



MARYLAND
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

2023-2024

MdSNA

Chapter Handbook

MdSNA Leadership Workshop

October 20, 2023

Ocean City, Maryland





Feeding Bodies. Fueling Minds.™

Fall 2023

Dear MdSNA Chapter President:

Congratulations on your election to the prestigious office of President of your local Chapter. It is an honor and a privilege to serve in this capacity.

MdSNA is pledging to support your presidency and the success of your chapter by providing you with this packet of information as well as other resources including the MdSNA website and *Serving Spoon* magazine.

Our website is kept current with information of importance to leading and inspiring a successful chapter. Many topics are included on the website for your use and perusal. See the attached screen shot of the website homepage. There are links to multiple other websites on topics of interest to our profession. We hope you will avail yourself of the wealth of information contained on the MdSNA website, especially our *News* page which contains current breaking news and events. We also publish the *Serving Spoon* quarterly containing current information about topics of interest as well as information on what other chapters are doing to fulfill their goals. The magazine is a good source of ideas that are being shared around the state. Be sure to send a report on your chapter activities to the editor for each edition.

Best Wishes for a very successful year as Chapter President and leader. We are here to help and support you. Please do not hesitate to contact us.

Call or email us for help and with any suggestions.

With appreciation,

Maryland School Nutrition Association



Making the right food choices, together.

Planning Your Year as Chapter President

Event	Chapter's Responsibilities	MdSNA's Responsibilities
House of Delegates (HOD)	<ul style="list-style-type: none"> Chapter is responsible for sending annual report of chapter's activities for HOD packet. Chapter Presidents should be prepared to give a brief update on chapter activities at HOD meeting. Chapter is responsible for sending the appropriate voting delegate to represent your chapter at HOD meeting. 	<ul style="list-style-type: none"> MdSNA will send mailing to Chapter President for annual report or form can be found on website. MdSNA will provide credentials to authorized delegates.
Parade of Leaders	<ul style="list-style-type: none"> Chapter presidents march in parade when scheduled at State Convention. 	<ul style="list-style-type: none"> MdSNA will mail forms requesting information from Chapter President. MdSNA will provide information regarding logistics of the parade.
Chapter Presidents Community www.schoolnutrition.org www.mdsna.org	<ul style="list-style-type: none"> Chapter President or designee to check website regularly for updates regarding news and documents. Chapter President or designee to provide updated information to website chairperson. 	<ul style="list-style-type: none"> MdSNA will update website regularly.
Chapter Leadership Grid	<ul style="list-style-type: none"> Provide MdSNA with updated information on county leaders, including contact information. 	<ul style="list-style-type: none"> MdSNA will provide an update form each Spring. Updates should be returned to MdSNA by May 15.
President's Meetings	<ul style="list-style-type: none"> Chapter President or designee is encouraged to attend at least 2 Executive Board meetings. 	<ul style="list-style-type: none"> MdSNA will notify chapter president of meeting dates and locations. MdSNA will provide information and updates on the Strategic Plan.

Event	Chapter's Responsibilities	MdSNA's Responsibilities
MdSNA Legislative Workshop	<ul style="list-style-type: none"> • Chapter Presidents are encouraged to attend with their chapter's Legislative Chair. 	<ul style="list-style-type: none"> • MdSNA provides information regarding MdSNA Legislative Workshop.
State Leadership Conference	<ul style="list-style-type: none"> • Chapter will send at least one chapter representative – preferably the incoming president – to receive leadership training and information on the coming year's Strategic Plan. • Chapter will participate in discussion on any Mega Issues. 	<ul style="list-style-type: none"> • MdSNA will provide information about meeting logistics and provide materials. • MdSNA Executive Committee will serve as key resources to assist with development of the Strategic Plan.
SNA and MdSNA Awards	<ul style="list-style-type: none"> • Chapter should inform members about the awards that are open to all state membership and encourage members to apply. 	<ul style="list-style-type: none"> • MdSNA will provide detailed award application information, including deadlines, during MdSNA Leadership Conference. • MdSNA will post award applications to the website. • MdSNA Executive Secretary will send email reminder when an award application is due. • MdSNA will notify winners. • MdSNA will provide awards for the presentation.

1

VOICE OF SCHOOL NUTRITION

- Continue to elevate the image of school nutrition professionals.
- Encourage members to enhance their education about school nutrition.
- Continue to recognize school nutrition professionals.

2

CAREER DEVELOPMENT AND GROWTH

- Offer the membership opportunities to network and expand their knowledge of the School Nutrition Association.
- Promote professional growth opportunities to our membership.
- Promote leadership opportunities within MdSNA.
- Educate the membership on DEIA - Diversity, Equity, Inclusion, and Access.

3

STAKEHOLDER COMMUNITY

- Strengthen our relationship with our Sustaining Industry Partners.
- Strengthen our relationship with our chapters and county school districts stakeholders.
- Strengthen our relationship with our allied partners.
- Strengthen our relationship with our legislators.

4

THRIVING ORGANIZATION

- Work with chapters to educate all employees of child nutrition programs in the state about the benefits of being a member of MdSNA and SNA.
- Develop a web based quarterly chapter leaders meeting.
- Work to support our chapters.
- Seek new revenue opportunities.

2023-2024 Plan of Work



Maryland School Nutrition Association

1

VOICE OF SCHOOL NUTRITION

- Continue to elevate the image of school nutrition professionals.
- Encourage members to enhance their education about school nutrition.
- Continue to recognize school nutrition professionals.

How can your chapter provide professional development opportunities?

How can your chapter elevate the image and recognize school nutrition professionals?

2023-2024 Plan of Work

***Implementation
at the Local
Chapter Level***



Maryland School Nutrition Association

2

CAREER DEVELOPMENT AND GROWTH

- Offer the membership opportunities to network and expand their knowledge of the School Nutrition Association.
- Promote professional growth opportunities to our membership.
- Promote leadership opportunities within MdSNA.
- Educate the membership on DEIA - Diversity, Equity, Inclusion, and Access.

How can your chapter offer networking opportunities for your membership?

How can your chapter promote professional growth in your association?

2023-2024 Plan of Work

***Implementation
at the Local
Chapter Level***



Maryland School Nutrition Association

3

STAKEHOLDER COMMUNITY

- Strengthen our relationship with our Sustaining Industry Partners.
- Strengthen our relationship with our chapters and county school districts stakeholders.
- Strengthen our relationship with our allied partners.
- Strengthen our relationship with our legislators.

How can you involve industry in your local chapter?

How can you educate Legislators on the importance of child nutrition programs at the local level?

2023-2024 Plan of Work

***Implementation
at the Local
Chapter Level***



Maryland School Nutrition Association

4

THRIVING ORGANIZATION

- Work with chapters to educate all employees of child nutrition programs in the state about the benefits of being a member of MdSNA and SNA.
- Develop a web based quarterly chapter leaders meeting.
- Work to support our chapters.
- Seek new revenue opportunities.

How can you promote MdSNA membership at the local level?

How can you improve communication to the members of your chapter?

2023-2024 Plan of Work

Implementation at the Local Chapter Level



Maryland School Nutrition Association



PARTICIPATION

By chapter's President and President Elect

- MdsNA Leadership Workshop
- MdsNA 2024 Spring Legislative Workshop
- MdsNA 2024 Spring Education Workshop
- MdsNA Executive Board Meetings in January, March, June and September
- Chapter Update article for the *Serving Spoon* in Spring, Summer and Fall 2024 editions
- Submission of Google Form Plan of Work with Checklist by May 15, 2024

2023-2024 Plan of Work

Chapter Leader Participation



Maryland School Nutrition Association



NATIONAL AND STATE NEW MEMBER APPLICATION

Member ID _____

① Have you ever been a SNA member? Yes No

② First Name _____ Last Name _____

③ Email _____ Job Title _____

④ School District _____ ⑤ School Name _____ ⑥ Chapter No. _____

⑦ Work Phone _____ Home Phone _____

⑧ Work Mailing Address (Please indicate preferred mailing address Work Home)
Address _____ Suite _____

City _____ State _____ Zip _____

⑨ Home Mailing Address
Address _____ Suite/Apt _____

City _____ State _____ Zip _____

⑩ Who referred you to SNA? First Name _____ Last Name _____ (Optional) Member ID: _____

⑪ Membership Category (Check either individual membership or school district/state agency membership (SDM). See back for description)

National Dues

Member Categories	Individual Membership	School District/State Agency Membership
SN Employee	\$40 <input type="checkbox"/>	\$40 <input type="checkbox"/>
Student	\$40 <input type="checkbox"/>	N/A
Retired	\$40 <input type="checkbox"/>	N/A
SN Manager	\$42 <input type="checkbox"/>	\$42 <input type="checkbox"/>
District Director/Supv/Spec	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Major City Director/Supv/Spec	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
State Agency Director and Staff	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Nutrition Educator	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Other	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Affiliate Employee	\$20 <input type="checkbox"/>	N/A
Affiliate Retired	\$20 <input type="checkbox"/>	N/A

⑫ Employed by? Public School Private Management Company
 Private School CACFP

⑬ Does your employer pay your dues? Yes No

⑭ Are you responsible for school nutrition operations in your school district? Yes No

National, State Dues and Processing Fee are required.

⑮ NATIONAL DUES \$.

MD ⑯ STATE DUES* \$.

