



## THINK FOOD

### School Nutrition Programs Shipment 4 October 2016



#### USDA FOOD Shipment 4 Update

The USDA Foods shipment schedule and Think Food newsletters for SY 2016-2017 are located on the Office of Public Instruction (OPI) School Nutrition

website. This website is located at

[http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/USDA.htm](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/USDA.htm). The shipment schedule is subject to change based on USDA Foods availability and warehouse space.

#### A Blast from the Past!

October 1955

“The Lockwood School at Billings have for some time been emphasizing the importance of lunch room behavior, and the teachers are requested to discuss the following 16 points of behavior with their classes. We feel this is a very good suggestion to pass on to all School Lunch Programs.

1. Base all table manners on consideration for others.
2. Be prompt at meals.
3. Remain standing until all persons at the table are ready to be served.
4. Eat slowly and take small bites.
5. Chew food thoroughly, and keep mouth closed while chewing.
6. Share in table conversation, but talk while mouth is empty.
7. Drink when mouth is empty of food.
8. Try new foods when served.
9. Eat dessert last.
10. Sit properly without lounging at the table.
11. Ask politely for service.
12. Carry only small portions of food to mouth on fork or spoon.
13. Use knife, fork and napkin correctly.
14. Wait until food has cooled to eat.
15. Learn to eat foods not usually served at home and eat them all to prevent waste.
16. Do not hurry in the dirty dish line. Take time to scrape plates and see that garbage is kept off the floor. “

#### USDA Food Delays and Shortages

- Macaroni noodles have been delayed due to production issues at their plant. It is unclear that this point when they will arrive.
- Pancakes have arrived and will be coming on Shipment 3.
- Pears and beef crumbles were delayed from the manufactures and will be shipped out on Shipment 4.
- To make up for a few items delayed for Shipment 3, orange juice was moved from Shipment 4 to Shipment 3.
- Remember there are two items, beef crumbles and rotini, that we were unable to get in the full quantity ordered. If you ordered either one of these items you *may* have a few less cases coming your way.

#### “Extras” List

Extra requests are due to Tessa Bailly at [tbailly@mt.gov](mailto:tbailly@mt.gov) by Monday October 10, 2016.

Food Item	Cases Available	Price/Case
Tuna, canned	670	\$46.63
Green Beans, canned	506	\$16.84
Cranberries, individual packs (300 – 1.16 oz/case)	450	\$35.00
Chicken Fajita Strips, frozen	413	\$47.68
Pulled Pork, unseasoned, cooked, frozen (8/5 lb pkgs)	400	\$112.90
Chicken, diced, frozen	370	\$92.92
Ham, sliced, frozen	370	\$76.58
Peas, frozen	328	\$18.10
Orange Juice, singles, frozen	247	\$9.35
Vegetarian Beans, canned	244	\$14.12
Cheese, red fat, cheddar, shred	198	\$61.57
Unseasoned Chicken Strips	181	\$51.27
Carrots, sliced, frozen	178	\$14.35
Ham, cooked, frozen	176	\$63.32

Turkey Roasts, frozen	172	\$101.45
Pancakes, frozen	170	\$9.77
Cheese, yellow, shred, frozen	159	\$58.42
Diced Tomatoes, canned	152	\$13.42
Flour, 100% Whole Wheat	140	\$9.20
Turkey Deli, unsliced	135	\$136.96
Cheese, mozz, shredded, frozen	131	\$58.48
Eggs, frozen	124	\$21.31
Tomato Sauce, canned	107	\$13.39
Spaghetti Noodles	106	\$6.96
Garbanzo Beans, canned	104	\$13.77
Peanut Butter	100	\$28.94
Great Northern Beans, canned	94	\$13.73
Tomato Paste, canned	84	\$23.07
Sweet Potatoes, canned	81	\$24.55
Blueberries, frozen	79	\$27.70
Turkey Deli, sliced	67	\$168.87
Oil, Vegetable	53	\$25.98
Spaghetti Sauce, canned	6	\$14.15

### Montana Crunch Time – October 24, 2016



Mark your calendar and find your apples because Montana Crunch Time is coming! Celebrate Food Day and National Farm to School Month with fellow Montanans by crunching into locally and regionally grown apples on October 24, 2016 at 2 p.m. Grab an apple, your colleagues, family, or friends, and join us for the loudest crunch yet! For more information visit: <http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html>

### Montana Harvest of the Month Program



Montana K-12 schools and afterschool programs can now register for the Montana Harvest of the Month program, which will begin September 2016! The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. Each month, the schools participating in the program focus on promoting one locally grown item (e.g., winter squash) by serving it in a meal, offering taste tests to students, and doing educational lessons and activities surrounding both the nutritional and agricultural aspects of the food. Montana Harvest of the Month is a perfect way to

launch or grow a farm to school program as it provides an easy framework to follow and ready-to-use materials. More information and registration visit: [www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)

### Menu Calendars from Team Nutrition

Menu calendar options are available on the OPI School Nutrition web page, under Food Service, then Menu Calendars.

[http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/FSForms.html](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/FSForms.html)

There is, also, a link to free menu calendars from the Bell Institute as well. Look under the Resources section and click on the cloud figure to download the files.

<https://www.bellinstitute.com/en/k-12>

### HealthierUS School Challenge: Smarter Lunchrooms Award Regional Workshops

Montana Team Nutrition invites you to attend a Gearing up for a HealthierUS School Challenge: Smarter Lunchrooms Award workshop! This training is appropriate for school food service managers, health enhancement teachers, administrators, school wellness committee members, school nurses, and parents. Schools are encouraged to bring a team of at least 2 people if possible. This free 2-hour workshop will credit towards Professional Standards training hours for Food Service Program Directors, Managers and Staff. OPI continuing education credit will be available upon request.

#### Dates and locations:

October 3, 2016 from 2:00 -4:00 pm in Glendive  
November 1, 2016 from 2:00 – 4:00 pm in Kalispell  
November 3, 2016 from 2:00 -4:00 pm in Billings

Registration information for each workshop is located here:

[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/ProfStandards.html?gpm=1\\_1&tpm=1\\_4](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/ProfStandards.html?gpm=1_1&tpm=1_4), under the Training Opportunities tab.

Please contact Molly Stenberg with questions or for more information: 406-994-7217, [stenberg@montana.edu](mailto:stenberg@montana.edu)