

ADE - DESE Child Nutrition Unit

Nutrition News

FALL into the new school year!



Celebrating Local.

Eating local, growing local, learning about local.
arfarmtoschool.org

October is... National Farm to School Month

Get involved by:

- Serving seasonal veggies
- Fresh vegetable or fruit taste test
- Farmers market in the cafeteria
- Help students plant seeds
- Organize a school garden "clean up"

Help your program
GROW!

2022 National School Lunch Week

You can celebrate by:

- 1) Plan creative and fun trays for the week
- 3) Celebrate the nutrition staff
- 4) Go all out and dress up in 1970's costume!
- 5) Create media outreach to parents
- 7) Involve a local celebrity
- 8) Hold an art contest and put on display!

CELEBRATE Oct. 11th - 14th



#NSLW22:
School Lunch Is Far Out

For more information visit:
schoolnutrition.org

Welcome to the 22-23 School Year New Child Nutrition Directors!

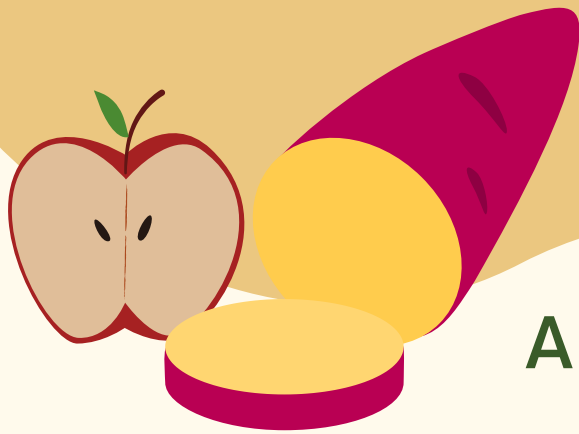
Jerry Sundermeier - AR Lighthouse
Stephanie Gable - Armored
Cassidy Brown - Atkins
Dan Breshers - Benton
Stephanie Clark - Blevins
Wendy Pannel - Brookland
Carrie Davis - Charleston
Stacey Battles - Corning
Laura Baber - Cutter- Morning Star
Lana Leggett - Des Arc
Melissa Lace - Earle
Adrian Jesse - Eureka Springs
Amy Jefferson - Fayetteville
Mildred Askew - Fordyce
Chad Jordan - Greene County Tech
Katie Reynolds - Hazen
Kristi Best - Hermitage
Dena Davis - Hillcrest
Susan Mendez - Lavaca

Victoria Phillips - Marion
Ann Burroughs - Mayflower
Tammie Works - Nettleton
Sydney Strother - Ouachita River
Lisa Hill - Paris
Rachel Ness - Piggot
Valerie McClearly - Searcy County
Dean Stanley - Searcy Special
Chris Ellis - Southside
Amber Clayton - Spring Hill
Brandy Tucker - Star City
Becky Kesler - Texarkana Arkansas
Tessa Clemmons - Van Buren
Carmen Killgore - West Memphis
Melissa Carr - West Side Cleburne
Tara Scott - Wonderview

Check Out the CNU Website for Resources:

dese.ade.arkansas.gov





Trending Food

Apple Glazed Sweet Potatoes

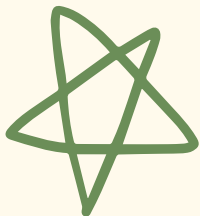
Ingredients

3 lb 14 oz Sweet Potatoes, fresh, whole
2 Cups apple juice
3/8 tsp nutmeg, ground
1/2 tsp cinnamon, ground
3/4 tsp salt
2 Tbsp butter, unsalted, cut into one inch pats

Yield: 25 Servings
Serving Size: 1/4 cup
Credits: 1/4 c RO vegetable

Preparation

- Preheat oven to 375* F
- Prick sweet potatoes with fork and bake 45-60 minutes until tender
- Slice potatoes lengthwise into wedges (8 per potato)
- Place apple juice in kettle or stockpot and heat over medium high heat until reduced to 1/4 of original volume
- Add nutmeg, cinnamon, and salt to apple glaze and stir in pats of butter. Reduce heat.
- Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through.
- Serve 2 wedges per 1/4 cup serving. Hold at 135* or higher.



