We Love Mom

Create a one-of-a-kind environment centered around celebrations

Check out these great features:

- We Love Mom… Mom Loves Waffles P.3
- Let’s Celebrate! P.4 & 5

Follow us @SyscoFoodie
For more information on becoming a Sysco customer, we welcome your call at 888-984-9272.

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Check out the latest issue of Sysco Foodie at www.syscofoodie.com.
LET'S CELEBRATE IN MAY & JUNE...

MAY 5
CINCO MAYO
Tacos for everyone! Create a variety of offerings sure to satisfy – from a protein- alternative like a plant-based meatball item to show-stopping Mahi Mahi which can be seasoned with a variety of spices and grilled to perfection.

MAY 21
Waitstaff Appreciation Day
An opportunity to show your employees your appreciation for their hard work throughout the year. Consider adding some special items to your employee meal.

MAY 12
GRADUATION SEASON
Opportunities to expand on off-premise dining opportunities. Amp up your catering menus and tie in platter LTOs to capture a piece of the party action. Planning makes perfect, party planning can start months before the graduation celebration – start your promotion now to stay top of mind with potential guests.

MAY 27
MEMORIAL DAY
Kick off the summer season with some special features. Capture extra tourist business or get a piece of the staycation crowd.

JUNE 16
FATHER'S DAY
Don't Forget
Check out the next page for steak choices sure to impress Dad on his big day.

GEAR UP FOR THE BUSY SEASON AHEAD WITH THESE TIPS & TRICKS FOR UPCOMING HOLIDAYS
Feast Fit for Father’s Day

Steaks and special occasions go hand-in-hand, especially for Father’s Day. Be ready to MEAT your customer’s expectations with the perfect steak. From high impact to high value, the real key to profitability is knowing what sells & choosing the product that is right from your guests.

Celebrations Call for Chicken!

With so many celebration traffic opportunities, you want to make sure you are covering all your day parts with something for everyone.

Chicken’s popularity continues to rise as customers look for flavorful protein offerings. Its consumption has been bolstered over the past few years by increases at breakfast and snacking occasions.

Dark meat poultry is on trend with the rise in ethnic concepts and Keto dieters. It provides a great canvas for unique flavoring and can drive innovation in most operator’s business.

Adobo Chicken with Pickled Persian Cucumber

8 SERVINGS

Ingredients:
- 3 lb Sysco Classic boneless chicken thighs
- ½ cup white wine vinegar
- ½ cup soy sauce
- 4 cloves garlic, crushed
- 3 bay leaves
- Adobo Chicken

Directions:
FOR THE PERSIAN CUCUMBERS
Cut the cucumbers into ¼-inch rounds. Set aside. Combine the sweet chili sauce and vinegar in a small saucepan and heat until they just mix together. Remove from the heat. Place cucumbers, shallots, garlic and cilantro in a Mason jar and pour the chili/vinegar mix over the top. Chill for 2–4 hours, up to overnight for best results.

FOR THE ADOBO CHICKEN
Mix all the ingredients together and marinate chicken for about three hours. Remove chicken from the marinade and cook on a charcoal grill until internal temperature is 165 degrees. In a saucepan, cook down the marinade until it is reduced by half and set aside until chicken is cooked. Brush the marinade over the chicken and serve accompanied by Persian cucumbers.

Making the Grade: A Cheat Sheet

USDA quality grades are based on attributes that affect tenderness, juiciness and flavor. This includes maturity, firmness, texture, color and marbling. USDA grades are not, however, a measure of quality assurance or food safety. That all depends on your suppliers and the QA practices they have in place.

<table>
<thead>
<tr>
<th>SELECT</th>
<th>Attributes: Uniform in quality; lean; not as juicy or tender as higher grades</th>
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<tbody>
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<td>Applications: Marinating, slow cooking, braising</td>
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<th>CHOICE</th>
<th>Attributes: A step-up in quality and in marbling from Select</th>
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<tr>
<td>Applications: Loin and rib cuts for broiling, roasting or grilling; use less tender cuts for braising, roasting or simmering</td>
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<tr>
<th>PRIME</th>
<th>Attributes: From young, well-fed cattle; abundant marbling; highest quality</th>
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<tbody>
<tr>
<td>Applications: Prime roast and steaks are excellent for broiling, roasting or grilling</td>
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All Buckhead Pride and Newport Pride products are minimally aged for 21 days to ensure the highest quality for your guests. Ask for your local selections today.
The forecast calls for **SUMMER**...

Temperatures are heating up, school is out, and vacation season is starting – is your restaurant ready? Remember these tips when forecasting your plan to make the most of the increased summer traffic.

**A LOOK BACK**
Pull your data from previous years to review past guest counts. Consider major events that could have been a factor (major weather, big events or conventions, school schedules).

**SET A PLAN**
Combine your historical data with insights on the current season to forecast guest traffic and areas you may need to adjust to run a profitable operation.

**AREAS TO REVIEW**
This is the time to look at your business as a whole – staffing levels, ordering guides, menu offerings, hours of operation. Make the necessary tweaks to accommodate the shift in business.

**EXPLORE NEW OPPORTUNITIES**
Now is the perfect time to prospect new opportunities to increase sales. Be on the hunt for things like summer camp catering opportunities, daycare field trips, corporate gatherings, and even wedding season business.