⑰ PROCESSING FEE \$ 3 . 0 0

⑱ TOTAL DUES \$.

⑲ Tax-deductible contribution to SN Foundation
___\$10 ___\$25 ___\$50 ___Other \$.

⑳ TOTAL PAYMENT \$.

⑯ Your STATE DUES are: (Record state dues in the space provided on right) * Select one.

\$6.00 RET/STU/AFE/AFR \$10.00 SNE/SNM

\$15.00 DDS/MCD/SDS/EDU/OTH

㉑ For credit card payment, please visit www.schoolnutrition.org

㉒ Individual Membership Signature _____ Date _____

For SDM multiple applicants, you may use a spreadsheet found at www.schoolnutrition.org/sdm.

See reverse side for important information.

Dues subject to change.

㉓ FOR SCHOOL DISTRICT MEMBERSHIP (SDM) ONLY

SDM Main Contact Name _____

(Optional) SDM Main Contact Member ID _____

Email _____

Business Phone Number _____

Return this form with your check or money order made payable to SNA.

Mail application to SNA Depository PO Box 719297, Philadelphia, PA 19171-9297

SNA National and State Membership Application Guidelines

Membership Application for Individual and School District Memberships.

Instructions for completing the front of this application:

1. Please indicate if you have ever been a SNA member.
2. Print your full name as you would like it to appear in your membership record and on your membership card.
3. Print your email address and job title. All SNA members automatically receive emailed information related to the organization.
4. Print your current school district.
5. Print your current school name.
6. If you know your local chapter number, please fill in.
7. Print your work and home phone number.
8. Print your work mailing address.
9. Print your home mailing address.
10. Print full name of member referrer who introduced you to SNA (only needed for new members). This will give the person credits for Star Club and annual membership campaign drives. Optional: Include referrer's SNA member ID.
11. Please review the membership categories listed. Check one that best describes your position. **School District/State Agency Membership (SDM) is a membership managed or coordinated by the school district/state agency and can be transferred to another individual in the same membership category. Please check with your district to see if you are eligible for SDM.**
12. Please check if you are employed by public school, private school, or private management company.
13. Please indicate if your employer pays your dues.
14. Please indicate if you are responsible for school nutrition operations in your school district.
15. Record your national dues based on membership category checked.
16. Record your state dues based on the dues listed on left side of application under "Your state dues are:"
17. All applications must include the processing fee.
18. Please add national, state dues and processing fee amounts. This is the total dues amount to be paid. Applications with incorrect total amount will be returned resulting in a delay of member benefits.
19. Record your optional contribution to the School Nutrition Foundation. The School Nutrition Foundation is a 501(c)(3) organization and donations are tax deductible. Your contribution of \$10 or more will be acknowledged by the School Nutrition Foundation.
20. Add national dues, state dues, processing fee and any optional contributions. This is the total payment.
21. If paying by credit card, please visit www.schoolnutrition.org.
22. This box must be completed for SDM applicants.
23. Please sign and date your completed application. Required for individual membership only. Mail your application and payment to SNA, SNA Depository PO Box 719297, Philadelphia, PA 19171-9297

Membership dues cover a full year of member benefits. Processing of application takes approximately two to four weeks from receipt of payment. Once application is processed, new members will be able to access and print their membership card by logging in at www.schoolnutrition.org.

Dues Category	Membership Category	Description	Individual Membership	School District/State Agency Membership
SNE	School Nutrition Employee	Cooks, chefs, bakers, bookkeepers, technicians, assistants, etc.	\$40	\$40
STU	Student	Full-time students enrolled in post-secondary nutrition, health or other food related program. Does not include right to vote.	\$40	N/A
RET	Retired	Retired Members.	\$40	N/A
SNM	School Nutrition Manager	Managers, head cooks, head chefs, assistant managers.	\$42	\$42
DDS	School Nutrition Director, Supervisors, Specialist, Executive Chefs	Working in a school nutrition program at the school district level.	\$143	\$143
MCD	School Nutrition Director, Supervisor, Specialist (Major City)	Working in a school nutrition program where the school district enrollment is 40,000 or more or city population is 200,000 or more.	\$143	\$143
SDS	State Agency Director, Supervisor, Specialist	Working in state office for child nutrition programs, including nutrition education.	\$143	\$143
EDU	School Nutrition Educator	Faculty working in a college/university setting.	\$143	\$143
OTH	Other	Principals, Superintendents, Teachers, etc. Does not include right to vote.	\$143	\$143
AFE	Affiliate Part-Time Staff (less than 4 hours daily)	Optional membership category for retired or part-time school nutrition staff. Does not include a subscription to <i>SN</i> magazine or the right to vote in the annual SNA election.	\$20	N/A
AFR	Affiliate Retired		\$20	N/A

Note: Contributions or gifts to SNA are not deductible as charitable contributions for federal income tax purposes. Contributions to the Foundation are deductible for IRS purposes. \$2.00 of your national dues is used for your subscription to the *SN* magazine.

Mail completed form and payment to: MdSNA, Goshen School Road, Gaithersburg, MD 20882

Maryland School Nutrition Association (MdSNA)

MEMBERSHIP APPLICATION

*This form is for use only by those who are joining/renewing MdSNA without joining/renewing SNA.
If you are an SNA member or are joining SNA, DO NOT use this form.*

Name:	
Address: (Street)	
(City & State)	(Zip)
Phone: (Home)	(Work)
Fax:	Email:
Chapter Affiliation: (county where you work)	<input type="checkbox"/> New Member <input type="checkbox"/> Renewal
Fees (Check One) <input type="checkbox"/> \$6.00 Part Time (Fewer than 4 hours & Retirees) <input type="checkbox"/> \$10.00 Single Unit (Employees 4 hours & over) <input type="checkbox"/> \$15.00 Central Unit (Personnel & others eligible)	Make checks payable to: MdSNA <i>If form is sent in by your chapter's membership chairperson, then card will be sent back to him/her.</i>



Need to Contact MdSNA?

Visit us on the web: www.mdsna.org

or contact Executive Secretary Michele Switzer:

By Email –
admin@mdsna.org

By Phone –
410-740-7278

By U.S. Mail –
MdSNA
21912 Goshen School Road
Gaithersburg, MD 20882

Need to Contact SNA?

By Mail –
School Nutrition Association
2900 S. Quincy Street
Arlington, VA 22206

By Email –
servicecenter@schoolnutrition.org

By Phone –
(703) 824-3000

By Fax –
(703) 824-3015

On the Web –
www.schoolnutrition.org



MdSNA Awards



It's Time for 2024 Award Nominations!

Let's produce a crashing "wave of nominations" for our gathering in Ocean City for the 2024 MdSNA Convention.

Hopefully, your local SNA chapter has selected your nominees for:

Due May 31 to local SNAs

- ◆ Nominations are due to the local chapter/county Food and Nutrition Service designee (chapter president typically) for:
 - *Manager of the Year in Honor of Louise Sublette Award*
 - *Employee of the Year Award*
 - *Rhonda Motley Gold Success Award*
 - *Innovation Award*

Your county winners will be submitted for nomination of the state MdSNA awards and announced at the fall convention's Awards Banquet. State winners will receive \$1,000 toward registration and travel expenses for SNA's next Annual National Conference.

Due July 31 to MdSNA

- ◆ County chapter award winners and nomination forms due to MdSNA Awards Chair for state consideration.
- ◆ Director of the Year nominations due to MdSNA Awards Chair.
- ◆ Nomination forms must be emailed to Patrice.Puertollano@pgcps.org.
- ◆ State winners will receive \$1,000 toward registration and travel expenses for SNA's next Annual National Conference.

NOMINATION FORMS ARE AVAILABLE ON

WWW.MDSNA.ORG

(Main Menu: Education/Awards)

Questions? Patrice.Puertollano@pgcps.org

Or call Pia Puertollano, MdSNA Awards Chair, at (301)817.0535.



Feeding Bodies. Fueling Minds.™

TO: MdsNA Elected Officers, Standing Committee Chairpersons, Past State Presidents, Affiliated Chapter Presidents and Presidents-Elect

FROM: Cody Wilt, President, and Eric Goslee, President Elect & 2024 Convention Chairperson, LuAnn Klink, House of Delegates Chairman

SUBJECT: Resolutions, Constitution & Bylaw Amendments for the House of Delegates

The 50th House of Delegates meeting of the Maryland School Nutrition Association will be held in the fall of 2024 at the annual convention to be held on October 20-21, 2023. Proposed resolutions and amendments will be acted on at that time.

This meeting is your opportunity to bring before the governing body of the Association any special concerns or ideas in the form of resolutions and amendments. The resolution and amendment process is your chance to be involved in determining the direction and growth of your Association.

All proposed resolutions and amendments should be submitted in writing, for review by the Executive Board. Please forward your proposals to MdsNA Bylaws, 21912 Goshen School Road, Gaithersburg, MD 20882 by July 31, 2024, or email to admin@mdsna.org.

On the MdsNA website, www.mdsna.org, you will find a copy of the procedures used to prepare, submit and present a resolution or amendment located in the [About/Governing Docs menu](#). More detailed information on the procedures is in the Association Administrative Handbook given to each affiliated Chapter and State Association Executive Board Member and Committee Chairperson. The templates in Microsoft Word are also attached to this email/letter for your convenience. If you would like assistance in drafting a resolution or amendment, please contact Ms. Muschik, MdsNA Bylaws Chairperson, at 301-514-5676 or emuschik@hotmail.com.

