

# School Nutrition – Team Spirit

**&  
Challenging  
Changes**



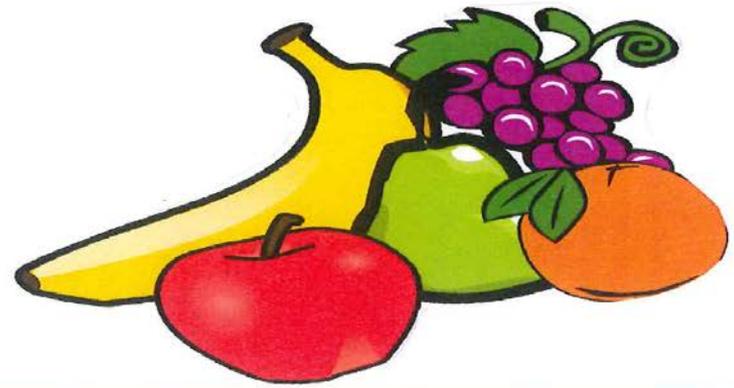
Presented by Michelle Jenkins, RD  
Director of Food Services and Child  
Nutrition

# Good Nutrition is Our Mission



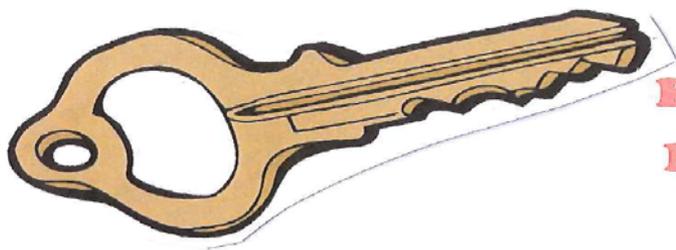
**School Breakfast (SBP):**  
Energize your day with a School Breakfast! Students receive a well-balanced breakfast that will provide 1/4 of the RDA's to be consistent with the Dietary Guidelines for Americans. Many students, regardless of income levels, come to school without breakfast. SBP will ensure that our schoolchildren have access to a well-balanced meal every morning at school!

**Program Objectives:**  
To provide nutritious, well-balanced meals, milk or snacks to students in order to promote sound eating habits, foster good health, and academic achievements.  
Students who have satisfied their nutritional needs are better behaved at school, have longer attention spans, score higher on tests, and are more interested in the education program.



**National School Lunch (NSLP):**  
Students receive a well-balanced lunch that will provide 1/3 of the RDA's of protein, vitamin A, vitamin C, iron, calcium, and calories. Lunch is consistent with the Dietary Guidelines for Americans. The goal of the NSLP is to ensure that every child gets the nutritious lunch they need for physical and academic well-being. Additionally, NSLP reinforces the nutrition education taught in the classroom.

- More whole grains, fruits, and vegetables;
- low-fat dairy products; and less sodium and fat.
- Menus are planned for grades K-5, 6-8 and 9-12 and will demonstrate to students correct portion sizes.



## KEY POINTS OF INFORMATION

- ALL SCHOOLS SERVE BREAKFAST & LUNCH DAILY  
  
PAID BREAKFAST: ELE - \$1.60, MS - \$1.85, HS - \$2.10    NO CHARGE FOR REDUCED BREAKFAST  
  
PAID LUNCH:        ELE - \$2.85, MS - \$3.35, HS - \$3.60    REDUCED LUNCH \$ .40
- STUDENTS MUST TAKE AT LEAST ONE ½ C SERVING OF A FRUIT OR A VEGETABLE ALONG WITH 2 OTHER ITEMS IN ORDER TO BE CLAIMED AS A SCHOOL MEAL
- FREE AND REDUCED APPLICATIONS MUST BE FILLED OUT & PROCESSED EVERY YEAR. PREVIOUS ELIGIBILITY STATUS WILL EXPIRE AFTER A 30 DAY GRACE PERIOD. NEW THIS YEAR FREE & REDUCED MEAL APPLICATIONS ARE AVAILABLE ON LINE
- MEAL PAYMENT OPTIONS:  
CASH OR CHECK (PLEASE MAKE SURE STUDENTS FIRST & LAST NAME IS ON THE CHECK.)  
ONLINE PAYMENTS ([WWW.MYSCHOOLBUCKS.COM](http://WWW.MYSCHOOLBUCKS.COM))
- SIGN UP FOR A MY SCHOOL BUCKS ACCOUNT TO VIEW YOUR CHILD'S MEAL TRANSACTIONS.

