aspx>*

## SCHOOL BREAKFAST PROGRAM

**P**ublic schools in which at least 40 percent of the students were eligible for free or reduced-price lunches in October of the preceding year\* must operate a school breakfast program. Time and venue determined by school/district.

### Notification

- Schools must inform families of the availability of breakfasts just prior to the beginning of the school year and throughout the school year via routine methods of communicating with families, such as website posting, weekly messages, public address system, etc.

### Reimbursement

To offset the cost, or a portion thereof, of the breakfast:

- State reimbursement is available through the Illinois Free Breakfast Program.

- Federal (including state) reimbursement is available through School Breakfast Program.

### Opt-Out Provision (Required annually)

- District must submit cost analysis to their regional superintendent of education no later than Feb. 15 of the current school year.
- By March 15 of the current school year, Regional Superintendent holds public hearing.
- If the regional superintendent does not grant an exemption, school district must operate a breakfast program in the upcoming school year in the school(s) noted - OR - the district (or a resident of the district) may appeal the decision to the State Superintendent of Education by April 15. If appealed, State Superintendent must hold hearing and state conclusion by May 15.

\* *October data is posted annually at <https://www.isbe.net/Pages/Seamless-Summer-Option-Meal-Eligibility.aspx>*

For more information or assistance, email [cnp@isbe.net](mailto:cnp@isbe.net) or visit [https://www.isbe.net/Documents/schools\\_mandated\\_operate\\_sbp.pdf](https://www.isbe.net/Documents/schools_mandated_operate_sbp.pdf).

# Sharpen Your Mosaic Back of House Skills

**H**ave you seen the latest features in Mosaic Back of House? The latest version of Mosaic is jam packed with features and enhancements to help streamline your operation. In Mosaic Menu Planning, you can now quickly build cycle menus by copying a single day or date range of menus to future dates. In Mosaic Ordering & Inventory, they've added the ability to order by menu plan and generate orders based on your planned production quantities.

See these new features and more in Heartland's live webinar training sessions. Check out the webinar schedule

to [sign-up today](#). Or sharpen your Mosaic skills with on-demand, self-paced training that's available to you 24/7. [Register](#) or sign-in to our Heartland University to get started using the code "ISBE1."



If you have any Mosaic Back of the House support-related questions, please call (800) 256.8224, Option 1 (6 a.m. to 6 p.m. CT Monday-Friday) or email [MosaicSupport@ehps.com](mailto:MosaicSupport@ehps.com). You can also access the user guide by clicking the "?" icon in the upper-right hand corner of the Mosaic program.

## USDA FOODS

# ICS Open for School Year 2019 Orders

**T**he Illinois Commodity System is open until Feb. 18 to place School Year 2019 USDA Foods orders. Visit [ISBE's Food Distribution webpage](#).

Please note that for schools that divert to processors, all diversions must be placed by Feb. 4.

The Diversion to Processor form will be locked from Feb. 5 through Feb. 11 while we compile the list of eligible processors for SY19.

The diversion screen will then be unlocked from Feb. 12 through Feb. 16 for final adjustments if needed. After Feb. 16 you will not be able to change any processing diversions.

Now would be a great time to take a look at your current balances on K12 Foodservice and ProcessorLink to start preparing.

For questions, contact ISBE at (800) 545-7892 and ask for Food Distribution Program staff or email [cnp@isbe.net](mailto:cnp@isbe.net).

## News and Notes From the USDA:

### [SY 2018-2019 USDA Foods Available List:](#)

On Dec. 15, the [School Year \(SY\) 2018-2019 USDA Foods Available List for Schools and Institutions](#) was published. Each year, USDA works diligently to introduce new products and reformulate items based on feedback from states and school districts. This year, we are pleased to unveil 10 new products for ordering in the upcoming school year, including frozen mixed berry cups, frozen mixed vegetables, chicken drumsticks, grilled chicken breast fillets, pre-sliced turkey ham and smoked turkey, egg patty rounds, and white whole wheat flour. In addition to these new items, we added some smaller package size options for products such as raisins, frozen mushrooms, and rolled oats. For more information on the new offerings, view the [product preview sheets](#). At USDA we strive to publish a list of items that is able to meet the unique needs of school districts across the country by closely monitoring trends and adapting our list of offerings to meet the changing needs of

school districts. To submit new product ideas or feedback on existing products, email us at [usdafoods@fns.usda.gov](mailto:usdafoods@fns.usda.gov).