Thank you for your interest and cooperation in this very important function of your local state association.



Feeding Bodies. Fueling Minds.™

HOW TO SUBMIT PROPOSED RESOLUTIONS AND CONSTITUTION AND BYLAW AMENEDMENTS FOR MdsNA HOUSE OF DELEGATES

A. Who May Submit a Resolution or Bylaw Amendment

1. Any State Association Executive Board Member, committee, affiliated chapter or state association member.
2. The MdsNA Executive Board may be the sponsor or co-sponsor of the proposed resolution or amendment.

B. How to Identify Issues

1. Resolutions may be developed on issues and for actions. They may also be used for commendations. Amendments may be used to change the Association Bylaws. They should be thought of in the following categories:
 - a. Policy Resolutions: Guides the long-term decision-making process of the Association leadership.
 - b. Action Resolution: Requires short-term, immediate action for a specific need.
 - c. Commendation: Pays tribute to honor someone deemed worthy of praise by the Association.
 - d. Request for change of bylaws: Identifies problem and proposed solution.
2. The steps that should be taken to develop a proposed resolution or amendment are:
 - a. Identify issue or concern.
 - b. Determine the reason there is an issue or concern.
 - c. Decide how to deal with the issue or concern.
 - d. Get consensus on the best solution.

C. How to Submit a Resolution or Amendment for Consideration

Mail to the Resolutions Committee Chairperson no later than May 31st.

D. How Resolutions and Amendments are Reviewed and Presented to the House of Delegates

1. The Resolutions Committee reviews for content and clarity. The Committee will contact the sponsor if there are any questions or to recommend changes to improve the resolution or amendment.
2. The Resolutions Committee evaluates and determines the position and recommendation it will make to the HOD.
3. Proposed resolutions or amendments are mailed to all delegates 30 days prior to the HOD meeting.
4. The Resolutions Committee Chairperson presents resolutions and amendments to the HOD with the decision to recommend or not to recommend passage. If the Committee does not recommend passage, a second is required from the floor by someone other than the original sponsor of the resolution or amendment.
5. The sponsor and other delegates speak to the issue or concern on the floor of the HOD.

MARYLAND SCHOOL NUTRITION ASSOCIATION

EXPENSE POLICIES

All bills over \$50.00 must be reviewed and approved by the Executive Board or two members of the Executive Committee if an Executive Board meeting is not scheduled within thirty (30) days of the receipt of the bill. All decisions of the Executive Committee will be reviewed by the Executive Board.

TRAVEL EXPENSES

All members traveling on official business for the Association must have prior approval for such travel. Expenses will be reimbursed as follows:

- FOOD:** Internal Revenue Service (IRS) federal per diem rates.
- MILEAGE:** Internal Revenue Service (IRS) federal mileage rates.
- LODGING:** The Association will reimburse hotel bills when business matters make it necessary to stay overnight. Single occupancy reimbursement is permitted. If lodging is in Maryland, reservations will be made by the Treasurer whenever possible so that the Association's Tax Exemption can be utilized.

NOTE: *All expenses **MUST** be accompanied by a receipt. Travel will be reimbursed only with a completed Association Expense Voucher, receipts and approval of the Executive Board. If possible, Expense Vouchers should be submitted to the Treasurer within two weeks of occurrence.*

REIMBURSABLE EXPENSES

1. Travel to Executive Board meetings for Executive Board members. These members are: Elected State Officers, State Committee Chairpersons, and the Presidents of Affiliate Chapters (one car per chapter).
2. Approved travel of the MdSNA Executive Board and other members assigned on official Association business.
 - Examples:
 - a) Convention Committee meetings and other business
 - b) Travel to approved national and local meetings
 - c) Travel by Elected Officials to Chapter meetings
 - d) Travel by State Committee members on approved official Association business.
3. Printing/copying and miscellaneous supplies for approved official Association business.

NON-REIMBURSABLE EXPENSES

1. Travel and expenses to the State convention and workshops for Affiliate Chapter officers should be covered by each chapter for their officers.
2. Expenses incurred over the approved budget.

AUTOMATIC PAYMENTS

1. Executive Board Meeting:
 - a. Eligible for Reimbursement: State Officers, Committee Chairpersons and Chapter Officers (President and President-Elect, 1 car per chapter)
 - i. Eligible Expenses: Mileage
2. Executive Committee Meeting:
 - a. Eligible for Reimbursement: All members
 - i. Eligible Expenses: Mileage
3. SNA Annual Convention:
 - a. Eligible for Reimbursement: President, President-Elect and Vice President
 - i. Eligible Expenses: Registration (conference only), traveling expenses (mileage or air, lodging and meals)
4. SNA Leadership Conference:
 - a. Eligible for Reimbursement: President-Elect and Vice President
 - i. Eligible Expenses: Registration, traveling expenses (mileage or air, lodging and meals)
5. SNA Future Leaders Conference:
 - a. Eligible for Reimbursement: Members who have been selected by the Executive Board
 - i. Eligible Expenses: Registration, traveling expenses (mileage or air, lodging and meals)
6. MdSNA Annual Convention:
 - a. Eligible for Reimbursement: Five elected officers (President, President-Elect, Vice President, Secretary, Treasurer)
 - i. Eligible Expenses: Registration, traveling expenses (mileage or air, lodging and meals)
7. MdSNA Leadership Training Workshop:
 - a. Eligible for Reimbursement: Five current officers (President, President-Elect, Vice President, Secretary, Treasurer), incoming Vice President and either the incoming Secretary or incoming Treasurer
 - i. Eligible Expenses: Registration
8. SNA Legislative Action Conference:
 - a. Eligible for Reimbursement: President, President-Elect, Federal Legislative Chair
 - i. Eligible Expenses: Full registration, meals, mileage and lodging
 - b. Eligible for Reimbursement: Team Leaders
 - i. Eligible Expenses: Single day registration, meals and mileage
9. Contracted Support Personnel:
 - a. Mileage for Association business

- b. Annual convention and leadership training: registration, hotel (if a complimentary room is not available), meals and mileage
- c. Executive Secretary training held at SNA Washington: registration, meals, mileage and lodging (if required)

Expense vouchers must be filled out for all expenses.

Maryland School Nutrition Association Expense Voucher

MdSNA Expense Reimbursement Request Form

for treasurer's use only

Name _____	Check Number _____	Date Paid _____	Committee Budget _____
Phone _____	Address _____		
Email _____	Chapter/Committee _____		

Travel Expenses Please include starting and ending complete street addresses, including zip code.

Date	Starting Address	Destination Address	Miles Traveled	2023	Hotel	Breakfast	Lunch	Dinner	Other Expenses (please explain here and put \$ in next box)	Other Expenses
				\$0.655						
Total Travel Expenses										

Committee Expenses		
Date	Explanation	Total
Total Committee Expenses		

Summary of Expenses	
Committee Expenses	
Mileage	
Hotels	
Meals	
Other Expenses	
Total from additional page(s)	
Total Expenses	

Total Allowable Expenses	
Minus Advanced Funds	
Total Reimbursement	

Signature of Person Submitting Voucher _____	date _____
Signature of Treasurer _____	date _____

Submit completed Voucher with Receipts to: MdSNA, 21912 Goshen School Road, Gaithersburg, MD 20882
No reimbursements will be made without supporting receipts.
Per Diem flat amount will not be reimbursed without itemized breakdown of expenses with supporting receipts. Alcoholic beverages will not be reimbursed.

Submit Completed Voucher with Receipts to: Kathy Kim, 18921 Ferry Landing Circle, Germantown, MD 20874

Maryland School Nutrition Association

2023-2024 Calendar of Events



OCTOBER 2023

October 9-13 National School Lunch Week 2024
"Level Up With School Lunch"
October 20-21 69th Annual MdSNA Convention, Ocean City
October 27 Convention Wrap Up/Recap Meeting, 11 a.m.
Zoom

NOVEMBER 2023

November 1 Articles due to Serving Spoon Editor
November 15-17 Fall Industry Boot Camp
Virtual
November 30 MdSNA Executive Committee Mtg.,
11 a.m. - 2 p.m., Zoom

DECEMBER 2023

December 1 Serving Spoon Distribution
December 7 Chapter Leaders Meeting, 3:00 p.m., Zoom
December 14 MdSNA Convention Committee Mtg.,
11 a.m. - 1 p.m., Zoom
December 14 MdSNA Executive Board Mtg., 1:15 - 2:45 p.m.
Zoom

JANUARY 2024

January 14-16 SNA School Nutrition Industry Conference
Orlando, FL

FEBRUARY 2024

February 1 Articles due to Serving Spoon Editor

MARCH 2024

March 1 Serving Spoon Distribution
March 1 MdSNA State winners of Employee of the Year,
Manager of the Year and Director of the Year
nominations submitted to SNA for regional/
national award entry
March 4-8 National School Breakfast Week
"Surf's Up With School Breakfast"
March 3-5 SNA Legislative Action Conference, Wash., DC
March TBD MdSNA Legislative Action Conference (tbd)
2:00 PM -4:00 PM
March 7 MdSNA Executive Committee Mtg.,
11 a.m. - 2 p.m., IN PERSON
March 14 Chapter Leaders Meeting, 3:00 p.m., Zoom
March 21 MdSNA Convention Committee Mtg.,
11 a.m. - 1 p.m., Zoom
March 21 MdSNA Executive Board Mtg., 1:15 - 2:45 p.m.
Zoom

