

# WASHINGTON APPLE PRESS

Winter 2026 | Volume XXXVIII, Issue 8



*The mission of WSNA is to engage, educate and empower School  
Nutrition professionals to advance accessibility, quality and integrity of  
school nutrition programs.*

# WASHINGTON APPLE PRESS

The official publication of the Washington School Nutrition Association.

10800 Gosling Rd  
PO Box 133301  
Spring, TX 77393

washingtonsnainfo@gmail.com  
[www.washingtonsna.org](http://www.washingtonsna.org)

## Content Editor

Patricia Barret  
Marketing Chair  
[barret@skschools.org](mailto:barret@skschools.org)

## Advertising Contact

Julia Jarrell  
Executive Director  
[washingtonsnainfo@gmail.com](mailto:washingtonsnainfo@gmail.com)



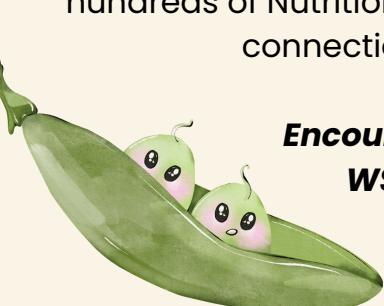
Articles and columns printed herein may be divergent in view and controversial in nature. Materials published herein represent the ideas, beliefs, and opinions of those who write them, and are not necessarily the view or policies of the Washington School Nutrition Association. Neither the Association nor the editor assumes responsibility for the opinions expressed by the authors of the paper abstracts, quoted or published in this journal. NOTE: Tax laws state 35% of your WSNA dues are used for lobbying or other political action and that portion of the dues is NOT deductible on an individual's tax return.

# Membership....

has its privilege's, learning opportunities, certifications, shared experiences and resources from across the State or Nation, being able to participate in group projects (at a discounted rate) with hundreds of Nutrition colleagues, Newsletters, and magazines filled with great information, connection to vendors, conferences and other events on Capitol Hill.

***Encourage others in your workplace to become a pea in your  
WSNA Chapter (Pod) , the sky is the limit in numbers.  
the link to join SNA is below.***

**Sign Up Now!**



By belonging to SNA, you are part of something bigger than just your school or district. You are joining the 50,000 committed members across the United States who have committed to feeding the future.

## Welcome to all our newest members since November 2025!!

Lindsey Carioto, Alexis Esquivel-Sawyer, Maria Miranda, Hannah Phan, Alma Cervantes, Alana Hansen Baun, Laura Murphy, Marissa Pierce, Yenica Cervantes Alvarez, Phyllis Henry, Kelsey Nunn, Maria Pimentel, Viktoriia Diahel, Pelin Karaosmanoglu, Amber Ovenden, Daniel Sibbett, Ashley Dorsey, Rosalina Melgoza-Cortez, Lisset Perez-Henandez, Andrea Szalda, Aya Urata

# IN THIS ISSUE....



**4** PRESIDENT'S MESSAGE

---

**6** DDS SPRING EVENT

---

**7** LEGISLATIVE UPDATES

---

**9-10** EATING THE RAINBOW

---

**14** WSNA MEMBER SPOTLIGHT

---

**17** CALLING ALL CHANGEMAKERS

---

**18** THE TEAMWORK BEHIND EVERY TRAY

---

**24** NATIONAL SCHOOL BREAKFAST WEEK

---

**30** BOARD MEMBER CONTACT INFO

---



# BEATING THE MID-YEAR SLUMP: WHY SELF CARE MATTERS IN SCHOOL MEALS

*A Message from the Washington School Nutrition Association President*

By the middle of the school year, even the most dedicated school nutrition professionals can feel stretched thin. Early mornings, staffing shortages, tight budgets, and the daily pressure to serve appealing and healthy meals can take its toll. Our work is meaningful but it can also be exhausting.

Taking care of yourself throughout the day is essential. Self-care helps you stay focused, patient, and safe on the job. It supports your physical health, mental well-being, and overall job satisfaction. Even small acts of care can reduce stress and help you finish the day feeling stronger.



*Here are a few simple reminders as we move through the busy months ahead:*

- **Take your break.** Even a few minutes to sit, breathe, or hydrate can make a big difference.
- **Fuel yourself, too.** You work hard to nourish students—don't skip meals or water.
- **Lean on your team.** Share the load, laugh when you can, and celebrate the small wins together.
- **Do the best you can.** If mistakes happen, learn from them and move forward with grace.
- **Remember your impact.** Every meal you serve supports student health, learning, and success.

When you care for yourself, you're better able to care for others. Let's give ourselves the same grace and nourishment we work so hard to provide our students. Your well-being matters, and our schools are stronger because of you.

With sincere appreciation,

*Alexandra Epstein-Soffield,*  
WSNA President





## Commodity Diced Fruit & Applesauce

- Meets **1/2c FRT** contribution
- Leading commodity fruit processor in the US
- Multiple value pass through options available
- Freedom to place orders on your schedule, from single orders to the entire year
- Commodity offerings that suit a school's needs
- Front load ordering once the USDA purchase is verified

# ZEE ZEES®

## AVAILABLE COMMODITY IN WASHINGTON



**Contact Matt Kazmer For More Information**  
mkazmer@nationalfoodgroup.com | 248.560.2366

**ZEEZEESES.COM**



# DISTRICT DIRECTORS & SUPERVISORS

## 2026 Spring Workshop

★ APRIL 30 - MAY 1  
THURSDAY - FRIDAY

**REGISTRATION OPENS FEB 1<sup>ST</sup> 2026**

★ **2 DDS Scholarship Opportunities Available!**

Join fellow District Directors and Supervisors from across the state for a spring conference designed to strengthen leadership, expand knowledge, and support excellence in school nutrition programs.

### Highlights of the Event:

- Networking with District Peers
- Professional Development
- Industry meet & greet
- Shared insights on evolving nutrition trends



SAVE  
THE  
DATE

Leavenworth, WA

# ICICLE INN

505 US Hwy 2  
Leavenworth, WA 98826

★ **Events start Thursday**

**4:30pm**

# Connect. Learn. Lead.

WSNA members have been busy keeping the universal school meal conversation going in Olympia.

In January, the results of a survey of school nutrition directors were shared with the Governor's office on the most impactful ways to increase access to free school meals. We acknowledged the current budget deficit, and the intent is to help guide future policy planning. Thanks to all that filled out the survey!

#### Key Findings

- Greatest unmet need exists at middle and high schools
- Lowering the Community Eligibility Threshold from 40% to 25% ISP
- Universal free meals are a lower cost step towards universal free meals
- Expanding free meals to all elementary schools remains a priority

#### Benefits

- Increase equity across our state
- Help alleviate financial pressure on families that struggle with high cost of living
- Supports local economy through agricultural purchases
- Supports education efforts by having students ready to learn

Several bills were introduced that could impact school meals.

To read the bill language go to:

<https://leg.wa.gov/bills-meetings-and-session/bills/> and enter the bill number.