### **FEATURED FOOD:** One of the new items introduced on the [SY 2018-19 USDA Foods Available List for Schools and Institutions](#) is the Grilled Chicken Breast Fillet (material code 110921). USDA has been working on this product in response to requests from states and school districts for a chicken item that can be used in sandwiches, but this item was formulated so that it can also be used as a center-of-the plate entrée with a sauce or glaze. The product is a made with whole muscle chicken breast product with grill marks on the outside. It has a minimal seasoning profile so that it can be adapted by the local school districts to a variety of menu applications. It credits as 2 meat/meat alternates.

For more information on the case size, number of cases per truck, and estimated price per case, view the [product preview sheet](#).

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# Sign Up for Healthier Meals Cooking Classes

**I**SBE is offering free **Healthier Meals Cooking Classes**. Those working with the National School Lunch Program, as well as the Child and Adult Care Food Program, are welcome to attend the classes. Space is limited!

“Baking and Whole Grains” is offered in partnership with Kaskaskia College

in Centralia, Lincoln Land Community College in Springfield, and Kendall College in Chicago. Classes are scheduled in February, March, and April. The course is worth four continuing

education units (CEUs).

Next up on the calendar is a class at 9 a.m. Feb. 8 in Centralia and at 10 a.m. Feb. 23 in Springfield.

For a detailed schedule and to register for courses, look under “What’s New?” at <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>.

Please note that while this is considered the Level 3 course in Healthier Meals Cooking Classes series, the Level 1 and 2 courses are not required before taking “Level 3: Baking and Whole Grains.”



# Recorded Webinars on the USDA Site

**T**his past December, the U.S. Department of Agriculture’s Food and Nutrition Service (FNS) staff hosted two webinars and the recordings are now available on the [FNS web site](#):

- [Updated Infant and Preschool Meal Pattern](#) (Hosted Dec. 12)
- [Food Crediting in Child Nutrition Programs — Request for Information](#) (Hosted Dec. 21) The USDA is seeking public input on Food Crediting in Child Nutrition Programs. The comment period for the [Request for Information](#) ends on Feb. 12.

Visit the [FNS webinar site](#) for an archive of other recorded webinars.

## WELLNESS

# Register for Upcoming Pump Up P.E. Trainings

**P**ump Up P.E.: Promote Health, Learning & Lifelong Fitness, hosted by the Illinois Public Health Institute (IPHI), is a day-long training for physical education teachers on ways to increase physical activity time/intensity levels in classes, implement the revised State Learning Standards on Physical Development & Health, and administer the required state fitness tests. Learn more about the program on the [IPHI website](#). Upcoming full-day Pump Up P.E. trainings include:

- **WHEN:** 8:30 a.m. to 3 p.m. Tuesday, **Feb. 6**  
**WHERE:** Highland Church of Christ, 500 W. Highland, **Robinson**, IL 62454. Accessible to Clay, Crawford, Jasper, Lawrence and Richland counties.  
**DETAILS:** The cost is free (grant funded), and six CPDUs are available. [Download the promotional flyer](#) and [register online](#).
- **WHEN:** 8:30 a.m. to 3 p.m., Wednesday, **Feb. 7**  
**WHERE:** Rolland W. Lewis Community Building, 800 S 27th St, **Mt. Vernon**, IL 62864

**DETAILS:** The cost is free (grant funded), and six CPDUs are available. [Download the flyer](#) and [register online](#).

- **WHEN:** 9 a.m. to 3:30 p.m., Wednesday, **Feb. 14**  
**WHERE:** ROE 26, 130 S. Lafayette St. #200, **Macomb**, IL 61455  
**DETAILS:** Cost is \$75, which includes lunch. Six CPDUs are available. [To register, email Brian Bates](#), ROE 26. [Download the flyer here](#).
- **WHEN:** 8:15 a.m. to 3 p.m. Friday, **March 2**  
**WHERE:** West Aurora High School, 1201 W. New York St., **Aurora**, IL 60506  
**DETAILS:** Free for Kane County teachers, \$75 for non-Kane County teachers; 5.5 CPDUs. [To register, email Katie Algrim](#), Kane County ROE. [Download the flyer here](#).
- **WHEN:** 8:30 a.m. to 3 p.m., Thursday, **March 8**  
**LOCATION:** Stephens Family YMCA, 2501 Fields South Drive, **Champaign**  
**DETAILS:** The cost is free (grant funded), and six CPDUs are available. [Download the promotional flyer](#) and [register online](#).