APRIL 2024

April TBD MdSNA Education Workshops (virtual)
April 25-27 SNA National Leadership Conference
Seattle, WA

MAY 2024

May 1 Articles due to Serving Spoon Editor
May 2 MdSNA Executive Committee Mtg.,
11 a.m. - 2 p.m., Zoom
May 3 National School Lunch Hero Day
May 9 Chapter Leaders Meeting, 3:00 p.m., Zoom
May 15 Chapter Strategic Plan due to MdSNA President
May 16 MdSNA Convention Committee Mtg.,
11 a.m. - 1 p.m., Zoom
May 16 MdSNA Executive Board Mtg., 1:15 - 2:45 p.m.
Zoom
May 31 Resolutions due to Bylaws Chairman for HOD
May 31 Nominations due to local chapters
awards designee for Manager of the Year in
Honor of Louise Sublette, Employee of the
Year, Rhonda Motley Gold Success
Award, Innovation Award

JUNE 2024

June 1 Serving Spoon Distribution
June 10 List of local chapters' new officers due to MdSNA
Executive Secretary

JULY 2024

July 14-16 SNA Annual National Conference
Boston, MA
July 31 County award winners and their nominations for
Director of the Year, Manager of the Year in
Honor of Louise Sublette, Employee of the Year,
Rhonda Motley Gold Success Award,
Innovation Award due
July 31 Sustaining Industry Partnership Applications Due

AUGUST 2024

August 1 Articles due to Serving Spoon Editor
August 1 MdSNA Executive Committee Mtg.,
11 a.m. - 2 p.m., In Person
August 15 MdSNA Convention Committee Mtg.,
11 a.m. - 1 p.m., HYBRID IN PERSON & ZOOM
August 15 MdSNA Executive Board Mtg., 1:15 - 2:45 p.m.
HYBRID IN PERSON & ZOOM

SEPTEMBER 2024

September 1 Serving Spoon Distribution
September 12 Chapter Leaders Meeting, 3:00 p.m., Zoom

OCTOBER 2024

October 14-18 National School Lunch Week
October 18-19 70th Annual MdSNA Convention, Ocean City

*Awards and Scholarship applications accepted year-round.

** Check back frequently to www.MdSNA.org for latest calendar



2023-24

PROMOTION CALENDAR

**Make every day a celebration
in the school cafeteria!**



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School Nutrition magazine



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AUGUST 2023

MONTH-LONG EVENTS

- Back-to-School Month
- Family Fun Month
- International Pirate Month
- National Goat Cheese Month
- National Golf Month
- National Immunization Awareness Month
- National Panini Month
- National Sandwich Month
- Summer Sun Safety Month
- National Peach Month

WEEK-LONG/MULTI-DAY EVENTS

- International Clown Week | Aug. 1-7
- National Farmers Market Week | Aug. 6-12
- National Aviation Week | Aug. 19-25
- World Water Week | Aug. 23-Sept. 1
- Be Kind to Humankind Week | Aug. 25-31

SINGLE-DAY EVENTS

- Air Force Day | Aug. 1
- National Watermelon Day | Aug. 3
- International Cat Day | Aug. 8
- National Book Lovers Day | Aug. 9
- World Elephant Day | Aug. 12
- National Relaxation Day | Aug. 15
- National Fajita Day | Aug. 18
- National Aviation Day | Aug. 19
- World Humanitarian Day | Aug. 19
- World Photography Day | Aug. 19
- National Tooth Fairy Day | Aug. 22
- World Plant-Based Milk Day | Aug. 22
- National Waffle Day | Aug. 24
- National Dog Day | Aug. 26
- National Beach Day | Aug. 30
- Eat Outside Day | Aug. 31
- National Trail Mix Day | Aug. 31

NOTABLE BIRTHDAYS + ANNIVERSARIES

- DOGust 1st: Universal Birthday for Shelter Dogs | Aug. 1
- Francis Scott Key | Aug. 1
- U.S. Coast Guard | Aug. 4
- Lucille Ball | Aug. 6

- Voting Rights Act of 1965 | Aug. 6, 1965
- Julia Child | Aug. 15
- 19th Amendment – Women's
- Right to Vote | Aug. 18, 1920
- 1963 March on Washington | Aug. 28

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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August 3 is National Watermelon Day!

Black Bean, Corn & Watermelon Salad

Serves 50 (3/4 cup)

Per Serving 100 cal., 3 g pro., 5 g fat, 12 g carb.,
65 mg sod.

Meal Pattern 1/8 cup legumes, 1/8 cup starchy
vegetables, 1/8 cup other vegetables,
1/4 cup fruit



Ingredients

45 oz. black beans, canned, low-sodium
2 lb., 5 oz. corn, frozen, thawed
12 oz. red onions, chopped
2 lb., 4 oz. green bell peppers, chopped
8 lb., 4 oz. seedless watermelon, chopped
4 cups cilantro, chopped
1 tsp. garlic, granulated
4 Tbsp. ground cumin
2 Tbsp. chili powder, mild
1/2 cup lime juice
1 cup olive oil
1/2 tsp. kosher salt

Directions

1. Drain and rinse the beans under cool running water.
2. Combine the beans, corn, onions and green bell peppers in a large bowl. Gently fold in the watermelon and cilantro.
3. Make the dressing by combining the garlic, cumin, chili powder, lime juice, olive oil and salt in a bowl. Whisk for about 2 minutes to blend.
4. Toss the salad with the dressing just before service. To serve, portion 3/4 cup of salad.

Recipe, Photo and Nutritional and Meal Pattern Analyses

National Watermelon Promotion Board, www.watermelon.org



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SEPTEMBER 2023

MONTH-LONG EVENTS

[Better Breakfast Month](#)

[Fruits & Veggies—More Matters Month](#)

Hispanic Heritage Month | Sept. 15–Oct. 15

National Food Safety Education Month

[National Potato Month](#)

National Rice Month

National Suicide Prevention Month

[National Whole Grains Month](#)

Self-Improvement Month

[Sourdough September](#)

World Alzheimer’s Month

WEEK-LONG/MULTI-DAY EVENTS

National Waffle Week | Sept. 3–9

[Suicide Prevention Week](#) | Sept. 10–16

Yom Kippur | Sept. 24–25

Sukkot | Sept. 29–Oct. 6

SINGLE-DAY EVENTS

National Food Bank Day | Sept. 1

Labor Day | Sept. 4

[National Wildlife Day](#) | Sept. 4

National Cheese Pizza Day | Sept. 5

World Samosa Day | Sept. 5

National Read a Book Day | Sept. 6

[International Day of Clean Air](#) | Sept. 7

Patriot Day | Sept. 11

[National Peanut Day](#) | Sept. 13

National Coloring Day | Sept. 14

National Cheeseburger Day | Sept. 18

[International Day of Peace](#) | Sept. 21

World Gratitude Day | Sept. 21

Hobbit Day | Sept. 22

National Food Service Employee Day | Sept. 25

National Quesadilla Day | Sept. 25

World School Milk Day | Sept. 27

NOTABLE BIRTHDAYS + ANNIVERSARIES

Jesse Owens | Sept. 12

Roald Dahl | Sept. 13

Writing of the “Star-Spangled
Banner” | Sept. 14, 1814

[Agatha Christie](#) | Sept. 15

U.S. Air Force | Sept. 18

Shel Silverstein | Sept. 25

Bill of Rights creation | Sept. 25, 1789

Johnny Appleseed | Sept. 26

Serena Williams | Sept. 26

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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September is National Rice Month!

"Fried" Rice with Edamame

Serves 32 (3/4 cup)

Per Serving 159 cal., 5.7 g pro., 3 g fat, 27 g carb., 311 mg sod.

Meal Pattern 1-oz.-eq. whole grain, 1/4 cup additional vegetables

Ingredients

2 lb. brown rice, dry, parboiled
2 qt., 2 cups water
1 cup low-sodium soy sauce*
2 Tbsp. toasted sesame oil
2 tsp. garlic powder
2 tsp. onion powder
2 tsp. ground ginger
2 tsp. ground black pepper
4 cups edamame, shelled
4 cups carrots, diced
1 cup green onions, thinly sliced

Directions

1. Preheat the oven to 350°F.
2. Spray a 2-in. full-size steamtable pan with pan release spray. Place parboiled brown rice in the prepared steamtable pan.
3. In a 3-qt. liquid measuring container, combine the water, low-sodium soy sauce, toasted sesame oil, garlic powder, onion powder, ground ginger and black pepper. Whisk together until well-combined and pour over the rice in the steamtable pan. Stir well to combine and distribute the ingredients.
4. Cover the pan tightly with foil. Bake in the preheated 350°F oven for about 1 hour, or until the rice is tender and most of the liquid is absorbed.
5. Remove the pan from the oven and stir in thawed edamame and diced carrots. Cover and place into the oven for an additional 5 minutes. CCP: Cook to a minimum internal temperature of 165°F.
6. Remove the pan from the oven and stir in the green onions. CCP: Cover and hold at or above 135°F until service. Stir before serving.