**HB 5878** – requiring Vegan options if a student or parent requested it for school meals and snacks. We met with a Meals for Kids champion Rep. Berg to discuss the impacts and explained the challenges and how schools already accommodate as able. She did not want to add an unfunded mandate to our program so supported the pause of this bill. She will be focusing on the results of the Plant Based Food grants during the off season and how to expand that knowledge to all school districts.

**HB 2238**-Development of Statewide Food Strategy is a good step towards building long-term food security within our State. Passed out of the House with a vote of 83 yeas and 12 nays and is now in the Senate with the first reading Feb 12

**HB 2369**- Promoting the use of Local Foods in Schools which codifies the process OSPI has in place using the Food Distribution Program to distribute Local Foods in Schools. It moved out of Committee with excellent support and was referred to Appropriations on February 4.



## WSNA Legislative Update

WSNA Day on the Hill on January 29 was a busy day with Mitch Denning, WSNA Consultant, Alexandra Epstein-Solfield and Juliana Fisher meeting with 22 legislators who are Meals for Kids champions and discussed these bills as well as urging approval of OSPI's supplemental operating budget request for \$300,000 that would go to school districts to pay for the labor of the SUN Bucks process. This is called "Tennis Shoe" day for a reason! 22 visits in one day are a major accomplishment. A

big thanks for advocating for all of us.



On February 3, AEA Day on the Hill was attended by the great group of people in the picture. This day is WAMAO (Maintenance & Operations) and WSNA day to talk about our legislative priorities with our individual legislators and the 4 caucus leaders. It is great to share our stories about what is happening in our school districts and the impacts of the bills and asks. This is the best introductory day to learn the ropes of meeting with your legislators. Please keep an eye out next January for a Save the Date!

**A huge thank you to all that participated.**

**If you would like to join the WSNA Legislative Committee or have questions about these issues, please contact Leeda Beha at [lbeha@bethelsd.org](mailto:lbeha@bethelsd.org) or Kim Elkins at [kim.elkins@mead354.org](mailto:kim.elkins@mead354.org).**

**Submitted by Kim Elkins, WSNA PPL Co-Chair**

# 2026



# WSNA Spring Workshop

## Saturday, May 2<sup>nd</sup>, 2025



Icicle Inn  
Leavenworth, WA

**REGISTRATION NOW OPEN**

**\$75 for WSNA Members** 

**\$85 for Non-Members** 

Join us in beautiful Leavenworth, WA for the 2026 Washington School Nutrition Association (WSNA) Spring Workshop on Saturday May 2nd, 2026. This event is designed for school nutrition kitchen staff. This workshop will focus on key topics that are essential for success in today's school nutrition programs, including:

- **Navigating Difficult Situations:** Learn how to confidently and explain program requirements to your school community.
- **Administrative Review:** You'll hear from fellow kitchen staff experience related to their Administrative Review (AR) experiences as they share tips and tricks to get through successfully.
- **Cooking Demonstration:** Watch and participate in a cooking demonstration that offers skills you can take back to your kitchen.
- **Allergies:** Learn best practices for managing student allergies.

Walk away informed and ready to end the year strong!



# WHY EATING THE RAINBOW IS SO IMPORTANT FOR KIDS

-from fooddetectives.org

**“Eat the rainbow!”** You’ve probably heard it — maybe even said it to kids in your classroom or at dinner. But what does it really mean? And why is it such a big deal when it comes to kids’ health? Let’s break it down in a fun, colorful way! 🎨🍓🥦

## What Does “Eat the Rainbow” Mean?

Eating the rainbow means filling your plate with lots of different colors of fruits and vegetables — reds, oranges, yellows, greens, blues, and purples. Each color group is packed with unique vitamins, minerals, and plant nutrients that help your body grow, stay strong, and feel good. The more colors you eat, the more benefits you get! Think of it like this: different colors = different superpowers. 💪

### 🌈 The Colorful Superpowers of Fruits & Veggies

Let’s take a tour through the rainbow and see what each color brings to the table:

#### ❤️ RED FOODS

Examples: Strawberries, tomatoes, red peppers, watermelon

Superpowers: Help your heart, improve memory, protect your body from illness

#### 🧡 ORANGE & YELLOW FOODS

Examples: Carrots, sweet potatoes, oranges, mangoes, corn

Superpowers: Keep your eyes sharp, boost your immune system, give you glowing skin

#### 💚 GREEN FOODS

Examples: Broccoli, spinach, cucumbers, kiwi, green apples

Superpowers: Build strong bones, help digestion, give you lasting energy

#### 💙💜 BLUE & PURPLE FOODS

Examples: Blueberries, grapes, eggplant, purple cabbage

Superpowers: Boost brain health, fight inflammation, support a strong heart

#### 🤍 WHITE & BROWN FOODS (Yes, they count too!)

Examples: Cauliflower, mushrooms, bananas, potatoes

Superpowers: Support immunity, lower cholesterol, give you fiber and fuel

## Why It’s Especially Important for Kids?

Growing kids need a wide variety of nutrients to:

Build strong bones and muscles, power their brains for learning and focus, keep their immune systems strong, and prevent long-term health issues down the road.

But kids don’t need to memorize nutrients or track vitamins — if they are encouraged to see and taste lots of colorful foods, you will be laying the groundwork for a lifetime of healthy eating.



## ***Eating the rainbow makes healthy eating fun, visual, and easy to understand.***

### **How to Help Kids Eat the Rainbow**

#### **Make it a Game:**

Challenge your child to find 3–5 colors on their plate. Or try a “color of the day” challenge — can they find and try a green food today?

#### **Let Them Pick:**

At the store or market, let your child choose a new fruit or veggie by color. When they help choose it, they’re more likely to eat it! And if they don’t eat it, don’t sweat it. Touching, smelling, or playing with the food (a red pepper strip can be a boat, broccoli can be a tree) all count as important exposures!

#### **Serve Small “Rainbows”:**

Even a bite or two of different veggies or fruit counts! Think rainbow skewers, colorful smoothies, or mix-and-match veggie trays.

#### **Eat It Together:**

Kids learn by watching. If you’re excited about colorful food, they will be too!

#### **Final Thought**

Eating the rainbow isn’t about being perfect. It’s about helping kids connect food with fun, color, and health. When kids learn to love fruits and veggies in all shades, they build habits that can last a lifetime.

Food Detectives is a program of The Beecher’s Foundation. Founded in 2006, Food Detectives empower kids with skills to see through food marketing and make informed, confident choices – for themselves, their families, and their communities.

It's nutrition education made easy! Learning about food is fun, eye-opening, and easily digestible with Food Detectives' free, standards-aligned, interactive lessons at home or in the classroom. Learn more at [www.fooddetectives.org](http://www.fooddetectives.org).



Proud providers of:  
Verified  
concentrates  
greenseal.org

# SFSPac®: We Do More Than Sanitation

We Deliver Compliance,  
Efficiency & Peace of Mind

## Food Safety Compliance

HACCP education helps ensure proper procedures.

## Training & Verification

On-site training, third-party monitoring, and USDA-compliant programs.

## Always Audit-Ready

Stay prepared for inspections.

## Cost-Effective & Predictable

Fixed pricing and just-in-time inventory.

## Standardized & Eco-Friendly

Color-coded, pre-measured  
solutions for consistent cleaning.