**Illinois State  
Board of Education**  
*Nutrition & Wellness  
Programs Division*

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Web: [www.isbe.net](http://www.isbe.net)

## Events, Meetings, and Deadlines

- Feb. 2 – [Deadline for NSLP Equipment Assistance Grant RFPs](#)
- Feb. 8 – [Healthier Cooking Class: Baking and Whole Grains](#), Centralia
- Feb. 12 – ISBE offices closed for Lincoln's Birthday
- Feb. 19 – ISBE offices closed for Presidents' Day
- Feb. 23 – [Healthier Cooking Class: Baking and Whole Grains](#), Springfield



## What's New Online?

- [Healthier Meals Cooking Classes](#): Free for those working with the Child and Adult Care Food Program, the National School Lunch Program, and/or School Breakfast Program
- [February/March issue of Mealtime Minutes](#) (CACFP)
- [School Nutrition Champion Award Nomination Form](#)
- [USDA Seeks Public Input on Child Nutrition Food Crediting](#)
- [FY 2018 Free and Reduced-Priced Meal Eligibility Data](#)
- [Save the Dates! SNP Back to School Conference](#) (Aug. 6-7)

## Non-Discrimination Statement

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*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

1. **Mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or **Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*





February 2018

## MEAL OF THE MONTH

OFFICER DONALD MARQUEZ  
CHARTER SCHOOL  
(CHICAGO, IL)

Congratulations to Officer Donald Marquez Charter School for winning January's Meal of the Month contest! We loved the creativity of their Oktoberfest lunch that was served back in October 2017. Nubia Sanchez, Compliance Manager, said: "The Oktoberfest lunch is a popular meal that we have highlighted in previous years as part of our international menu spotlight. We always try to make the international meals fun and different but not so foreign that the kids won't try it. This meal always receives good reviews, and the decorations and costumes really add a special touch!"



Students enjoyed a turkey ham and cheese sandwich on a pretzel roll, mini potato pancakes, and homemade pickles! The meal also included spiced apples with cream, a side salad, milk, and choice of fresh fruit.

What a GREAT example of how to tie school meals into special occasions and events! For winning this contest, the Officer Donald Marquez Campus (an Acero school) will receive up to \$100 of school nutrition goodies!

### WANTED: SCHOOL MEAL PHOTOS FROM THE FOLLOWING REGIONS:

- Northwest (Rockford, Freeport, Galena, Clinton, Sterling area)
- North Central (Ottawa, Oglesby area)
- Central (Bloomington, Peoria, Champaign, Springfield area)
- West Central (Quincy, Beardstown, Macomb, Jacksonville area)
- Southern, South Central (Patoka, Centralia, Effingham, Carmi, Mount Vernon, Carbondale, Benton, Marion, Vienna, Pulaski area)

**REPRESENT YOUR REGION AND SEND IN YOUR  
MEAL OF THE MONTH ENTRIES FOR FEBRUARY  
BY 2/9, 5:00 PM!**

**To enter the contest, send your school meal pictures to  
schoolnutrition@illinois.edu.**

**The winner receives up to \$100 worth of school nutrition  
swag & recognition for serving a great school meal!**

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## FEATURED RECIPE: Vegetable Medley Salad

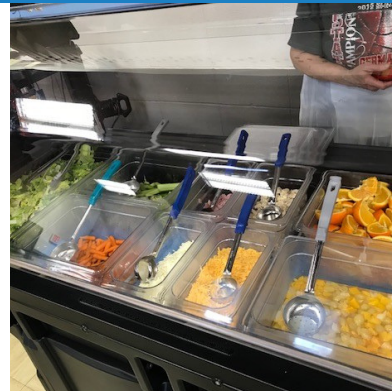
This colorful medley of edamame, corn, peas, black beans, and red onion is dressed with a tangy red wine vinaigrette and is sure to brighten up your vegetable offerings!