Recipe and Nutrition and Meal Pattern Analyses

Kikkoman, www.kikkomanusa.com

Photo

Getty Images

*Notes

Kikkoman Less Sodium Soy Sauce can be used in this recipe.



OCTOBER 2023

MONTH-LONG EVENTS

Breast Cancer Awareness Month
Down Syndrome Awareness Month
LGBTQ+ History Month
[National Apple Month](#)
National Bullying Prevention Month
National Chili Month
National Pasta Month
National Pizza Month
National Pretzel Month
[Vegetarian Month](#)

WEEK-LONG/MULTI-DAY EVENTS

[Banned Books Week](#) | Oct. 1-7
Mental Illness Awareness Week | Oct. 1-7
[Fire Prevention Week](#) | Oct. 8-14
[National School Lunch Week](#) | Oct. 9-13
National Baking Week | Oct. 14-20

SINGLE-DAY EVENTS

International Music Day | Oct. 1
[World Vegetarian Day](#) | Oct. 1
[International Day of Non-Violence](#) | Oct. 2
National Taco Day | Oct. 4
World Animal Day | Oct. 4
[World Teachers Day](#) | Oct. 5
National Noodle Day | Oct. 6
[World Smile Day](#) | Oct. 6
Indigenous Peoples' Day | Oct. 9
World Mental Health Day | Oct. 10
National Stop Bullying Day | Oct. 11
National Farmers Day | Oct. 12
[Global Handwashing Day](#) | Oct. 15
World Food Day | Oct. 16
National Pasta Day | Oct. 17
National Pumpkin Day | Oct. 26
Halloween | Oct. 31

NOTABLE BIRTHDAYS + ANNIVERSARIES

Mahatma Gandhi | Oct. 2
John Lennon | Oct. 9
Guillermo del Toro | Oct. 9
[Eleanor Roosevelt](#) | Oct. 11
Naomi Osaka | Oct. 16

U.S. Navy | Oct. 13
Vice President Kamala Harris | Oct. 20
Alfred Nobel | Oct. 21
Pablo Picasso | Oct. 25
Bob Ross | Oct. 29

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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October is National Chili Month!

White Chicken Chili

Serves 50 (1 cup)

Per Serving 259 cal., 18 g pro., 3 g fat, 36 g carb., 403 mg sod.

Meal Pattern Crediting Great Northern Beans as Meat Alternate: 4-oz.-eq. meat/meat alternate, 1/8 cup other vegetable

Crediting Great Northern Beans as Vegetable: 1.5-oz.-eq. meats/meat alternate, 1/2 cup legumes, 1/8 cup other vegetable



Ingredients

7 lb. 8 oz. chicken breast, boneless, skinless
2 oz. olive oil
2 lb., 2 1/2 oz. onion, chopped
2 Tbsp. garlic, minced
1 gal., 2 qt. chicken broth, low sodium
3 cups skim milk
1 lb., 8 oz. green chilies, canned
16 1/2 lb. great northern beans, canned, drained
1/4 cup cumin
2 Tbsp. oregano, dried, ground
1 tsp. cayenne pepper

Directions

1. Bake the chicken in a 350°F oven for 40 to 50 minutes. CCP: Bake until the chicken reaches an internal temperature of 165°F or higher for at least 15 seconds.
2. Dice the chicken. CCP: Hold above 135°F until service.
3. Heat the oil in a large stock pot or steam kettle.
4. Add onions and garlic to the oil and cook for 3 to 5 minutes.
5. Slowly add remaining ingredients, including the chicken, and stir.
6. Bring to a boil, reduce heat and simmer for 20 minutes. CCP: Hold for hot service at 135°F or higher.
7. Serve 1 cup (8-oz. ladle).

Recipe, Photo and Nutritional and Meal Pattern Analyses

Iowa Department of Education (FY2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development), www.educateiowa.gov



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NOVEMBER 2023

MONTH-LONG EVENTS

Military Family Appreciation Month
National Adoption Month
National Diabetes Month
National Gratitude Month
[National Native American Heritage Month](#)
[National Peanut Butter Lovers Month](#)
National Pepper Month
National Roasting Month

WEEK-LONG/MULTI-DAY EVENTS

Dia de los Muertos | Nov. 1-2
[Children's Book Week](#) | Nov. 6-12
[Hunger & Homeless Awareness Week](#)
| Nov. 11-18
World Kindness Week | Nov. 13-19
American Education Week | Nov. 13-17
[National Recycling Week](#) | Nov. 13-19

SINGLE-DAY EVENTS

All Saints' Day | Nov. 1
National Cinnamon Day | Nov. 1
[World Vegan Day](#) | Nov. 1
National Sandwich Day | Nov. 3
Daylight Saving Time ends | Nov. 5
Election Day | Nov. 7
STEM/STEAM Day | Nov. 8
Veterans Day | Nov. 11
Diwali | Nov. 12
[World Kindness Day](#) | Nov. 13
[National Pickle Day](#) | Nov. 14
World Diabetes Day | Nov. 14
[Great American Smokeout](#) | Nov. 16
[International Men's Day](#) | Nov. 19
Eat a Cranberry Day | Nov. 23
Thanksgiving | Nov. 23
#GivingTuesday | Nov. 28

NOTABLE BIRTHDAYS + ANNIVERSARIES

Marie Curie | Nov. 7
Carl Sagan | Nov. 9
U.S. Marine Corps' Birthday | Nov. 10
Mickey Mouse | Nov. 18
President Joe Biden | Nov. 20

Tina Turner | Nov. 26
Louisa May Alcott | Nov. 29
Mark Twain | Nov. 30
[Shirley Chisholm](#) | Nov. 30

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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November 23 is Eat a Cranberry Day!

Cranberry Salsa Chicken Wrap

Serves 48 (1 wrap)

Per Serving 321 cal., 20.7 g pro., 2.4 g fat, 31.3 g carb., 498.7 mg sod.

Meal Pattern 2-oz.-eq. meat/meat alternate, 1.5-oz.-eq. grains, 1/8 cup dark green vegetables, 1/8 cup fruit

Wrap Ingredients

1 Tbsp. vegetable oil
3 cups sweet onions, minced
3 cups dried sweetened cranberries
2 cups canned pears in juice, drained, diced
2 cups reserved canned pear juice
1/2 cup vinegar, cider
1/4 tsp. ground red pepper
1 cup cilantro, fresh, minced
48 whole-grain wraps, 8-in.
3 cups mayonnaise, low-fat
1 1/2 lb. romaine lettuce, shredded
6 lbs. chicken, cooked, sliced/shredded
1 1/2 qts. cranberry salsa

Cranberry Salsa Ingredients

6 oz. frozen orange juice concentrate
1 cup fresh or frozen cranberries, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1 chili pepper, chopped
1/2 red onion, chopped
1 garlic clove, minced
1/2 tsp. parsley
1/2 tsp. ground cumin
1/8 tsp. black pepper
zest of a small orange



Directions

1. In a large mixing bowl, combine all Cranberry Salsa ingredients and mix well. Store in the refrigerator until all ingredients are chilled and flavors are well combined.
2. In a sauce pan, heat oil over medium-high heat; add onions and sauté for 2 minutes, making sure not to brown. Stir in cranberries, pears, pear juice, vinegar, and red pepper and bring to a boil; reduce heat and simmer 20 minutes or until glazed.
3. Remove from heat and stir in cilantro. Bring to room temperature. Cover and refrigerate until ready to serve.
4. For each sandwich, lay out wrap on clean, flat, dry surface. Spread each wrap with 1 Tbsp. mayonnaise. Top with 1/4 cup lettuce, 2 oz. chilled chicken meat and 2 Tbsp. Cranberry Salsa. Fold up and secure. Cut in half and seal. Keep chilled until ready to serve.

Recipe, Photo and Nutritional and Meal Pattern Analyses

Cranberry Marketing Committee, www.uscranberries.com



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DECEMBER 2023

MONTH-LONG EVENTS

Handwashing Awareness Month

National Cat Lovers Month

National Fruitcake Month

[National Pear Month](#)

National Root Vegetable

& Exotic Fruits Month

National Eggnog Month

[Worldwide Food Service Safety Month](#)

Universal Human Rights Month

WEEK-LONG/MULTI-DAY EVENTS

National Handwashing Awareness

Week | Dec. 3-9

[Inclusive Schools Week](#) | Dec. 5-9

Hanukkah | Dec. 7-15

Saturnalia | Dec. 17-23

Kwanzaa | Dec. 26-Jan. 1

SINGLE-DAY EVENTS

National Christmas Lights Day | Dec. 1

[World AIDS Day](#) | Dec. 1

[National Cookie Day](#) | Dec. 4

International Ninja Day | Dec. 5

[International Volunteer Day](#) | Dec. 5

National Comfort Food Day | Dec. 5

[National Letter-Writing Day](#) | Dec. 7

National Brownie Day | Dec. 8

Gingerbread House Day | Dec. 12

National Cocoa Day | Dec. 13

National Cupcake Day | Dec. 15

Go Caroling Day | Dec. 20

[National Crossword Puzzle Day](#) | Dec. 21

Yule/Winter Solstice | Dec. 21

National Cookie Exchange Day | Dec. 22

Christmas | Dec. 25

Boxing Day | Dec. 26

NOTABLE BIRTHDAYS + ANNIVERSARIES

Pearl Harbor Bombing | Dec. 7, 1941

[Emily Dickinson](#) | Dec. 10

U.S. National Guard Birthday | Dec. 13

Bill of Rights ratification
| Dec. 15, 1791

Jane Austen | Dec. 16, 1775

Ludwig van Beethoven | Dec. 16, 1770

The Mayflower landing | Dec. 21, 1620

Jane Fonda | Dec. 21

[Clara Barton](#) | Dec. 25

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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December is National Pear Month!