Authorized Provider

To learn more about SFSPac®  
contact Tim Harkleroad  
at 1-800-704-7487  
or [TimH@pacificscorp.com](mailto:TimH@pacificscorp.com)

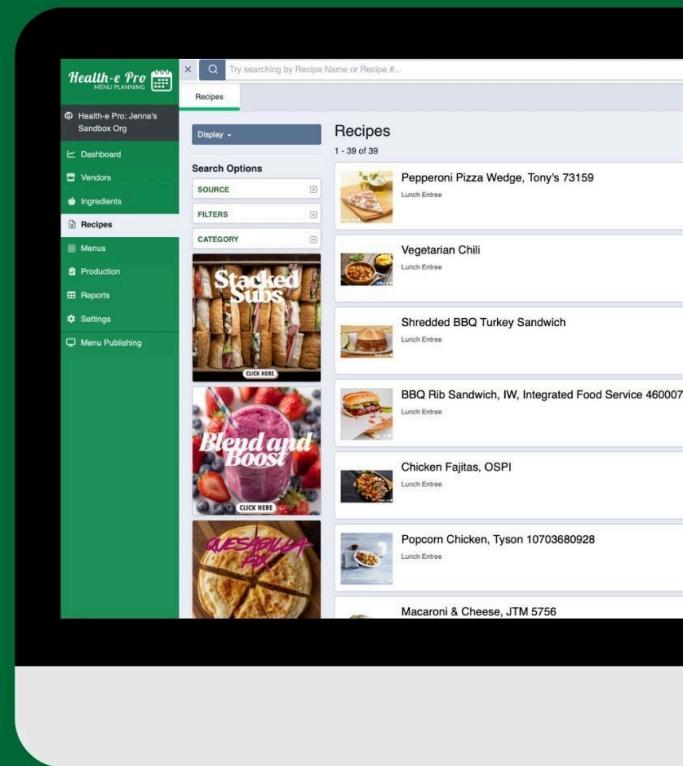


SFSPac® ©2026 All rights reserved.

# Health-e Pro

## TAKE YOUR PROGRAM TO THE NEXT LEVEL

Streamline production, gain insights to optimize your program, connect with our powerful partners, and access 5,000+ recipes in our Global Database. Let's unlock the full potential of your program together.



[www.healthepro.com](http://www.healthepro.com)



800-838-4856



[sales@healthepro.com](mailto:sales@healthepro.com)

# Champions of School Nutrition:

## EMPLOYEE, MANAGER, & DIRECTOR OF THE YEAR NOMINATIONS

Do you know a school nutrition employee, manager, or director who goes above and beyond to nourish students and strengthen their school community every day? Consider nominating them to be recognized for their work at a national level:

The School Nutrition Association's Employee, Manager, and Director of the Year awards honor those exceptional professionals whose dedication, leadership, and passion ensure students receive healthy meals and positive food experiences that fuel learning and success.

Nominations for the 2025–26 awards open on January 1, 2026, and are due online by March 3, 2026.

Find more details at: <https://schoolnutrition.org/resources/awards-scholarships/>



**LEADING THE WAY WITH**  
 **K-12 REGULATION READY**

**SCHOOL YEAR 2025-2026**

*CEREAL, YOGURT & GRANOLA THAT MEET THE PRODUCT-BASED STANDARDS FOR ADDED SUGARS*

31 CEREALS THAT CONTAIN  $\leq 6g$  ADDED SUGARS PER OZ

14 YOGURTS THAT CONTAIN  $\leq 12g$  ADDED SUGARS PER 6 OZ

CEREAL BARS NOT INCLUDED IN THESE PRODUCT-BASED STANDARDS



## LUNCH LAB

Igniting Innovation and Science in Schools Meals

Registration will be in the Spring Apple Press  
so mark your calendars now for an event  
filled with innovation, creativity, and learning!

# WSNA ANNUAL CONFERENCE

July 27 - 19th  
*Greater Tacoma  
Convention Center*



## Serve Smarter with Spaceman

Frozen juice isn't just a treat, it's a USDA-compliant way to meet daily fruit & vegetable requirements. With Spaceman equipment, schools can serve 100% juice slushies that kids love and nutrition directors approve.

- ✓ Meets USDA fruit/veg component
- ✓ No added sugar
- ✓ Easy, mess-free service

**SPACEMAN**  
FORTE



Contact Ignite to learn how Spaceman can upgrade your K-12 menu.  
[IgniteFoodservice.com](http://IgniteFoodservice.com)

**ignite**  
FOODSERVICE SOLUTIONS



# WSNA MEMBER SPOTLIGHT

Member name: Sabrena Miller  
School District West Valley School District

**1. What school district do you work for?**

West Valley School District

**2. What is your current role within the district?**

Nutrition Manager

**3. How long have you worked in school nutrition?**

17 years

**4. How many students are in your district?**

3000

**5. What is your favorite part of working in school nutrition?**

My favorite part of working school nutrition is feeding the kiddos.

**6. What are you most proud of in your career so far?**

Being able to run my team efficiently through COVID and provide thousands of meals per week to kids while bonding with my team and building relationships with the community. Tough times but extremely rewarding!

**7. What is your favorite school nutrition meal?**

Turkey gravy meal

**8. What is one piece of advice you would give to someone new to working in school nutrition?**

Just breathe, we are here to feed the kiddos.

**9. What is a goal you have for this school year for your program?**

To learn as much as I can learn to succeed.

**10. What is one new recipe you really want to put on your menu?**

General T'so Chicken with Not Fried Rice

**11. What is one thing people don't know about you that they would be surprised to find out?**

I went to school to be a legal secretary.

**12. What do you like to do when you are not working?**

I love spending time with my family. In warmer weather you can find me on the bike trail or in the pool.

**13. What, if anything, are you currently binge-watching? Or reading?**

Currently binge watching The Rookie. I am reading the Seabreeze book series by Jan Moran.

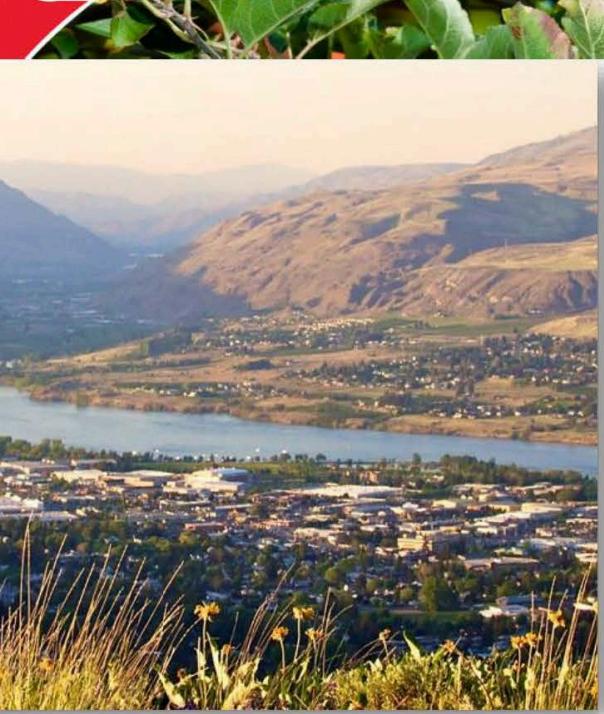
**14. What would be your dream vacation?**

Bora Bora with my husband

**15. What is the one thing you cannot live without?**

My family





### Our History

Located in the heart of Washington State and home to some of the largest tree fruit production in the world, Crunch Pak has called Cashmere, WA home since it began in 2000. From the first apples we sliced, Crunch Pak has strived to create the safest, highest-quality, best-tasting nutritional snacks to delight and satisfy our customers.



