



Registered Dietitians and Dietetic Technicians are food and nutrition experts. They can provide guidance with all aspects of your school nutrition program.

## **Anna Ogaard-Brekken, NDTR**

Anna is a Dietetic Technician, Registered with over 10 years of experience in school nutrition and food service management. She previously served as the food service director for Crookston Public Schools where she gained experience working in a number of areas to include USDA program compliance, menu writing and analysis, food safety, and applications and claims. Her favorite area within school nutrition is new program implementation and grant writing. In 2021, she received her Master's degree in nutrition from the University of North Dakota.

Anna resides in Crookston, MN with her husband, Cody, and four children, Freya, Finn, Vail and Leif.

### **Service(s) May Include** (to be determined by mutual agreement)

- Increase student participation at breakfast and lunch
- HACCP-Food Safety Program evaluation & assistance
- Procurement compliance & assistance with RFP process
- Help with obtaining required documentation for grains, meats, and combination foods
- Assistance with creating greater overall department efficiency & improved quality of meals
- Special diets & food allergy guidance
- Assistance with moving from pan & bake menu to more scratch foods menu
- Standardized recipe development
- Commodity program assistance

## **Northwest Service Cooperative**

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Thief River Falls, MN 56701  
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[www.nw-service.k12.mn.us](http://www.nw-service.k12.mn.us)



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## **School Dietitians**

*A training & service agency for schools, cities, counties, & other governmental agencies.*

## Karyn Lutz, RDN

Karyn has been a Registered Dietitian Nutritionist for over 30 years, with most of her career spent in management and long-term health care. She has been with the School Nutritionist program since its inception in 2015. Her introduction to school food service began in 2012 while working with the Kelliher School District, making significant changes in an effort to meet regulations, improve service to students and decrease budget deficits.

Karyn thoroughly enjoys her work with schools. Empowering students to create healthful eating habits that will last a lifetime and collaborating with the dedicated school nutrition staff who support this goal are rewarding and worthwhile endeavors. Her passion is assisting school nutrition staff to create a positive culture which allows for greater efficiency in serving students delicious food, while meeting USDA guidelines.

Karyn makes her home near Bemidji, MN with her husband Tim.



### Service May Include

(to be determined by mutual agreement)

- Review of food services operations
- Nutritional analysis, guidance on nutritional label reading
- Managing USDA Meal Programs
- Budgeting and purchasing training
- Preparation for MDE Review of your School Nutrition Program
- Evaluation of service line & recommendations for improved flow & regulatory compliance
- Grant writing, in particular the USDA equipment grant
- Staff evaluation for appropriate levels
- Staff training



## Amanda Ryan, RDN

Amanda Ryan has been working in the food service industry for the past 25 years. Amanda is currently a consultant dietitian for schools and long-term care facilities in Northwest MN. She has been involved with administrative reviews, procurement procedures, summer feeding programs, menu planning, budget planning and keeping nutrition staff up to date on new trends in school nutrition. Amanda enjoys working with food service staff to improve the quality of meals and meeting school nutrition guidelines to promote healthy lifestyles students in Northwest MN.

Amanda resides near Bejou, MN with her husband, Shaun and their two high school children, Evie Mae and Adrian.