Pear & Pepper Quesadilla

Serves 33 (1 quesadilla & 1/4 cup pear salsa)

Per Serving 386 cal., 19.8 g pro., 14.9 g fat, 46.4 g carb., 501.8 mg sod.

Meal Pattern 2-oz.-eq. meat/meat alternate, 1.5-oz.-eq. grains, 3/8 cup fruit

Ingredients

33 tortillas, whole-grain, 8-in.
106 oz. pears, canned, diced, extra light syrup, drained*
1 lb., 2 oz. red bell pepper, diced
1 oz. green onions, fresh, sliced
1 cup cilantro, fresh, chopped
1 Tbsp. chipotle peppers in adobe sauce
3 lbs. turkey ham, fully cooked, diced, chilled or frozen
1 lb. 1 oz. cheddar cheese, reduced-fat, shredded
1 lb. mozzarella cheese, shredded

Directions

1. Preheat oven to 350°F.
2. Drain pears and place in a large mixing bowl. Note: It's best to drain pears overnight to remove maximum amount of liquid.
3. Dice bell peppers into ½-in. pieces and finely chop green onions, cilantro and chipotle peppers. Add to mixing bowl.
4. Add diced turkey ham to mixing bowl. Mix to combine, and then set aside.
5. In a separate bowl, combine the shredded cheddar and mozzarella cheeses. CCP: Hold at 41° F or lower.
6. Spray full-size sheet pan(s) with pan-release spray. Lay tortillas onto prepared pan.
7. Using a #8 scoop, place ½ cup of the pear mixture on one half of each tortilla. Using a 2-oz. spoodle, top with 1 oz. shredded cheese blend. Fold in half. Spray the top of the quesadillas with pan-release spray.
8. Bake at 350°F for 10 to 12 minutes or until tortillas are toasted and cheese is melted. Optional: place a sheet pan on top of quesadillas for improved browning. CCP: Hold and serve at 135° F or above.



Recipe, Photo and Nutrition and Meal Pattern Analyses

Pacific Northwest Canned Pears,
www.eatcannedpears.com

*Notes

Pacific Northwest #10 can diced, extra light syrup pears can be used in this recipe.



JANUARY 2024

MONTH-LONG EVENTS

International Creativity Month

[National Blood Donor Month](#)

National Hobby Month

National Oatmeal Month

National Thank You Month

National Skating Month

National Slow Cooking Month

[National Soup Month](#)

[Veganuary](#)

National Poverty in America
Awareness Month

WEEK-LONG/MULTI-DAY EVENTS

Folic Acid Awareness Week | Jan. 1-7

[National Pizza Week](#) | Jan. 14-20

Universal Letter Writing Week | Jan. 14-20

National Storytelling Week | Jan. 30-Feb. 6

SINGLE-DAY EVENTS

[National Science Fiction Day](#) | Jan. 2

National Write to Congress Day | Jan. 3

National Spaghetti Day | Jan. 4

National Trivia Day | Jan. 4

[World Braille Day](#) | Jan. 4

National Bird Day | Jan. 5

Orthodox Christmas | Jan. 7

[National Gluten-Free Day](#) | Jan. 8

National Apricot Day | Jan. 9

National Milk Day | Jan. 11

Orthodox New Year | Jan. 14

Martin Luther King, Jr., Day | Jan. 15

National Bagel Day | Jan. 15

[National Popcorn Day](#) | Jan. 19

National Hot Sauce Day | Jan. 22

National Pie Day | Jan. 23

[National Puzzle Day](#) | Jan. 29

NOTABLE BIRTHDAYS + ANNIVERSARIES

[J.R.R. Tolkien](#) | Jan. 3

Isaac Newton | Jan. 4

Elvis Presley | Jan. 8

Alexander Hamilton | Jan. 11

Martin Luther King, Jr. | Jan. 15

Betty White | Jan. 17

Dolly Parton | Jan. 19

Mozart | Jan. 27

Oprah Winfrey | Jan. 29

[Jackie Robinson](#) | Jan. 31

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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January 14-20 is National Pizza Week!

The Max[®] Stuffed Crust Margherita-Style Pizza

Serves 14 (1 slice)

Per Serving 424 cal., 21 g pro., 16 g fat, 48 g carb.,
994 mg sod., 8 g sugar



Ingredients

Conagra Foodservice MAX[®] Stuffed Crust Cheese Pizza, 14 slices
8 tomatoes, fresh, sliced
1 cup mozzarella cheese, shredded
1 cup basil, fresh, shredded

Directions

1. Place The MAX[®] Stuffed Crust Cheese Pizza slices on a parchment-lined baking sheet. The product fits 14 slices to a baking sheet or can be displayed as a 16-in. pizza pie and fit 12 slices to a pan.
2. Top the pizza with freshly sliced tomatoes, mozzarella cheese and basil. If desired, the mozzarella cheese and basil can be removed from recipe.
3. Bake at 375°F for 9 to 11 minutes.

Recipe, Photo and Nutritional and Meal Pattern Analyses

Conagra Foodservice, www.conagrafoodservice.com



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FEBRUARY 2024

MONTH-LONG EVENTS

American Heart Month

Black History Month

Great American Pie Month

International Friendship Month

National Arts Month

National Cherry Month

National Grapefruit Month

National Hot Breakfast Month

National Library Lovers Month

National Sweet Potato Month

National Women Inventors Month

WEEK-LONG/MULTI-DAY EVENTS

Women's Heart Week | Feb. 1-7

Burn Awareness Week | Feb. 4-10

National Pancake Week | Feb. 19-25

Pride in Foodservice Week | Feb. 5-9

SINGLE-DAY EVENTS

National Dark Chocolate Day | Feb. 1

Groundhog Day | Feb. 2

National Tater Tot Day | Feb. 2

National Wear Red Day | Feb. 2

National Homemade Soup Day | Feb. 4

National Chopsticks Day | Feb. 6

National Pizza Day | Feb. 9

Lunar/Chinese New Year

(Year of the Dragon) | Feb. 10

Fat Tuesday/Mardi Gras | Feb. 13

National Cheddar Day | Feb. 13

Valentine's Day | Feb. 14

President's Day | Feb. 19

National Muffin Day | Feb. 20

National Strawberry Day | 27

National Pokémon Day | Feb. 27

National Pancake Day | Feb. 28

NOTABLE BIRTHDAYS + ANNIVERSARIES

Frederick Douglass | Feb. 1

Rosa Parks | Feb. 4

Babe Ruth | Feb. 6

Abraham Lincoln | Feb. 12

Susan B. Anthony | Feb. 15

Michael Jordan | Feb. 17

John Lewis | Feb. 21

George Washington | Feb. 22

W.E.B. Du Bois | Feb. 23

Johnny Cash | Feb. 26

Click on highlighted events or names to learn more and get celebration or recipe ideas!



Sponsored by
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February is National Cherry Month!

Cherry Berry Sunrise

Serves 50

Per Serving 194 cal., 2.4 g pro., 4 g fat, 39 g carb.,
3 mg sod.

Meal Pattern 1/2 cup fruit



Ingredients

8 lb., 8 oz. sweet cherries, frozen, pitted, unsweetened
5 lb., 4 oz. blueberries, frozen
5 lb., 4 oz. strawberries, frozen, whole or sliced
1 cup cornstarch
12/3 cups sugar, white
12 oz. rolled oats, dry, uncooked
1 cup brown sugar
1/4 cup cinnamon
3/4 cup olive oil

Recipe, Photo and Nutritional and Meal Pattern Analyses

Montana Office of Public Instruction,
(FY2021 Cohort A Team Nutrition Training
Grant for School Meal Recipe Development),
www.opi.mt.gov

Directions

1. In a large bowl, mix the sweet cherries, blueberries, strawberries, white sugar and cornstarch.
2. Spray two full-size steamtable pans lightly with nonstick cooking spray. Evenly distribute the berry mixture into the pans.
3. Bake in a conventional oven at 350°F for 50 minutes. CCP: Heat to 135°F or higher for at least 15 seconds. Hot hold at 135°F for service.
4. Mix the rolled oats, brown sugar, cinnamon and olive oil in a bowl.
5. Spread oat mixture out evenly across a 2-in.-deep steamtable pan.
6. Bake the oat mixture at 350°F for 35 minutes. Stir halfway through baking time. The topping should be a light toasted brown color.
7. Serve ½ cup (using 4-oz. spoodle) of warm berry mixture.
8. Sprinkle with 2 Tbsp. toasted oat topping.