### Our Purpose

To positively inspire and influence the health, well-being, and overall quality of life of every person, family, community, and generation that Crunch Pak has the privilege of serving.



[www.crunchpak.com](http://www.crunchpak.com)

Gary Zych-Foodservice Sales  
gary.zych@crunchpak.com



**PERFORMANCE REPS**  
NORTHWEST

## K-12 Foodservice Equipment Solutions That Work as Hard as You Do

**Performance Reps NW (PRNW)** offers a full line of K-12 equipment solutions to help you meet the demands of your day.

- Combi & Convection Ovens
- Cook & Hold Cabinets
- Dishmachines
- Food Prep Equipment
- Kettles & Tilt Skillets
- Ranges & Induction
- Refrigeration & Walk-Ins
- Serving Lines
- Stainless Tables, Sinks & More
- Wireless Temperature Monitoring



**YOU SHOW UP FOR STUDENTS EVERY DAY – AND YOU DESERVE EQUIPMENT THAT SHOWS UP FOR YOU!**

Contact Janel Rupp - [Janelr@PRNW.com](mailto:Janelr@PRNW.com) - 360.624.7097 - [www.prnw.com](http://www.prnw.com)

Learn More  
about PRNW's  
K-12 Solutions

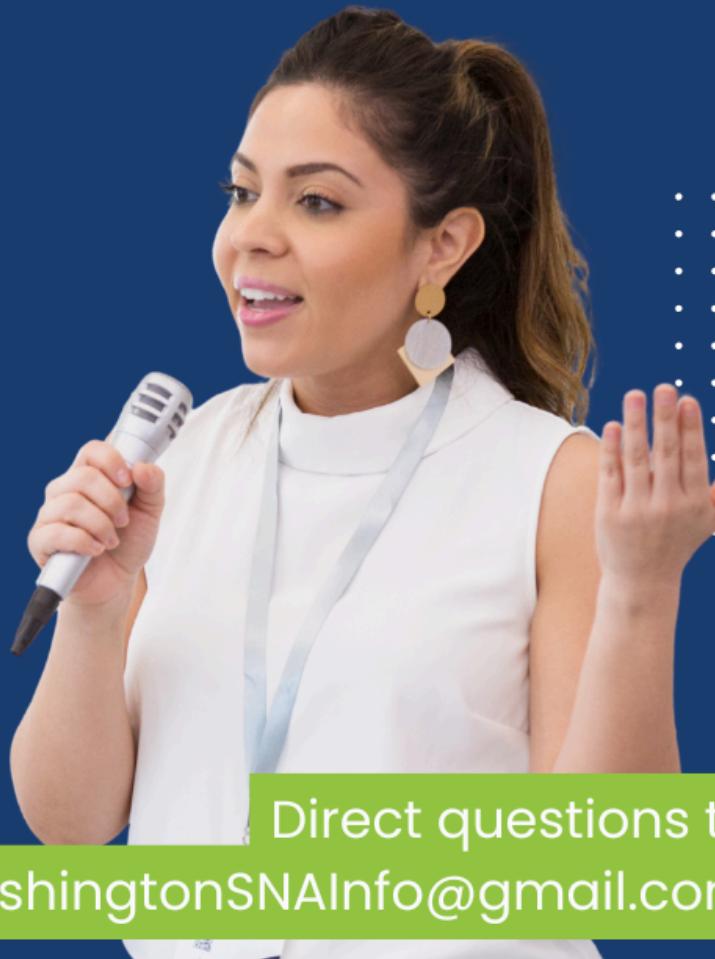
# 2026 WSNA Annual Conference Call for Speakers



## LUNCH LAB

Igniting Innovation and Science  
in Schools Meals  
Greater Tacoma Convention Center  
July 27-29, 2026

School Nutrition  
Professionals & Industry  
Partners encouraged to  
submit a proposals



Extended Deadline March

CALLING ALL CHANGEMAKERS.

# Bring Your Ideas to the Lunch Lab!

Have an idea, a lesson learned, or a story that could help move school nutrition forward? This year, we're turning our annual state conference into a Lunch Lab: Igniting Innovation & Science in School Meals—and we're inviting you to help shape the experiment.

The Washington School Nutrition Association is now accepting session proposals, and we're looking for curious minds and real-world practitioners to share what's working, what's being tested, and what we're still figuring out together.

We're seeking presenters from across the spectrum—kitchen staff, managers, supervisors, directors, OSPI partners, WASBO (Washington School Business Officials) colleagues, chefs, and industry partners who bring practical insight and fresh thinking to our field. Some of last year's most popular sessions came from WASBO presenters, reminding us how powerful it can be to step outside our usual lanes and learn from adjacent fields.

## Industry Member Proposal Form

*For industry partners, and professionals from external organizations.*

## Child Nutrition Staff Proposal Form

*For kitchen staff, managers, supervisors, directors, and school district or state agency staff*



As you consider a proposal, think like a Lunch Lab researcher:

- What's happening right now in our industry?
- What questions are people actively trying to solve?
- What challenge did you face—and what did you test, adjust, or innovate to address it?

Do you have a story, data point, or lesson learned that could help others in their work or leadership?

What training sessions have stayed with you, and what made them effective?

We're also especially interested in voices beyond traditional school nutrition roles—dietitians, professional coaches, hunger-relief organizations, researchers, and other partners who can bring new perspectives and tools to our work.

Know someone who would be a great fit for the Lunch Lab?

Share this call with your network and encourage them to submit.

**The deadline for proposals is March 1, 2026**

**Let's spark new ideas, test bold approaches, and build a conference full of practical takeaways our members can use right away.**

# MORE THAN MEALS:

## THE TEAMWORK BEHIND EVERY TRAY

SUBMITTED BY: MACKENNA LONG, WSNA PRESIDENT ELECT

Walk into any school kitchen at peak lunch rush and you'll witness something extraordinary. Trays flying, ovens humming, kids lining up, last-minute changes, special diets, missing items—and somehow, meals still get served with a smile. This is not chaos. This is teamwork. And no one does it better than lunch ladies.

Lunch ladies are the people you want beside you in a disaster. They know how to adapt, improvise, and function in impossible conditions without losing momentum. But even the strongest teams feel pressure. The key to a healthy, high-functioning food service department is intentionally creating an environment where efficiency and fun exist side by side.

### Mutual Respect Is the Foundation

Every successful kitchen runs on respect. Respect for roles, experience, and the reality that each position: cook, server, cashier, prep, dishwasher—matters.