This recipe is Smart Snack compliant and comes from the Minnesota Department of Education. We've included it in our compilation of Smart Snack recipes for veggies, located in our Resources section (you must be logged on to access). [Click here to access the website now!](#)

## SALAD BAR SUCCESS

Ashley Hoffman (SNAP-Ed Educator with University of Illinois Extension) visited Germantown Elementary School recently for the unveiling of their new salad bar! Ashley helped the school get started by sharing feasibility information and guidelines for salad bar implementation. *On the day of the grand opening, 31% of the students who eat school lunch signed up for the salad bar instead of choosing the school's most popular entree, chicken nuggets!*

If your school is interested in getting a salad bar, we can help you with equipment grants, planning, and more! E-mail us at [schoolnutrition@illinois.edu](mailto:schoolnutrition@illinois.edu) to get started. **Already have a salad bar? Download the flyer on the next page and add your school's logo on the bottom right to customize. Print, laminate, and display to get students excited!**





# EAT THE RAINBOW AT OUR SALAD BAR

**Make your own creations with a  
variety of tasty options!**

- ✓ Grains
- ✓ Fruits
- ✓ Veggies

- ✓ Meats
- ✓ Cheeses
- ✓ Dressings

# NEW SCHOOL, NEW POSSIBILITIES

Although the brand new Lincoln-Douglas Elementary School was named after a famous debate between two Presidential candidates, there's no debate that students and staff are dedicated to nutrition and wellness.

Leah Erke (Extension Outreach Associate) has been working with the school since it opened last August to implement Smarter Lunchroom techniques and promote their school meal program. Here are just a few of the changes that have been made since their Smarter Lunchroom assessment in September...

- Blank walls? No problem. Leah incorporated the school colors into fruit and vegetable posters that are now hanging up. The colors are also integrated into arrows that students follow through the serving line.
- Students have been excited to have the opportunity to give fruits and vegetables creative names for the upcoming month's menu. They've also been creating artwork, which is being displayed near the cafeteria.



Pictured above (left to right): Leah Erke, Extension Outreach Associate; Richard Vogen, Director of College Planning & Special Projects; Akinwale Akingbule, SNAP-Ed Educator; Earl Bricker, County Extension Director for Adams, Brown, Hancock, Pike, & Schuyler Counties; Kimberlee Kidwell, Dean of the College of ACES at the University of Illinois at Urbana-Champaign; Lynn Dickerson, Lincoln-Douglas Food Service Manager

We look forward to continuing to work with Lincoln-Douglas Elementary School!

Interested in making YOUR lunchroom a Smarter Lunchroom? Need USDA Professional Standards Training? Contact us at [schoolnutrition@illinois.edu](mailto:schoolnutrition@illinois.edu) today!

