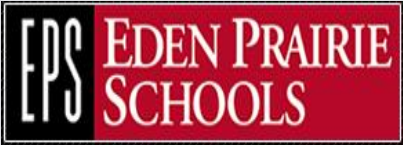




Everyone has a Story!

This is Our Story





When your student comes to eat breakfast and lunch, there are many things that we are cooking up behind the scenes.

Let's start at the beginning





History behind the meal pattern requirements...IOM

Congress passed the Healthy Hunger-Free Kids Act in 2010 to ensure every American child had access to the nutrition they need to grow into healthy adults. One goal of the law was to help reduce America's childhood obesity epidemic and reduce health risks for America's children during the school day. USDA based the new school meal standards on independent, expert recommendations from the Institute of Medicine to ensure kids are being fed healthy food while they are at school.





Results of HHFKA

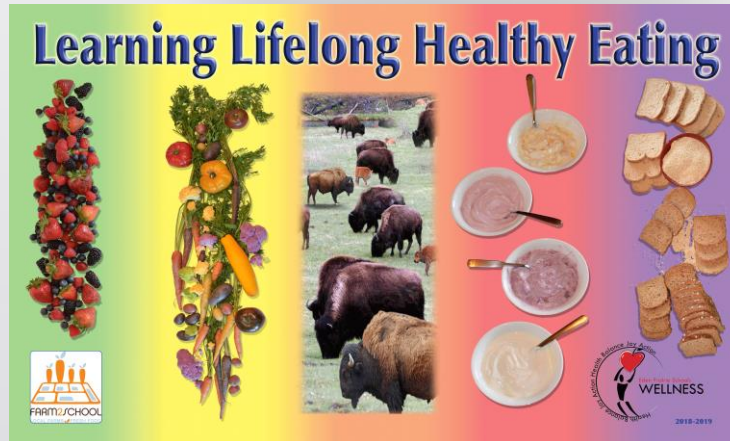
- Kids are eating more fruits and vegetables as a result of updated standards. 16 % more vegetables and 23 % more fruit.
- Over 90% of schools report that they are successfully meeting the updated nutrition standards.
- Participation is increasing substantially in many areas of the country. USDA has received reports from many schools indicating a positive response to healthier offerings and increased participation.
- Virtually all schools continue to participate. Data from states indicated very few schools (only 0.13 % of schools nationwide) reported dropping out of the programs due to struggles over providing kids healthy food.

Continued Results and Actions

- USDA is helping schools encourage kids to choose new healthier options. This year we are participating in a Smarter Lunchrooms Grant. It's a broad toolkit of easy-to-implement, low cost, evidence-based strategies that increase consumption of healthier food and decrease plate waste.
- We participated through the Farm to School Grant to increase the amount of healthy, local food in schools.
- Vendors helping us are: Golden Plump, The Good Acre, Sponsels Orchard, and Bayfield Fruit and Nut Company.
- An equipment grant helped us purchase rotisserie ovens at the HS.




Result of the HHFKA
“Learning Life Long Healthy Eating” is our yearly tag line



Results of the HHFKA - at The Good Acre



Breakfast Meal Pattern Requirements



School Breakfast Meal Pattern

Fruit

K-12

Daily 1 cup

Weekly 5 cups

No more than half of the weekly fruit offerings can be in the form of 100 percent fruit juice. Students must select 1/2 cup fruit and/or vegetable under OVS.

Vegetables

K-12

Daily Optional in place of fruit

Weekly Optional in place of fruit

Meat or Meat Alternate

K-12

Daily Optional

Weekly Optional

Optional in place of grains after one ounce equivalent of grain has been offered.

Milk

K-12

1 cup per day

Unflavored One Percent or Fat Free
Flavored Fat Free only

Nutrient Standards

Daily Amount Based on Average 5-Day Week

	K-5	6-8	9-12
Min-Max calories	350-500	400-550	450-600
Sodium (mg)	540	600	640
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

Grains

	K-5	6-8	9-12
Daily	1	1	1
Weekly	7-10	8-10	9-10

Amounts are listed in ounce equivalents. All grain items offered must be whole grain rich. Daily/weekly minimums must be met.

