



OCTOBER 2021

NEBRASKA RESTAURANT ASSOCIATION WEBSITE

HEF Board of Directors and Advisory Council are located on the website as well as additional information about the Hospitality Educational Foundation and ProStart.

https://www.nebraskadining.org/hospitality-educational-foundation

NEBRASKA PROSTART SCHOOLS

ALLIANCE LINCOLN NORTH STAR

BEATRICE LINCOLN SOUTHEAST

CRETE LINCOLN SOUTHWEST

ELM CREEK MILFORD

GRETNA NORTHWEST AT GRAND ISLAND

GORDON-RUSHVILLE RONCALLI

HEMINGFORD PAPILLION LAVISTA

KEARNEY PAPILLION LAVISTA SOUTH

LINCOLN EAST PLATTSMOUTH

LINCOLN NORTHWEST SCOTTSBLUFF

LINCOLN HIGH THE CAREER ACADEMY

AUGUST STUDENT ENGAGEMENT CHALLENGE

We wanted to recognize the August student engagement challenge winning team participants!

CONGRATULATIONS WINNING TEAM:

Scottsbluff 4 Beans in a Pod!

Mac & Cheese Pepsi Dogs

PARTICIPATING SCHOOLS:

Lincoln Northeast, Lincoln North Star, Lincoln Southwest, Milford, Northwest at Grand Island, Papillion LaVista South, and Scottsbluff!

Thank you to all the 7 participating schools and 30 student teams!



OCTOBER STUDENT ENGAGEMENT CHALLENGE

- Theme Beef Sliders
- Concept Marketing and Recipe Adjustment
- Competition Food Truck
- Due Date: October 29, 2021
- Correlates with Future Culinary Stars Fundraiser Event November 14, 2021
- Sponsor Freddy's, Sponsor selects winner



SCHOLARSHIP OPPORTUNITIES

ProStart students are eligible to apply for the \$5,000 WebstaurantStore Diversity Scholarship and the \$5,000 WebstaurantStore Foodservice and Hospitality Scholarship. Use the link below to access and apply for these scholarships! The deadline for the applications is December 1, 2021.

https://www.webstaurantstore.com/scholarship/

USE THE FOLLOWING RESOURCES TO SUPPORT CLASSROOM AND COMPETITION ACTIVITIES

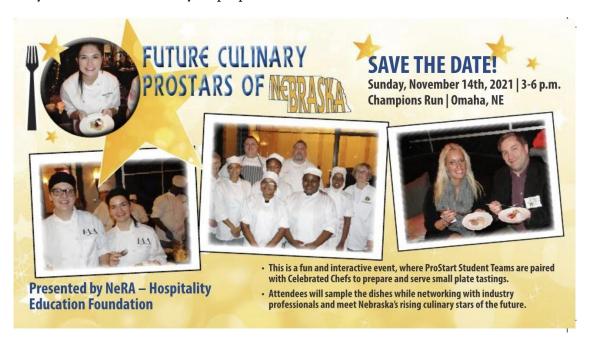
BEEF FOR THE CLASSROOM

The "Beef for the Classroom" reimbursement provides Nebraska family and consumer science teachers the opportunity to incorporate beef production in the classroom for educational purposes.

https://www.nebeef.org/education/beef-for-the-classroom

FUTURE CULINARY STARS OF NEBRASKA

This event allows participating ProStart students to serve small plate tastings with a mentor to prepare students for the state competition. The event also features ProStart alumni, or Celebrity Chefs, and dishes they've prepared as well!



NEBRASKA PORK PRODUCERS ASSOCIATION

Utilize pork in your curriculum and receive a \$100 reimbursement from the Nebraska Pork Producers Association by completing the form below and returning it to dee@nepork.org or mail it to 4435 O Street, Suite 200, Lincoln NE 68510-1864.

Pork for Pro-Start

Nebraska Pork Producers Association Request Form

Please complete this form and the Nebraska's pork farmers through their checkoff dollars will provide \$100.00 for the purchase of pork products to assist your teaching endeavors. For additional information contact: Jane Stone, NPPA Domestic Marketing Director at jane@nepork.org or (402) 525-1525.

Teacher Name:		Grade Level:	
Email Address:		Number of Students:	
School Name:			
Mailing Address:			
Dity:	State:	Zip:	
Contact Phone Number:			
What cut or cuts of pork will be	e used? (i.e. tenderloin, sho	ulder, chop):	
;			
Comments: How will the pork	be prepared and please sha	e your recipe title.	
Comments: How will the pork	be prepared and please sha	e your recipe title.	





SIDES

This month we are focusing on seasonal apples! This is a nutritious salad recipe using in season apples and zucchini! This would make a very tasty side for your fall meals!

allrecipes

Apple and Zucchini Salad

Fresh-tasting. Colorful. Potluck and picnic-worthy.

By Deborah Hoermann Watt

Prep: 20 mins

Total: 20 mins Servings: 8

Yield: 8 servings



Ingredients

1 pound zucchini, diced

3 apples, diced

1/2 green bell pepper, diced

1/2 red onion, chopped

1/3 cup vegetable oil

2 tablespoons red wine vinegar

1 teaspoon white sugar

1 teaspoon dried basil

¾ teaspoon salt

1/4 teaspoon ground black pepper

Directions

Step 1

Combine zucchini, apples, green bell pepper, and onion in a bowl.

Step 2

Whisk vegetable oil, vinegar, sugar, basil, salt, and black pepper together in a separate bowl; drizzle over zucchini-apple mixture. Toss to coat.

Nutrition Facts

Per Serving: 122 calories; protein 1g; carbohydrates 10.4g; fat 9.3g; sodium 224.8mg.

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