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MARCH 2024

MONTH-LONG EVENTS

- Gender Equality Month
- Irish-American Heritage Month
- National Celery Month
- [National Crafting Month](#)
- National Music in Our Schools Month
- [National Nutrition Month](#)
- National Noodle Month
- National Reading Month
- Women's History Month
- [Youth Art Month](#)

WEEK-LONG/MULTI-DAY EVENTS

- Read Across America Week | Mar. 2-6
- [National School Breakfast Week](#) | Mar. 4-8
- Food Waste Action Week | Mar. 4-10
- Ramadan | Mar. 11-Apr. 9
- National Bubble Week | Mar. 19-26

SINGLE-DAY EVENTS

- [World Compliment Day](#) | Mar. 1
- [National Snack Day](#) | Mar. 4
- World Obesity Day | Mar. 4
- National Cereal Day | Mar. 7
- [International Women's Day](#) | Mar. 8
- Registered Dietitian Nutritionist Day | Mar. 13
- International School Meals Day | Mar. 14
- Pi Day | Mar. 14
- St. Patrick's Day | Mar. 17
- [Global Recycling Day](#) | Mar. 18
- National Poultry Day | Mar. 19
- Spring Equinox | Mar. 19
- [World Down Syndrome Day](#) | Mar. 21
- Holi | Mar. 25
- National Spinach Day | Mar. 26
- Good Friday | Mar. 29
- Easter | Mar. 31

NOTABLE BIRTHDAYS + ANNIVERSARIES

U.S. Peace Corps | Mar. 1

[Yellowstone National Park opens](#)
| Mar. 1, 1872

Michelangelo | Mar. 6

Albert Einstein | Mar. 14

Ruth Bader Ginsburg | Mar. 15

Fred Rogers | Mar. 20

Harry Houdini | Mar. 24

[Aretha Franklin](#) | Mar. 25

Tennessee Williams | Mar. 27

Click on highlighted events or names to learn more and get celebration or recipe ideas!



Sponsored by
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March 4-8 is NSBW!

Turkey Breakfast Burrito Bowl

Serves 50

Per Serving 350 cal., 18 g pro., 17 g fat, 32 g carb.,
703 mg sod.

Meal Pattern 2.5-oz.-eq. meat/meat alternate,
1.5-oz.-eq. grains, 1/4 cup vegetable

Ingredients

5 lb., 10 oz. turkey thigh roast, frozen, thawed*
3 lb. potatoes, diced, frozen, no salt added
2 Tbsp. vegetable oil
1 Tbsp. granulated garlic
1 Tbsp. onion powder
2 tsp. paprika
50 egg patties
1 lb., 9 oz. cheddar cheese, reduced-fat, shredded
50 tortillas, whole grain, 8-in.
1 qt., 2 1/4 cups salsa, low-sodium, canned

Directions

1. Preheat oven to 350°F. Line a full 4-in. steamed table pan with a full 4-in. perforated pan. Place the turkey roasts in steam table pans and shred, removing any fatty pieces. Cover and cook for 30 minutes.
2. Remove from the oven and stir. Return to oven and cook for 30 more minutes. CCP: Heat to 165°F or higher for 15 seconds and hold at 140°F or higher.
3. Remove the perforated pan and drain excess juices to prevent tortillas from getting soggy.
4. Remove potatoes from the freezer and allow to sit at room temperature for 15 minutes. Toss frozen potatoes with granulated garlic, onion powder and paprika.
5. Place the potatoes on a full-size sheet pan lined with parchment paper. Bake for 20 minutes. Remove from the oven, toss and cook for 15 more minutes or until golden brown. CCP: Heat to 140° F for at least 15 seconds and hold at 140° F or higher.
6. Place the egg patties in perforated steam pan and steam for 6 to 8 minutes. CCP: Heat to 165° F or higher for 15 seconds and hold at 140°F or higher.
7. Warm the tortillas, and place in a bowl with an egg patty in the center. Top with 1/8 cup seasoned potatoes, 1.8 oz. shredded turkey and 1/2 oz. cheese. Serve with 2 Tbsp. salsa.



Recipe, Photo and Nutritional and Meal Pattern Analyses

Butterball Foodservice,
www.butterballfoodservice.com

*Notes

Butterball K-12 Turkey Thigh Roast can be used in this recipe.



APRIL 2024

MONTH-LONG EVENTS

[Arab-American Heritage Month](#)

Earth Month

[Move More Month](#)

National Garden Month

National Garlic Month

National Grilled Cheese Month

National Poetry Month

National Volunteer Month

[School Library Month](#)

World Autism Month

WEEK-LONG/MULTI-DAY EVENTS

National Public Health Week | Apr. 1-7

National Wildlife Week | Apr. 5-9

National Library Week | Apr. 7-13

Passover | Apr. 22-30

Eid al-Fitr | Apr. 9-10

SINGLE-DAY EVENTS

April Fools' Day | Apr. 1

National Peanut Butter & Jelly Day | Apr. 2

[World Autism Awareness Day](#) | Apr. 2

International Carrot Day | Apr. 4

National Burrito Day | Apr. 4

National Scrabble Day | Apr. 13

National Gardening Day | Apr. 14

[World Art Day](#) | Apr. 15

National Banana Day | Apr. 17

National Garlic Day | Apr. 19

Earth Day | Apr. 22

[National Picnic Day](#) | Apr. 23

Alien Day | Apr. 26

Stop Food Waste Day | Apr. 26

[International Dance Day](#) | Apr. 29

National Bubble Tea Day | Apr. 30

National Raisin Day | Apr. 30

NOTABLE BIRTHDAYS + ANNIVERSARIES

[Maya Angelou](#) | Apr. 4

First U.S. space shuttle flight
| Apr. 12, 1981

Leonardo da Vinci | Apr. 15

Selena Quintanilla | Apr. 16

William Shakespeare | Apr. 23

Shirley Temple | Apr. 23

[Ella Fitzgerald](#) | Apr. 25

Bugs Bunny's first appearance
| Apr. 30, 1938

Click on highlighted events or names to learn more and get celebration or recipe ideas!



Sponsored by
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April 17 is National Banana Day!

Banana Split Yogurt Parfaits

Serves 16

Per Serving 410 cal, 7 g pro., 6 g fat, 81 g carb.,
160 mg sod.

Meal Pattern 1-oz.-eq. meat/meat alternate,
1-oz.-eq. grains, 1 cup fruit



Ingredients

3 lb., 8 oz. bananas
1 lb. diced pineapple, canned, reserve juice
1 lb., 6 oz. mandarin oranges, canned, drained
12 oz. strawberries, fresh, sliced
11 oz. blueberries, fresh
4 lb. low-fat vanilla yogurt*
1 lb. granola cereal*

Directions

1. Peel and slice bananas in half the longways; place into reserved pineapple juice.
2. Combine pineapple, mandarin oranges, strawberries and blueberries together.
3. Place 2 halves of banana into 16 plastic "banana split" boats or paper fry boats; pipe in 4 oz. yogurt between banana halves.
4. Scatter 1/2 cup of mixed fruit on top; add 1 oz. granola right before service.
5. Serve chilled.

Recipe, Photo and Nutrition and Meal Pattern Analyses

General Mills Foodservice, www.generalmillscf.com

*Notes

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt and Nature Valley™ Oats 'n Honey Granola Cereal can be used in this recipe



MAY 2024

MONTH-LONG EVENTS

Celiac Disease Awareness Month

[Food Allergy Awareness Month](#)

Jewish American Heritage Month

[Mental Health Awareness Month](#)

Military Appreciation Month

[National Asparagus Month](#)

National Foster Care Month

National Hamburger Month

[National Salad Month](#)

National Salsa Month

WEEK-LONG/MULTI-DAY EVENTS

Children's Book Week | May 2-8

National Pet Week | May 5-11

National Nurses Week | May 6-12

[Teacher Appreciation Week](#) | May 6-10

Food Allergy Awareness Week | May 13-19

SINGLE-DAY EVENTS

School Principals' Day | May 1

[School Lunch Hero Day](#) | May 3

National Space Day | May 3

Kentucky Derby | May 4

Orthodox Easter | May 5

National Teacher Day | May 7

National School Nurse Day | May 8

Mother's Day | May 12

[International Hummus Day](#) | May 13

International Day of Families | May 15

[World Bee Day](#) | May 20

Eat More Fruits and Vegetables Day | May 21

National Talk Like Yoda Day | May 21

[World Turtle Day](#) | May 23

Memorial Day | May 27

World Hunger Day | May 28

[National Creativity Day](#) | May 30

NOTABLE BIRTHDAYS + ANNIVERSARIES

J.M. Barrie | May 9
First official Mother's Day | May 9, 1914
Stevie Wonder | May 13
George Lucas | May 14

[American Red Cross forms](#) | May 21, 1881
Harvey Milk | May 22
Sally Ride | May 26
Bob Hope | May 29

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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May is National Salad Month!

"Peas on Earth" Taco Salad

Serves 100

Per Serving 283 cal., 19 g pro., 10 g fat, 32 g carb.,
651 mg sod.