- **Daily Breakfast Meal** (All kindergarten students can eat breakfast at no charge): One cup fruit (students must select a minimum of a half cup fruit)
- One ounce equivalent grain (entree choices may be a two component size)
- One cup milk
- Of the items listed above students must choose three items to be a free meal. Single choices will be at an ala carte price.
- All menu items are also available ala carte. Prices for individual menu items are available from the cashier. Ala carte items and Mega Bites (an extra entrée) do not qualify as free/reduced price lunch options. A student's account is charged the full price of the item(s) purchased.
- Parents of students (and siblings) who visit for lunch and purchase a meal must pay full-price, even if the student receives free/reduced priced lunch benefits.

Breakfast offerings

- At least 4 food items must be offered in minimum portion size or greater
- Student **must select at least 3 food items**
 - One of which must be at least ½ cup fruit and/or vegetable
- Possible menu combination with OVS (offer verses serve)
 - 2 oz. eq. grain, 1 cup fruit, 1 cup milk
 - 1 oz. eq. grain, 1 oz. eq. meat/ma, 1 cup fruit, 1 cup milk
 - 1 oz. eq. grain, ½ cup fruit, ½ cup fruit, 1 cup milk



Lunch Meal Pattern Requirements

mi DEPARTMENT OF EDUCATION School Lunch Meal Pattern

Fruit

	K-5	6-8	9-12
Daily	0.5 cup	0.5 cup	1 cup
Weekly	2.5 cups	2.5 cups	5 cups

One quarter cup dried = one-half cup
Fresh, dried, frozen: no added sugar
Canned: juice/light syrup
100 percent juice only

Vegetables

	K-5	6-8	9-12
Daily	0.75 cup	0.75 cup	1 cup
Weekly	3.75 cups	3.75 cups	5 cups

Weekly Subgroup Requirements:

	K-5	6-8	9-12
Dark Green	0.5 cup	0.5 cup	0.5 cup
Red/Orange	0.75 cup	0.75 cup	1.25 cups
Beans/Peas	0.5 cup	0.5 cup	0.5 cup
Starchy	0.5 cup	0.5 cup	0.5 cup
Other*	0.5 cup	0.5 cup	0.75 cup
Additional to reach weekly total	1 cup	1 cup	1.5 cups

One cup uncooked leafy greens = one-half cup vegetable
*Other = must come from other, dark green, red/orange or beans/peas subgroups

Meat or Meat Alternate

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts are listed in ounce equivalents.
Daily/weekly minimums must be met.

Milk

	K-5	6-8	9-12
1 cup per day	1 cup per day	1 cup per day	1 cup per day

Unflavored One Percent or Fat Free
Flavored Fat Free only

Grains

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-9	8-10	10-12

Amounts are listed in ounce equivalents. All grains must be whole grain rich. Daily /weekly minimums must be met.

- We offer food items from the all 5 food groups.
- A student must choose 3 of the 5 food groups offered (under the offer verses serve program).
- This saves on plate waste.
- One of the 3 groups must be a fruit or vegetable.

Vegetable Subgroup and Nutrient Requirements

m DEPARTMENT OF EDUCATION Vegetable Subgroup and Nutrient Requirements

Dark Green*

0.5 cup weekly for all grade groups

Bok Choy	Green Leaf Lettuce	Romaine Lettuce
Broccoli	Kale	Spinach
Chinese Cabbage	Mesclun Greens	Turnip Greens
Collard Greens	Mustard Greens	Watercress
Endive		

Other

K-5 and 6-8: 0.5 cup weekly		9-12: 0.75 cup weekly
Artichokes	Cucumbers	Onions
Asparagus	Eggplant	Radishes
Avocado	Green Beans	Parsnips
Beets	Green Peppers	Summer Squash
Brussels Sprouts	Iceberg Lettuce	Snow/Sugar Snap Peas
Cabbage	Kohlrabi	Turnips
Cauliflower	Mushrooms	Wax Beans
Celery	Okra	Zucchini

The weekly portion size requirement for Other vegetables must come from Other, Dark Green, Red/ Orange or Beans/Peas.