When staff feel seen and valued, they perform better. Simple habits like listening without interrupting, speaking kindly during stressful moments, and acknowledging effort go a long way toward building trust.

### A Healthy Dose of Humor (and Shenanigans)

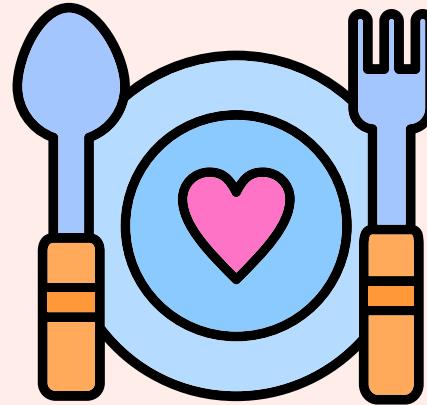
Let's be honest—lunch ladies survive on humor. Laughter in the kitchen reduces stress, strengthens bonds, and makes long days feel lighter. Inside jokes, themed days, friendly competitions, and harmless shenanigans remind everyone that joy is allowed at work. A team that laughs together works better together.

### Supporting the Humans Behind the Aprons

Lunch ladies carry responsibility, time pressure, and emotional labor—often quietly. Creating a supportive culture means checking in, offering flexibility when possible, and understanding that even the strongest staff need grace. When leaders prioritize both performance and people, teams thrive.

### The Payoff for the Department and District

Fun, functional teams don't just feel better—they perform better. Turnover decreases, communication improves, and service quality rises. Students feel it. Schools feel it. Districts benefit from stronger operations and a healthier workplace culture. At the end of the day, lunch ladies are not "just" serving meals. They are problem-solvers, caregivers, crisis managers, and the heart of the school. Investing in teamwork, respect, training, and joy isn't extra—it's essential. And when you get it right, ***the kitchen becomes more than a workplace. It becomes a team.***





# INTERNATIONALFOOD SOLUTIONS

Enhance your culinary offerings effortlessly with our ethnic products. Elevate customer satisfaction and streamline kitchen operations with minimal effort.



Asian Food Solutions®  
NUTRITION . TASTE . VALUE



Aahar  
FOODS

Chicken Tikka Masala



Comida Vida

Chicken Tinga

[www.internationalfoodsolutions.com](http://www.internationalfoodsolutions.com)  
email: [info@internationalfoodsolutions.com](mailto:info@internationalfoodsolutions.com)

FRIES THAT PACK A SERIOUS  
**CRUNCH!**

**NEW!**  
McCAIN® CRISPY BAKEABLE CRINKLE FRIES

Big flavor for students.  
Great holding times for you.

McCain



# 2026 SCHOLARSHIP OPPORTUNITIES

## APPLY - LEARN - CONNECT

WSNA is pleased to offer multiple scholarship opportunities to support professional development in 2026. Review the opportunities and apply by the listed deadlines.

### SPRING WORKSHOP SCHOLARSHIP

*3 Scholarships Available*

#### **Event Details:**

Saturday, May 2, 2026 | Icicle Village Inn, 505 US Hwy 2, Leavenworth, WA 98826

**Covers:** Registration only (up to a \$75 value)

**Application Opens:** February 13, 2026 | **Application Deadline:** March 13, 2026

### DDS SPRING WORKSHOP SCHOLARSHIP

*2 Scholarships Available*

#### **Event Details:**

Thursday, April 30 - Friday, May 1, 2026 | Icicle Village Inn, 505 US Hwy 2, Leavenworth, WA 98826

**Covers:** Registration and one night hotel accommodation (up to \$279 value)

**Application Opens:** February 13, 2026 | **Application Deadline:** March 13, 2026

### WSNA ANNUAL CONFERENCE SCHOLARSHIP

*5 Scholarships Available*

#### **Event Details:**

July 27-29, 2026 | Greater Tacoma Convention Center, 1500 Commerce St, Tacoma, WA 98402

**Each Scholarship Covers:** Conference registration and 3 nights accommodation at the conference hotel (up to a \$765 value)

#### **Scholarship Categories:**

3 Workforce Development Scholarships - open to all active WSNA members

1 Ruth Ann Bennett Scholarship - open to all active WSNA members

1 New Director's Fund Scholarship - open to new FNS Directors (10 years or less in the role), active WSNA Director-Level members. Priority given to directors who have never attended a WSNA Annual Conference.

**Application Opens:** March 16, 2026 | **Application Deadline:** April 17, 2026

#### **How to Apply**

Complete the appropriate scholarship application on the [WSNA website](#), and submit application by the listed deadline. To request a paper application please reach out to WSNA Executive Director via email, [WashingtonSNAinfo@gmail.com](mailto:WashingtonSNAinfo@gmail.com).

# BETTER SCHOOL NUTRITION STARTS IN THE KITCHEN



We consider it an honor to support those who serve our future leaders as they learn and grow.



Contact us to learn more about our products:

**Allison Waldron**  
406-595-0361

**Peter Moreno**  
206-247-4664



## Ingredients

USDA Cooked Beef Crumble - 11.5lbs

Cooked Lentils (drained, no salt added) - 5.75lb

USDA Tomato Paste - 3.5 cups

Water - .75 - 1 gallon (adjust for consistency)

Chili Powder - 1 cup

Ground Cumin -  $\frac{1}{2}$  cup

Granulated Garlic -  $\frac{1}{3}$  cup

Granulated Onion -  $\frac{1}{3}$  cup

Smoked Paprika -  $\frac{1}{4}$  cup

Regular Paprika -  $\frac{1}{4}$  cup

Dried Oregano - 2 Tbsp.

Black Pepper - 2 Tbsp.

## Beef & Lentil Taco Filling

Yield: 100 servings

Serving size: 3 oz spoodle.

## Instructions

- Heat beef crumble to 165 degrees.
- Add cooked lentils; mix evenly.
  - *Pro Tip: pulse lentils in a food processor until it reaches similar consistency to the beef crumble!*
- Whisk tomato paste, water and spices together.
- Add sauce to the meat/lentil mixture.
- Simmer 15-20 minutes until thickened.
- Hold at 135 degrees or higher for service.

Serve over tortilla chips with cheese sauce for nachos, use as filling for taco or burritos. Add to prepared Macaroni & Cheese for a Cheesy Taco Mac.

## Nutrition Information

Calories 168kcal; Protein 16.1 grams; Total Fat 8.9 gram; Sat. Fat 3.4grams; Carbs 6.8gram; Fiber 2.4grams Sodium 236mg



# • YOUR CAFETERIA INSIDER

## • SCHOOL FOODSERVICE SOLUTIONS



### FOOD TRANSPORT & HOT HOLDING

Maintain ideal quality and, support efficient meal service across campus or districtwide

## PROVEN K-12 SOLUTIONS

### CAMBRO TRUSTED DURABILITY



### FOOD STORAGE

Fresher, safer: perfect for reducing waste and preserving quality in school kitchens

### RATIONAL



### COMBI TECHNOLOGY

90% of all cooking applications, 50% faster, and 20% more yield

### HOSHIZAKI



### REFRIGERATION & ICE

Ensure freshness and food safety every step of the way and fulfill your ice needs

## SEE IT FOR YOURSELF

### HIGH PERFORMANCE COOKING CENTERS



With multiple Demo Centers throughout our territory, wherever you are; we're close!