Meal Pattern 1.5-oz.-eq. meat/meat alternate,
0.25-oz.-eq. grains, 1 3/8 cups
vegetables (1 cup dark green, 1/4 cup
legumes, 1/8 cup starchy vegetables)



Ingredients

2 qt., 1 cup mayonnaise, low-fat
4 cups yogurt, high protein/Greek, plain, nonfat
1 qt. 1 1/2 cups milk, low-fat 1%
1 1/4 cups ranch seasoning, dry
3/4 cup cilantro, leaves, dried
1 1/2 cups lime juice
1 1/2 cup salsa verde
2 qt., 1 cup split peas, green, dry
3 gal., 2 cups water
3/4 cups taco seasoning, low sodium
25 lb., 10 oz. romaine lettuce, fresh, chopped
1 lb., 9 oz. Mexican-style cheese blend, shredded
4 1/2 lb. corn, whole kernel, no salt added, frozen
10 lb., 10 oz. chicken, fajita strips
1 lb., 11 oz. green onions, chopped with tops
1 lb., 9 oz. tortilla chips, whole-grain, crushed
2 cups cilantro, fresh, chopped (optional)

Recipe, Photo and Nutritional and Meal Pattern Analyses

USA Pulses, American Pulse Association, USA
Dry Pea & Lentil Council, www.usapulses.org

Directions

1. Thaw corn and chicken in the refrigerator the day before.
2. In a large bowl or round storage container, whisk together the mayonnaise, yogurt, milk, ranch seasoning, cilantro and lime juice. Whisk until mixture is smooth. Stir in the salsa verde.
3. Rinse split peas and drain well. Bring water to a boil and add split peas. Reduce heat to a simmer. Cook split peas uncovered until cooked al dente, about 15 to 20 minutes.
4. Drain and run under cold water to cool. Toss with taco seasoning. CCP: Cool to 70°F or lower within 2 hours and 40°F or lower within 6 hours
5. Serve 2 cups romaine topped with 1/4 oz. cheese, 1/4 cup seasoned split peas, 2 Tbsp. corn, 1.7 oz. chicken, 1 Tbsp. green onions, 2 oz. dressing and 1/4 oz. crushed tortilla chips. Garnish with chopped, fresh cilantro (optional).



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JUNE 2024

MONTH-LONG EVENTS

[Great Outdoors Month](#)

National Dairy Month

National Fresh Fruit and Vegetables Month

National Lemon Month

National Mango Month

National Oceans Month

National Pollinators Month

[National Soul Food Month](#)

[Pride Month](#)

Turkey Lovers Month

WEEK-LONG/MULTI-DAY EVENTS

Stepparents Week | June 1-7

National Garden Week | June 2-8

National Flag Week | June 9-15

[National Pollinator Week](#) | June 17-23

Deafblind Awareness Week | June 25-July 1

SINGLE-DAY EVENTS

World Bicycle Day | June 3

National Cheese Day | June 4

[World Environment Day](#) | June 5

National Donut Day | June 7

[World Food Safety Day](#) | June 7

National Corn on the Cob Day | June 11

Superman Day | June 12

[Flag Day](#) | June 14

Father's Day | June 16

[National Eat Your Vegetables Day](#) | June 17

International Picnic Day | June 18

International Sushi Day | June 18

[Juneteenth](#) | June 19

World Day of Music | June 21

[National Smoothie Day](#) | June 21

International Fairy Day | June 24

National PTSD Awareness Day | June 27

NOTABLE BIRTHDAYS + ANNIVERSARIES

Martha Washington | June 2

[D-Day](#) | June 6, 1944

Prince | June 7

Maurice Sendak | June 10

Anne Frank | June 12

Harriet Beecher Stowe | June 14

U.S. Army | June 14

Meryl Streep | June 22

Anthony Bourdain | June 25

[Helen Keller](#) | June 27

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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June 4 is National Cheese Day!

MaxStix[®] Buffalo Stix

Serves 54 (1 stick with 1/4 cup dressing)

Per Serving 441 cal, 8 g pro., 37 g fat, 20 g carb.,
2 g fiber, 1,278 mg sod., 5 g sugar



Ingredients

54 Conagra Foodservice MAX[®] Mozzarella MaxStix[®]

2 cups buffalo sauce or hot sauce

13 1/2 cups ranch or blue cheese dressing

Directions

1. Place The MAX[®] Mozzarella MaxStix[®] on a parchment-lined baking sheet (54 MaxStix fit on one pan) and brush on your favorite hot sauce or buffalo sauce.
2. Bake in the oven for 10-12 minutes at 375°F.
3. Serve with a side of ranch or blue cheese dressing for a Southwestern flavor kids love.

Recipe, Photo and Nutritional and Meal Pattern Analyses

Conagra Foodservice, www.conagrafoodservice.com



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JULY 2024

MONTH-LONG EVENTS

- Eggplant Month
- National Baked Beans Month
- [National Berries Month](#)
- National Blueberry Month
- [National Corn Month](#)
- National Culinary Arts Month
- National Fishing Month
- National Hot Dog Month
- National Ice Cream Month
- National Make a Difference to Children Month
- [Parks and Recreation Month](#)

WEEK-LONG/MULTI-DAY EVENTS

- [Clean Beaches Week](#) | July 1-7
- Wimbledon | July 1-14
- National Zoo Keeper Week | July 18-24
- 2024 Summer Olympics | July 26-Aug. 11

SINGLE-DAY EVENTS

- American Zoo Day | July 1
- International Chicken Wing Day | July 1
- Independence Day | July 4
- National Fried Chicken Day | July 6
- National Blueberry Day | July 8
- Teddy Bear Picnic Day | July 10
- National Blueberry Muffin Day | July 11
- [Shark and Ray Awareness Day](#) | July 14
- National Cherry Day | July 16
- [World Emoji Day](#) | July 17
- International Chess Day | July 20
- Mango Day | July 22
- World Tofu Day | July 26
- World Nature Conservation Day | July 28
- National Lasagna Day | July 29
- [International Day of Friendship](#) | July 30
- National Avocado Day | July 31

NOTABLE BIRTHDAYS + ANNIVERSARIES

- First U.S. Zoo opens | July 1, 1874
- Princess Diana | July 1
- Civil Rights Act of 1964 | July 2
- Nikola Tesla | July 10
- E.B. White | July 11

- Disneyland opens | July 17, 1955
- Alex Trebek | July 22
- [Amelia Earhart](#) | July 24
- Beatrix Potter | July 28
- Harry Potter | July 31

Click on highlighted events or names to learn more and get celebration or recipe ideas!

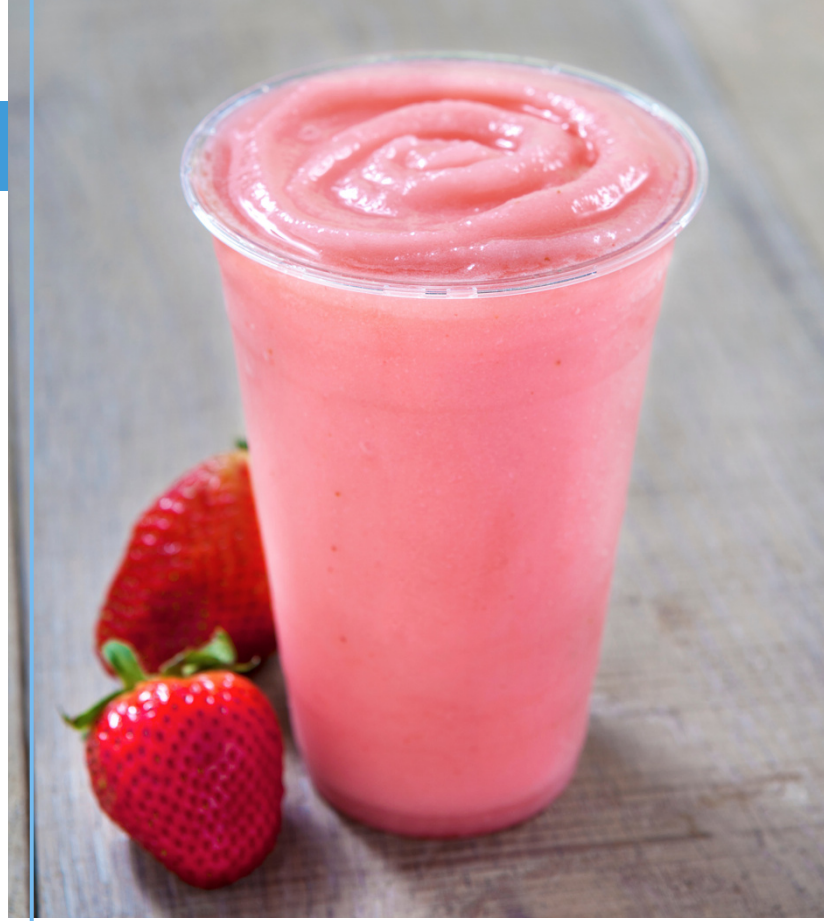
July is National Berries Month!

Supersonic Strawberry Blenderless Smoothie

Serves 15 (8 oz.)

Per Serving 150 cal., 6 g pro., 1.5 g fat, 28 g
carb., 75 mg sod.

Meal Pattern 1-oz.-eq. meat/meat alternate, 1/2 cup
fruit



Ingredients

30 oz. strawberry puree, frozen, thawed*
30 oz. pineapple juice*
60 oz. low-fat vanilla yogurt

Directions

1. Add the thawed strawberry puree, yogurt and juice to a mixing bowl.
2. Whisk until all ingredients are incorporated together.
3. Pour into cups and serve chilled.

Recipe and Nutrition and Meal Pattern Analyses

Dole, www.dolefoodservice.com

Photo

Getty Images

*Notes

DOLE Chef-Ready Strawberry Frozen Puree and DOLE pineapple juice can be used in this recipe.



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