**MONTH 3**  
**CHILDREN NAMED FOODS**

**Elementary November 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
Your child may choose the breakfast meal of the day or assorted cold cereal & toast. Milk & fruit or 100% fruit juice make a nutritious & complete meal.	Reduced Breakfast .30 Full Pay Breakfast 1.25 Reduced Lunch .40 Full Pay Lunch 2.40 Extra Juice or Milk .35	1 <i>Cinni Minis</i> Mini Pancakes & Sausage Harvest Hash <b>Brown Coins</b> Baby Carrots Orange Smiles Milk	2 <i>Flapstick</i> Soft Taco Cheese, Lettuce, & Salsa Refried Beans Minion's Banana Milk	3 <i>Mini Pancakes</i> Chicken Parmesan Dippers Breadstick Seasoned Green Beans Fruit Variety Milk
6 <i>French Toast Sticks</i> Chicken Patty on Bun Corn Baby Carrots Pilgrim Peaches Milk	7 <i>Biscuit &amp; Gravy</i> Chicken & Noodles Parachute Broccoli Baby Carrots Pineapple Milk	8 <i>Muffin &amp; Yogurt</i> Grilled Cheese Yee-Haw Cowboy Beans Sunset Sippie Applesauce Milk	9 <i>Scrambled Eggs</i> Pizza Sticks Marinara Sauce Army Green Beans Mandarin Oranges Milk	10 <i>Donut</i> Deli Sub w/Cheese Catapult Mixed Fresh Vegetables Ranch Dressing Fruit Variety Milk
13 <i>Mini Waffles</i> Hamburger on Bun Tator Tots Baby Carrots Apple Slices Milk	14 <i>Flapstick</i> Chicken Quesadilla w/Salsa Romaine Turkey Feather Salad w/Ranch Baby Carrots & Pears Milk	15 <i>Mini Pancakes &amp; Syrup</i> Four Cheese Garlic Bread Marinara Sauce Army Green Beans Mixed Fruit Milk	16 <i>Egg &amp; Cheese Slider</i> Turkey w/Gravy Mashed Potatoes Baby Carrots Applesauce & Roll Milk	17 <i>Mini French Toast</i> Corn Dog Maic Jumpin Baked Beans Baby Carrots & ranch Fruit Variety & Jello Milk
20 <i>Long John</i> Cheese Pizza Seasoned Green Beans Baby Carrots Minion's Banana Food Milk	21 <i>Fruit!</i> Soft Pretzel & Cheese Wazzarella Cheese Stick Parachute Broccoli Baby Carrots Fruit Variety & Milk Milk	22 <i>Happy Thanksgiving</i>	23 <i>Happy Thanksgiving</i>	24 <i>Happy Thanksgiving</i>
27 <i>Mini Pancakes &amp; Syrup</i> Hot Dog on Bun Sweet Tooth Potato Eries Baby Carrots Pilgrim Peaches Milk	28 <i>Muffin &amp; Yogurt</i> Spaghetti w/Meat Sauce Breadstick Romaine Salad w/ Ranch Applesauce Milk	29 <i>Scrambled Eggs</i> Pizza Bites Catapult Mixed Fresh Vegetables Ranch Minion's Banana food Milk	30 <i>Sausage Slider</i> Chicken Nuggets Mashed Potatoes & Gravy Baby Carrots Mandarin Oranges Milk	

Catapult Mixed Fresh Vegetables

Harvest Hash Brown Coins

*White milk was moved to the most accessible spot in the serving area and now represents 1/3 of the milk options available. This easy, no-cost change has increased white milk selection by 16% over two months!*

To cap off an exciting start to the school year, Lincoln-Douglas was selected for a visit from the Dean of the College of Agricultural, Consumer, and Environmental Sciences (ACES) at the University of Illinois. Dean Kimberlee Kidwell, Dr. George Czapar (Director of Extension and Outreach), and other Extension staff received a tour and met with school nutrition professionals to learn more about the impact of implementing Smarter Lunchroom strategies.

## LUNCH IN THE CLASSROOM

We recently profiled Decatur Public Schools District #61 for their Lunch in the Classroom program. Both Parsons and Enterprise Elementary Schools participate in this alternative meal service, which has many benefits. Go behind the scenes to see how it all works in this video!



## STAY IN TOUCH!

Website: [go.illinois.edu/abcsofschoolnutrition](http://go.illinois.edu/abcsofschoolnutrition)

E-mail: [schoolnutrition@illinois.edu](mailto:schoolnutrition@illinois.edu)

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## LEARNING INSTITUTES

Registration open for Decatur on February 23! [Click here to register and sign up to receive notifications when we add more dates and locations around the state.](#)



## NEW ON OUR WEBSITE

### NEW DOWNLOADABLE RESOURCES:

- USDA Smart Snacks Guide
- USDA Smart Snack Recipe Compilations: Breakfast and Baked Goods; Fruit; Vegetables; Smoothies and Yogurt; Savory Combinations; Trail Mix, Granola, and Popcorn
- Salad Bar Poster (18x24)
- Share Table Flyer

[Click here to access our website now!](#)

**If you have trouble accessing our courses, printing your completion report, or have other issues, please e-mail us!**

### RECENT MINI-COURSE ADDITIONS:

#### AVAILABLE NOW

Methods of Meal & Menu Planning (20 minutes credit; USDA Professional Standards 1100, 1310, 3230): Review basics of cycle menus and sources of fresh foods, learn considerations for planning attractive meals through key elements of presentation.

#### COMING SOON

Quality When Working with Quantity (15 minutes credit; USDA Professional Standards 2230, 2520, 2620): Understand best practices for receiving, storage, preparation, and holding to maximize taste, texture, and appearance of quantity recipes.

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