### THE ROLLING ROADSHOW



The Rolling Roadshow will come to you and bring the latest and greatest foodservice equipment!



### VIRTUAL COOKING DEMOS



Join us online from wherever you're at with our virtual cooking demos!



### ONLINE EXPERT EVENTS



Get exclusive insights from industry experts and our manufacturers to achieve your goals!



**What are you waiting for? Contact us to level up your school's foodservice operation today!**

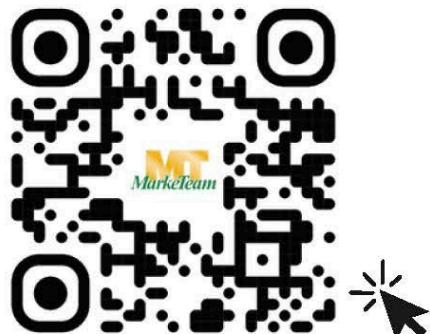
### Click/Scan The QR Code To:

- Request an Onsite Consultation with One of Our Experts
- Explore Our E-Newsletter LIVE
- Sign Up for Our Weekly Newsletter
- Follow Us on Social Media

**Reach out to us directly at:**

[\(360\) 696-3984](tel:(360)696-3984)

[marketing@marketeamnw.com](mailto:marketing@marketeamnw.com)



# OCEAN TREASURES® WILD ALASKA SALMON NUGGETS

HEALTHY SEAFOOD, HEALTHY KIDS.



SCAN  
TO VIEW  
FULL  
CATALOG

ITEM #143602

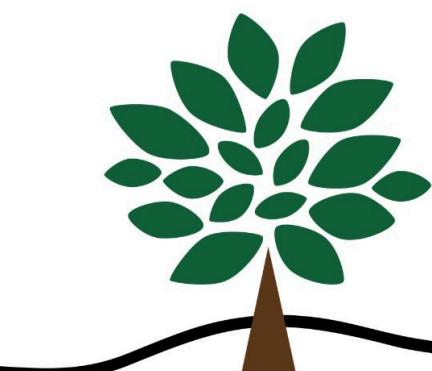
- Sustainable, wild-caught
- Quick & easy preparation
- 100% "Buy American" compliant
- Whole-grain & NSLP Child Nutrition Guidelines compliant
- 100% natural, outstanding taste & texture



Ryan Richardson  
Sales Manager,  
ryanr@tridentseafoods.com



Gabriela Jacobs Carmona  
Aexion Broker – WA,  
gabriela.jacobs@axcion.com



**ROWLEY & HAWKINS**  
**FRUIT FARMS**

# CELEBRATING NATIONAL SCHOOL BREAKFAST WEEK MARCH 2 - 6, 2026



Each March, schools across the country embark on **The Quest for School Breakfast**, celebrating National School Breakfast Week (NSBW) and shining a spotlight on the vital role breakfast plays in student success. NSBW will take place on March 2-6 of this year.

Breakfast is often called the 'most important meal of the day' and by celebrating breakfast it highlights the importance of the meal. It breaks the overnight fast, boosts energy, improves focus, enhances mood and fuels the body and brain for the day, leading to better concentration, productivity and often healthier eating patterns for long term health.

## Exploring New Breakfast Adventures

National School Breakfast Week also provides school districts a unique opportunity to highlight breakfast items that students already enjoy or provide districts an opportunity to sample or taste test new items. NSBW could also be an ideal time for districts to partner with local vendors to offer unique, local items. Here are a few ideas of breakfast items to try this March with items that can be sourced in Washington state!

- Fruit and yogurt parfait featuring local yogurt, LFS frozen blueberries, and scratch-made granola
- Fruit smoothie featuring local yogurt and LFS strawberries
- Egg, sausage and cheese breakfast burrito on a locally sourced whole grain tortilla

## Welcoming Spring with Fresh Flavors

As National School Breakfast Week arrives in early March, districts are also celebrating the transition to warmer weather with comforting and seasonal menu items. At Wapato School District, new breakfast offerings will debut throughout the week to energize students and encourage participation. The district will start the week with freshly baked cinnamon rolls, mixed berry smoothies made with local berries, then end the week with biscuits and gravy, and the return of the pancake on a stick. These menu additions will be new to students this school year and are designed to highlight the importance of breakfast while making the morning meal something students truly look forward to.

## Joining the Quest

National School Breakfast Week is more than a celebration—it's a mission to ensure students start each day nourished, focused, and ready to learn. Through creativity, local partnerships, and student-centered menus, districts across the state are answering the call and continuing The Quest for School Breakfast—one meal at a time.

Submitted by: Sheila Myrvang - Newport SD, Allison Johnston, Sedro-Woolley SD, Magieline Benedicto, Wapato SD

**yami**  
lowfat yogurt



LACTOSE-FREE | GELATIN-FREE | GLUTEN-FREE | VITAMINS A & D3

*Crafted in the Northwest*



# BeneFIT® Bars

**NEW LOOK**  
**SAME GREAT PRODUCT!**



MEETS WHOLE GRAIN  
RICH CRITERIA



GOOD SOURCE OF FIBER  
1-2 GRAIN SERVINGS



PERFECT  
GRAB-N-GO  
OPTION



THAW &  
SERVE

FOR MORE  
INFORMATION  
SCAN HERE



**J&J SNACK FOODS**  
CORP



## BOD Meeting Working Agenda and Meeting Minutes

Date: Wednesday, January 14, 2026

Time: 2:00 pm PST

Location: <https://us02web.zoom.us/j/82606671285?pwd=harvoHTscr4uYeZpgl3uGxMp9JbhgF.1>

Meeting ID: 826 0667 1285

Passcode: 259247

<b>Voting Attendees</b> (Quorum = 8)	<input checked="" type="checkbox"/> Alexandra Epstein-Solfield, <input checked="" type="checkbox"/> President Juliana Fisher, President-Elect <input checked="" type="checkbox"/> Mackenna Long, Vice President Alison Landry, <input checked="" type="checkbox"/> Secretary <input checked="" type="checkbox"/> Treasurer <input checked="" type="checkbox"/> Sheila Myrvang, Co-Leadership Chair <input checked="" type="checkbox"/> Hannah Phillips, Co-Leadership Chair <input checked="" type="checkbox"/> Kara Carlson, Member-at-large <input type="checkbox"/> <u>Kameron Lott,</u> <u>Parliamentarian</u>	<input checked="" type="checkbox"/> Allison Johnston, Region Lead (NW) <input checked="" type="checkbox"/> Mageline Benedicto, Regional Lead (SE) <input checked="" type="checkbox"/> Leeda Beha, PP&L Co-Chair <input checked="" type="checkbox"/> Kim Elkins, PP&L Co-Chair <input type="checkbox"/> <u>Laurie Ozanich, Membership Chair</u> <input checked="" type="checkbox"/> Charlotte Green, Education Chair <input checked="" type="checkbox"/> <u>Patricia Barrett</u> <input checked="" type="checkbox"/> Marketing/Communications Chair <input checked="" type="checkbox"/> Janel Rupp, Industry Chair
<b>Non- Voting Attendees</b>	<input checked="" type="checkbox"/> Christina Chrisler	<input checked="" type="checkbox"/> Liz Beechler, State Liaison <input checked="" type="checkbox"/> Julia Jarrell, Executive Director
<b>Other Attendees</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> Jason Lesley
	<b>Agenda Items</b>	<b>Discussion and Motions</b>
<b>1.0 Call to Order</b>	<b>1.1 - Alexandra Epstein-Solfield, President (1 min)</b>	Meeting called to order at 2:03 PM PST
<b>2.0 Meeting Agenda</b>	<b>2.1 - Alexandra Epstein-Solfield, President (1 min)</b> Approval of January Agenda	<b>Motion to approve the January Agenda.</b> Seconded. Approved.
<b>3.0 Approval of Meeting Minutes</b>	<b>3.1 - Alexandra Epstein-Solfield, President (1 min)</b>	<b>Motion to approve September Meeting Minutes.</b> Seconded. Approved.

