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

- **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

- We offer food items from 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

- 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 considerations 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.

### 5 Day Week

<table>
<thead>
<tr>
<th>Mon 3/12/18</th>
<th>Tue 3/13/18</th>
<th>Wed 3/14/18</th>
<th>Thu 3/15/18</th>
<th>Fri 3/16/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit: Minimum (ounces)</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Vegetables: Minimum (cups)</td>
<td>0.75</td>
<td>0.75</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Dark Green</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Red Orange</td>
<td>0.125</td>
<td>0.125</td>
<td>0.5</td>
<td>0.375</td>
</tr>
<tr>
<td>Legumes</td>
<td>0.125</td>
<td>0.125</td>
<td>0.5</td>
<td>0.125</td>
</tr>
<tr>
<td>Other</td>
<td>0.75</td>
<td>0.25</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Whole Grain Rich Weekly Amount</td>
<td>0</td>
<td>No more than 2.02</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Whole Grain Rich Weekly Amount</td>
<td>0</td>
<td>No more than 2.02</td>
<td>Yes</td>
<td></td>
</tr>
</tbody>
</table>

### Week of 3/12/2018

#### Weekly Total

- Whole Fruit: 2.5
- Total Weekly Fruit Juice: 0
- % of Total Weekly Fruit Juice: 0.0%
- Weekly Fruit Juice Limit Check (Total of total fruit juice): Yes

#### Weekly Total Vegetable

- Total Weekly Veg: 6.5
- Total Weekly Veg Juice: 0
- % of Total Weekly Veg Juice: 0.0%
- Weekly Vegetable Juice Limit Check (Less than total veg juice): Yes

#### Weekly Total Grain

- Whole Grain Rich Weekly Amount: 0
- % of Whole Grain Rich: 100%
- Weekly Grain Rich: Yes

#### Weekly Total Milk

- Milk Minimum (cups): 1
- Weekly Milk Total: 5
- Weekly Milk Check: Yes

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

If you have the appropriate waivers 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
The students showed their appreciation to our staff!!