Beans/Peas

0.5 cup weekly for all grade groups

Black Beans	Pinto Beans
Black Eyed Peas	Pink Beans
Chickpeas	Refried Beans
Garbanzo Beans	Red Beans
Kidney Beans	Soy Beans (edamame)
Lentils	Split Peas
Lima Beans (dry)	White Beans
Navy Beans	

Red/Orange

K-5 and 6-8: 0.75 cup weekly
9-12: 1.25 cups weekly

Acorn Squash	Pumpkin
Butternut Squash	Red Peppers
Carrots	Sweet Potato
Hubbard Squash	Tomatoes
	Tomato Juice

Additional

K-5 and 6-8: 1 cup weekly
9-12: 1.5 cups weekly
Any vegetable may be served

Starchy

0.5 cup weekly for all grade groups

Cassava	Lima Beans (canned/fresh)
Corn	Plantains
Fresh Cowpeas	Potatoes
Green Bananas	Taro
Green Peas	Water Chestnuts
Jicama	

Daily Amount Based on Average Five-Day Week			
	K-5	6-8	9-12
Min-Max calories	550-650	600-700	750-850
Sodium (mg)	1,230	1,360	1,420
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

- This table lists some foods in the vegetable group divided into its five subgroups: *dark-green vegetables, red and orange vegetables, starchy vegetables, beans and peas, and other vegetables that we are required to offer each week.*

When planning menus we ask these questions:

- Will the students be satisfied with this choice?
- Is it homemade?
- How many items can we make with:
 - 2 staff in Production
 - 5 staff in Bakery
- Does this fit with the variety on the menu?
- Is it available from our manufacturer and distributor? The industry is moving towards changes, that we as consumers are requiring.
- How will this affect our labor costs?
- Does it meet the nutrient standards?
- All these consideration are within a constraint of \$3.00 - \$3.35 per lunch.



Lunch Weekly Certification Worksheet

These are the weekly requirements with components by the whole week

B - Elementary Lunch:Cycle B											Week of 3/12/2018				
5 Day Week	Mon	Tue	Wed	Thu	Fri			Weekly	Weekly	Weekly	Weekly Fruit	Total	Total	% of Total	Weekly
	3/12/18	3/13/18	3/14/18	3/15/18	3/16/18			Total	Rqmt.	Rqmt.	Juice Limit	Weekly	Weekly	Weekly	Rqmt.
											Check	Fruit	Fruit	Fruit that	Check
											(<= half of	2.5	0	is Juice	
											total fruit)			0.00%	Yes
Fruit: Minimum (cups)	0.5	0.5	0.5	0.5	0.5			2.5	2.5	Yes					
Vegetables: Minimum (cups)	0.75	0.75	1	1	0.75			4.25	3.75	Yes	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0.5	0.5	0.5	0.5	0.5			2.5	0.5	Yes					
-Red/Orange	0.125	0.125	0.5	0.375	0.25			1.375	0.75	Yes					
-Legumes	0.125	0.125	0.5	0.125	0.25			1.125	0.5	Yes					
-Starchy	0.75	0.25	0	0	0			1	0.5	Yes					
-Other	0.125	0.5	0.625	0.875	0.25			2.375	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	1.5	2	2	2	1			8.5	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2			10	9	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	30.5	Weekly Whole Grain	30.5	% of Whole Grain	100%			100% whole grain rich	Yes					
	Mon	Tue	Wed	Thu	Fri			Weekly	Weekly	Weekly					
	3/12/18	3/13/18	3/14/18	3/15/18	3/16/18			Total	Rqmt.	Rqmt.					
Milk: Minimum (cups)	1	1	1	1	1			5	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes										
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

****Cells with this background color signify Requirements not being met!**

If you have the appropriate waiver from your State Agency, then the menu must be at least 50% whole grain-rich or 1% flavored milk is an acceptable variety.

Did You Know?



- We served 811,284 meals last year
- We went from 83,000 pounds of whole wheat flour before the new standards to 32,380 after. (due to smaller portions)
- We served 54,025 hamburgers last year
- We used 20,000 pounds of beef crumbles
- 612 Fresh **Local** grown whole chickens for our rotisserie ovens at the HS
- We purchased 63,920 **Local** orchard apples



Our Story Does Not End Here!

- It is ever-changing and we are always looking for the best choices for our students!
- Here are some photos from our Production Kitchen and Bakery



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The students showed their appreciation to our staff!!