	Approval of the <a href="#">September Meeting Minutes</a>	
4.0 New Business	<p><b>4.1- Alison Landry, Treasurer/Secretary (10 min)- Financial Report</b></p> <p><a href="#">P&amp;L Statements</a></p> <p><a href="#">Approved 25-26 Budget</a></p>	<p><b>Balances as of 1/9/2026-</b> Checking Account: \$90,661.24 Savings Account: \$239,152.02</p> <p><b>Motion to add Julia Jarrell, Executive Director guarantor on all Washington School Nutrition Association Bank Accounts.</b> Seconded. Approved.</p>
	<p><b>4.2- Alexandra Epstein-Solfield, President (1 min)- <a href="#">Spring Board Meeting Invitation</a></b></p>	Information shared.
	<p><b>4.3 Mackenna Long, Vice President &amp; Charlotte Green, Education Chair (5 min)- Spring workshop updates re: date, facility rental, agenda/ educational programming, <a href="#">ticket pricing</a></b></p>	<p><b>Motion to maintain the price of \$75 for members and \$85 for non-members for the 2026 Spring Workshop.</b> Seconded. Approved.</p>
	<p><b>4.4 Patricia Barrett, Conference Co-Chair (5 min)- Conference Attendee <a href="#">Ticket Prices</a> and Exhibitor Booth Pricing for 2026</b></p>	Discussed.
	<p><b>4.5- Hannah Phillips, Leadership Co-Chair (5 min)- <a href="#">Scholarship Expansion Proposal</a></b></p>	<p><b>Motion for the board to approve 5 WSNA Annual Conference Scholarships opportunities and 3 Spring Workshop registration scholarships from the education funds and other scholarship funds for a total of \$3725.</b> Seconded. Approved.</p>
	<p><b>4.6- Christina Chisler, DDS Co-Chair (15 minutes)- DDS Proposal</b></p> <p><a href="#">DDS Proposal</a></p> <p><a href="#">DDS Projected Budget</a></p> <p><a href="#">Proposed Bylaws Change</a></p>	<p><b>Motion to take the proposed bylaws change to add DDS as a standing committee and have possible co-chair appointments to bring to Delegate Assembly.</b> Seconded. Approved.</p> <p><b>Motion to allocate \$10 of each DDS annual membership due to the annual DDS budget.</b> Seconded.</p>

		<p><b>Motion to amend the previous motion to allocate \$10 of each Director and Major City Director annual membership due to the annual DDS budget.</b></p> <p>Seconded.</p> <p>Approved the amendment of the motion.</p> <p>Approved the motion as amended.</p>
	<p><b>4.7- Juliana Fisher, President-Elect (15 minutes)- Strategic Plan draft review</b></p>	Reviewed.
	<p><b>4.8- Alexandra Epstein-Solfield, President (10 min)- SNA Awards Judge SNA Awards</b></p>	<p><b>Motion to table this discussion.</b></p> <p>Seconded. Approved.</p>
<b>5.0 Unfinished Business</b>	<p><b>5.1- Alexandra Epstein-Solfield, President (10 min)- Nominating Committee, members needed</b></p>	Reviewed.
	<p><b>5.2-Alexandra Epstein-Solfield, President (10 min)- Speaker compensation/stipend options for Conferences and Workshops</b></p>	<p><b>Motion to support compensation/stipends for speakers at WSNA educational events.</b></p> <p>Seconded.</p> <p><b>Motion to amend the original motion to form language to align with standing rules to include compensation/stipends for speakers at WSNA educational events to be voted on at a later date electronically.</b></p> <p>Seconded.</p> <p>Approved amendment to motion.</p> <p>Approved motion as amended.</p>
	<p><b>5.3 Alison Landry (5 min)- Authorized Signature Policy Update</b></p>	<p><b>Motion to table for future discussion.</b></p> <p>Seconded. Approved.</p>
<b>Closed Meeting Item</b>	<p><b>4.9- Alexandra Epstein-Solfield, President (10 min)- Contract and Evaluation for 2026-2027 Membership Year</b></p>	



# 2026 Summer Summits: Supporting Food Access

Join us at the 2026 Summer Meals Summits to strengthen your impact in addressing child hunger this summer. These events offer new and aspiring sponsors the chance to connect with experienced programs and community partners, gain practical strategies, and strengthen the skills needed to run a successful summer meals program.

United Way of King County, OSPI, and DSHS will host all-day summits in Tacoma and Kennewick, featuring practical sessions on outreach, meal pattern compliance, and program operations- plus time to network and learn from peers working to ensure eligible kids have access to healthy meals all summer long.

**We hope to see you there!**

Tacoma Convention Center  
March 10, 2026

**REGISTER NOW**

Kennewick - Three Rivers  
Convention Center  
March 17, 2026

**REGISTER NOW**



Your source for  
Buy American Compliant  
apple slices, applesauce,  
shelf stable juice and fruit slushes!

*For Product Questions and Availability:*  
AnMarie Davis - Regional Sales Manager NW  
[adavis@petersonfarmsinc.com](mailto:adavis@petersonfarmsinc.com)  
[www.petersonfarmsinc.com](http://www.petersonfarmsinc.com) 925-918-3339