Trending Food



Sweet Potato Oatmeal Muffins

Yield: 100 Servings
Servings Size: 3 oz Muffin
Crediting: 1.5 oz WG

Ingredients

12 fresh sweet potatoes
6 cups whole wheat flour
8 cups oat flour (ground from whole oats in a blender)
3 cups packed light brown sugar
3 Tbsp. baking powder
2 Tbsp. baking soda
1 1/2 tsp. salt
2 Tbsp. ground cinnamon
2 Tbsp. ground ginger
2 Tbsp. ground cloves
12 large eggs
1 1/2 cups olive oil
1/4 cup pure vanilla extract
3 cups low-fat, plain Greek yogurt
2 cups orange juice

Preparation

- Be sure that all ingredients are at room temperature.
- Preheat convection oven to 350°F set on low fan.
- Bake the potatoes for about 1 hour or until soft. When cool enough to handle, peel, and mash flesh.
- Meanwhile, coat muffin pans with pan release spray.
- In a medium bowl, sift together the whole wheat flour, oat flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, and cloves. Whisk until well combined.
- In a large bowl, beat the eggs; add the olive oil, vanilla, yogurt, orange juice, and mashed sweet potatoes and whisk to combine.
- Fold the dry ingredients into the wet until just combined. Do not overwork the batter.
- Using a 3-oz. ice cream scoop, portion batter into prepared pans and bake until a toothpick inserted into the center of the bread comes out clean, about 20-25 minutes.
- Allow muffins to rest in pan for 10 minutes; turn out onto a wire rack to cool completely.





Trending Food

Sock Rockin' Chili

Ingredients

1/4 cup olive oil
1/2 cup onions, frozen, chopped
1 cup green peppers, frozen, chopped
1/2 cup celery, raw, chopped
1 tbsp garlic powder
1 1/2 tbsp cumin, ground
1 tbsp chili powder
2 lb zucchini, raw, diced
3 3/4 lb beef crumbles, frozen
1/4 # 10 can black beans, low sodium
1/2 #10 can red beans, low sodium
1/2 #10 can tomato sauce, low sodium
1/2 #10 can tomatoes, diced, low sodium

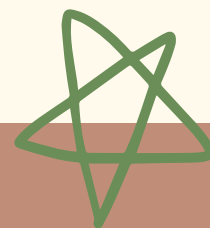
Yield: 25 servings
Portion Size: 1 1/4 cup
Crediting: 2 oz eq m/ma, 1 c vegetable (1/2 c RO, 1/4 c L, 1/4 c O)

Preparation

- Place sealed bag of beef crumbles in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.
 - Meanwhile, wash and chop raw vegetables.
 - Heat olive oil in stock pot. Add onions, celery, and peppers; sauté until soft (approximately 5 minutes).
 - Add garlic, cumin, chili powder, zucchini, diced tomatoes, and tomato sauce. Cook over medium heat until zucchini is softened (approximately 15 minutes).
 - Drain and rinse beans. Add beef and beans to mixture. Simmer chili, stirring occasionally, for approximately 45 minutes.
- Hold chili for hot service at 135°F or higher.

Fun Tip:

Substitute zucchini for sweet potato, acorn squash, or another season vegetable!



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attention! attention!

Important Dates:

OCTOBER 6: DIGITAL LEARNING

OCTOBER 11-14: NATIONAL SCHOOL LUNCH WEEK

NOVEMBER 15: VERIFICATION ACTIVITIES COMPLETED

DECEMBER 15: VERIFICATION COLLECTION REPORT DUE

FEBRUARY 2: DIGITAL LEARNING

MARCH 2: DIGITAL LEARNING

MARCH 6-10: NATIONAL SCHOOL BREAKFAST WEEK

APRIL 6: DIGITAL LEARNING

APRIL 15: ISP REPORT DUE

