



Southern Foods

Your Full-Line Foodservice Distributor



**Its fall at Southern Foods and we have
Pumpkins For Sale!! We just got in a new shipment
of pumpkins and gourds!
Come in and get them before they are gone!!!**



Pumpkin Bacon Waffles

Ingredients

2 cups Jiffy Baking Mix
2 [Eggs](#)
1/4 cup [Milk](#)
1 1/2 cups [Pumpkin Pie](#) Mix
1 tablespoon [Honey](#)
1/4 teaspoon [Nutmeg](#)
1 teaspoon [Cinnamon](#)
2 tablespoons Oil
8 slices Cooked Bacon (crumbled)

S a u c e:

1/2 cup Pumpkin Pie Mix
1/2 cup Cinnamon Applesauce
3 tablespoons Whipped Cream Cheese
1/4 teaspoon Nutmeg
1/2 teaspoon Cinnamon

Directions

In a mixing bowl combine baking mix, eggs, milk, pumpkin pie mix, honey, oil and spices. Whisk together until well combined, and then gently stir in the crumbled bacon. Heat your waffle iron, while you wait placed the sauce ingredients into a small sauce pan over medium heat and whisk until smooth. Cook the sauce until warm then turn down to low while you cook the waffles. When the waffles are ready enjoy them by spooning the sauce over the top. Let me just say YUMMM-O!

Vendor Of The Month

U S Chemical is the largest supplier of privately-branded specialty cleaning chemicals in the nation. Any U S Chemical distributor will tell you that we deliver more than just a broad array of advanced warewashing, housekeeping, laundry and general-purpose cleaning systems. We deliver on a promise to devote our every resource to your ongoing success. Because just as your growth and profitability are determined by that of your customers, our future lies in yours.

Whether it's a five-star restaurant, a six-star hotel, or a hectic metropolitan hospital, U S Chemical will create a program to produce world-class results in any facility, anywhere. Visit [US Chemical](#) for more information.



Kids' Menus Fall Behind the Times

Today's kids' menus are so...last year. Mintel Menu Insights, which tracks restaurant menu trends, says the average kids' menu doesn't offer enough variety or healthy food, even as parents, kids and chefs alike call out for better options.

Analyzing kids' menus from 2005 to the present, Mintel Menu Insights sees the same clichéd foods repeated year after year. Chicken fingers steadily account for 10% of kids' menu items, followed by grilled cheese sandwiches, mac & cheese and burgers. Despite increasing health and obesity concerns, other top kids' menu items include hot dogs, pizza and corn dogs.

Do kids and parents really never tire of the same old thing? Not at all, says Maria Caranfa, RD and director of Mintel Menu Insights. "Our research shows parents want more nutritious options for their kids, and children are open to fruits, veggies and healthier versions of standard fare. The generic kids' menu really doesn't meet the needs and desires of today's families."

Only three in 10 parents say their children eat healthfully at restaurants. But Mintel found kids will eat fruits and veggies. More than three in four children (77%) are open to ordering foods with vegetables, and six in seven (86%) would order fruit-containing items.

Some restaurants have started toying with healthier menus for kids. Though french fries are still the most common side (offered with 66% of kids' menu items), fruits and vegetables have risen in popularity (now at 43% and 39%, respectively). Even rice and salad (18% each) are showing up as kids' side options.

Additionally, more restaurants now use menu descriptors to quantify health. "Fresh" is the top marketing claim on kids' menus, appearing on 17% of items during Q2 2009. In Q2 2005, only 8% of kids' menu items carried the "fresh" claim.

"Restaurants dabble in healthier menus for kids, but there's still significant work to be done," comments Maria Caranfa. "Health and obesity issues, the popularity of ethnic foods and increased media coverage are creating pressure for revamped kids' menus. Soon, health and menu variety will be the new standards in kids' dining."

Maria Caranfa points out recent innovations in healthier kids' menu items:

- Bob Evans: Grilled Chicken Strips with a fresh garden salad
 - Burger King: Fresh Apple Fries
- Elephant Bar Restaurant: Tropical Citrus Salad with Chicken

Source: Mintel Menu Insights

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