## WASHINGTON SCHOOL NUTRITION ASSOCIATION 2025-2026 EXECUTIVE BOARD MEMBERS

OFFICER POSITION	NAME & ADDRESS	PHONE & E-MAIL
<b>President</b> Finance Committee Executive Team Executive Board	Alexandra Epstein-Solfield Ellensburg School District	Email: <a href="mailto:alexandra.epsteinsolfield@esd401.org">alexandra.epsteinsolfield@esd401.org</a> Ph: 206-697-2442
<b>PresidentElect</b> Finance Committee Executive Team Executive Board	Juliana Fisher Northshore School District	Email: <a href="mailto:jfisher@nsd.org">jfisher@nsd.org</a> Ph: 425-408-7656
<b>Vice President</b> Finance Committee Executive Team Executive Board	Mackenna Long North Mason School District	Email: <a href="mailto:mglong@northmasonschools.org">mglong@northmasonschools.org</a> Ph: 360-277-2121
<b>Secretary/Treasurer</b>  Finance Committee Executive Team Executive Board	Alison Landry Kent School District	Email: <a href="mailto:alison.landry@kent.k12.wa.us">alison.landry@kent.k12.wa.us</a> Ph: 253-373-7891
<b>Leadership Co-Chairs</b>  Finance Committee Executive Board Executive Team	Hanahh Phillips (West) Northshore SD  Sheila Myrvang (East) Newport School District	Email: <a href="mailto:hphillips@nsd.org">hphillips@nsd.org</a> Ph: 425-408-7658  Email: <a href="mailto:myrvangsheila@newportgriz.com">myrvangsheila@newportgriz.com</a> Ph: 509-447-3167 ext. 4521  Email: <a href="mailto:kcarlson@wwps.org">kcarlson@wwps.org</a>
<b>Member at Large</b> Finance Committee Executive Board Executive Team	Kara Carlson Walla Walla School District	Ph: 509-232-6092
<b>Executive Director</b> (Non-Voting) Finance Committee Executive Board ApplePress Editor	Julia Jarrell Jarrell Association Management, LLC Ph: 682-334-4135 PO Box 133301 Spring, TX 77393	Email: <a href="mailto:washingtonsnainfo@gmail.com">washingtonsnainfo@gmail.com</a>
<b>Northwest Region 1 Lead</b>	Allison Johnston Sedro-Woolley School District	Email: <a href="mailto:ajohnston@swsd101.org">ajohnston@swsd101.org</a> Ph: 360-855-3981
<b>Western Region 2 Lead</b>	Vacant	N/A
<b>Southeast Region 3 Lead</b>	Magieline Benedicto Wapato School District	Email: <a href="mailto:magielineb@wapatosd.org">magielineb@wapatosd.org</a> Ph: 509-307-2816
<b>Eastern Region 4 Lead</b>	Sheila Myrvang Newport School District	Email: <a href="mailto:myrvangsheila@newportgriz.com">myrvangsheila@newportgriz.com</a> Ph: 509-447-3167 ext. 4521

<b>OFFICER POSITION</b>	<b>NAME &amp; ADDRESS</b>	<b>PHONE &amp; E-MAIL</b>
<b>Public Policy &amp; Legislative Co-Chairs</b>	Leeda Beha(federallegislation) Bethel School District  Kim Elkins (state legislation) Mead School District	E-Mail: <a href="mailto:lbeha@bethelsd.org">lbeha@bethelsd.org</a> 253-219-9212  Email: <a href="mailto:Kim.Elkins@mead354.org">Kim.Elkins@mead354.org</a> 509-951-7462
<b>Membership / Certification Chair</b>	Laurie Ozanich Selah School District	Email: <a href="mailto:laura.ozanich@selahschools.org">laura.ozanich@selahschools.org</a> Ph: 509-698-8070
<b>Education Chair</b>	Charlotte Green West Valley School District	Email: <a href="mailto:charlotte.green@wvsd.org">charlotte.green@wvsd.org</a> Ph: 509-232-6092
<b>Marketing Chair</b>	Patricia Barret South Kitsap School District	Email: <a href="mailto:barret@skschools.org">barret@skschools.org</a> Ph: 360-443-3667
<b>Industry Chair</b>	Janel Rupp Performance Reps NW	Email: <a href="mailto:Janelr@prnw.com">Janelr@prnw.com</a> Ph: 360-624-7097
<b>NON-VOTING BOARD POSITIONS:</b>		
<b>Parliamentarian</b>	Kameron Lott Bethel School District	Email: <a href="mailto:klott@bethelsd.org">klott@bethelsd.org</a> Ph: 253-228-0631
<b>State Liaison</b>	Liz Beechler Director of School Meal Programs Child NutritionServices, OSPI	Email: <a href="mailto:elizabeth.beechler@k12.wa.us">elizabeth.beechler@k12.wa.us</a> Ph: 360-522-2103



## NEW! Shelf Stable Juice Cups & Five Flavors of 108oz Applesauce Pouches!



For product information or samples please contact:

**AnMarie Davis - Regional Sales Manager, North West**

[adavis@petersonfarmsinc.com](mailto:adavis@petersonfarmsinc.com) 925-918-3339 [www.petersonfarmsinc.com](http://www.petersonfarmsinc.com)

## UPCOMING NATIONAL EDUCATION EVENTS

### Legislative Action Conference (LAC)

Be part of advocacy in action when you attend SNA's Legislative Action Conference in the nation's capital.

Washington, D.C. | March 8-10, 2026

### American Commodities Distribution Association (ACDA)

Coming together to Nourish the Nation

Seattle, WA | April 19 – 22, 2026

### 2026 Annual National Conference

The "School Nutrition Event of the Year," SNA's Annual National Conference (ANC) will bring together thousands of attendees from school nutrition operations, industry, and allied organizations, for an unparalleled networking and educational experience!

Charlotte, NC July 12-14, 2026



## *Dates to Remember*

### 2025-2026

July 27, 2025      Board Meeting, Spokane WA

September 24, 2025 Fall Board Meeting

Oct 1-31, 2025      National Farm to School Month

October 8, 2025      Taste Washington Day

October 10, 2025      Fall Apple Press Publication

Oct 13-17, 2025      National School Lunch Week

November 15, 2025 WSNA Fall Workshop, **Virtual**

Jan 11-13, 2026      SNA Industry Conference Austin TX

January 26, 2026      Washington State USDA Food Show (University Place)

January 30, 2026      Washington State USDA Food Show (Spokane)

February 13, 2026      Winter Apple Press Publication

March 2, 2026      SNA Award Entries due to State President (Employee/Mgr/Director of Year)

March 2-6, 2026      National School Breakfast Week

March 8-10, 2026      SNA Legislative Action Conference, Washington DC

April 1, 2026 April      WSNA Conference Scholarship Applications Open

23-26, 2026 April      SNA Leadership Conference, Kansas City MO

30, 2026 May 1,      Spring Board Meeting (Leavenworth)

2026 May 1, 2026      School Lunch Hero Day

May 2, 2026 May      DDS Spring Meeting (Leavenworth)

22, 2026 July 12-      WSNA Spring Workshop (Leavenworth)

14, 2026 July 27-      Spring/Summer Apple Press Publication

29, 2026 July 26-      SNA Annual Conference Charlotte NC

28, 2027      WSNA Annual Conference, Greater Tacoma Convention Center

                            WSNA Annual Conference, Yakima: **Save the Date**



# SCHOOL NUTRITION STANDARDS ARE CHANGING...

**SMART SWAPS** is here to help school nutrition professionals meet the new meal pattern standards with easy-to-use resources that support nutritious, appealing breakfast choices students will enjoy.

## Key Features

- 25 Kid-approved recipes
- Nutrient analysis & crediting components included
- Step-by-step photo recipe guides
- 3 Sample menus that meet the new added sugar limit
- Training resources including video tutorials

Visit [smart-swaps.com](http://smart-swaps.com)  
or scan the QR code  
to learn more.