# 2014-2015 ACCOMPLISHMENTS

- \* WELLNESS COMMITTEE ESTABLISHED & ACTIVE
- \* NEW WELLNESS POLICY DEVELOPED & ADOPTED
- \* WELLNESS POLICY EVALUATION CHECKLIST DISCUSSED & COMPLETED



# **MAKING STRIDES**

- \* NUTRITION EDUCATION ON NEW MEAL REGULATIONS**
- \* ESTABLISHING STUDENT ADVISORY GROUPS**
- \* INCREASE MEAL PARTICIPATION**
- \* THEME DAYS**
- \* MARKETING & FOOD PRESENTATION**
- \* EXPANDING MENU SELECTIONS**
- \* PILOT BREAKFAST IN THE CLASSROOM**
- \* SCHOOL GARDENS**
- \* PROVIDING MORE INFORMATION ON THE DISTRICT WEBSITE**



Fruits

Grains

Dairy

Vegetables

Protein

**PICK 3!**

Choose 1/2 cup of fruit  
or vegetables **PLUS**  
at least 2  
other food groups.



# Offer versus Serve for Breakfast

Select 3 or 4 Items from the 3 components

## Component 1

Fruit (and optional vegetables)



## Component 2

Milk



## Component 3

Grains  
(and optional meat/meat  
alternate)



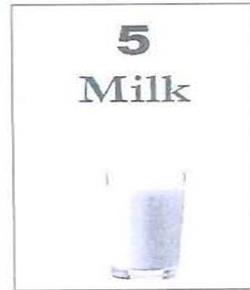
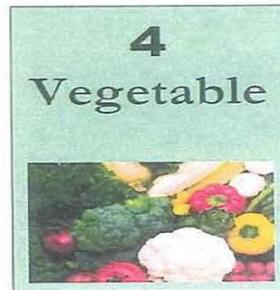
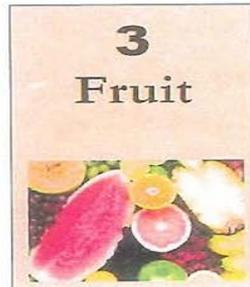
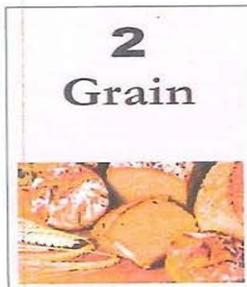
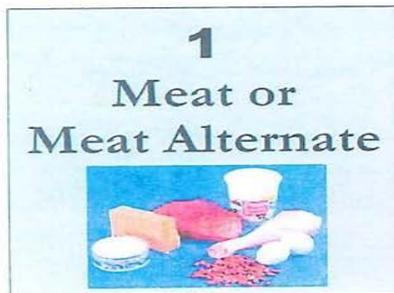
Choose at least 3 items including:  
 $\frac{1}{2}$  cup of fruit or vegetable  
For best nutrition, choose all 4 items

Note: Some grain components are more  
than 1 item



## Offer versus Serve

# The 5 Meal Components for School Lunch



**You must choose at least 3 including:**

- $\frac{1}{2}$  cup of fruit or vegetable
- At least two other full components

**For best nutrition, choose all 5!**

Adapted from the Connecticut State Department of Education, *Offer versus Serve* (2012). In accordance with federal law and US Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave SW, Washington, DC 20250-9410 or call toll free 866-632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the federal relay service at 800-877-8339 or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.

**Samsel  
Families  
Unite!**



# SAVE THE DATE!

**When: October 27<sup>th</sup>, 2015 7-9:00pm**  
*"Doors will open at 6:30pm"*

**Where: Samsel Upper Elementary School**

**OVERCOME  
HOMEWORK  
BATTLES**



**GOOD  
NUTRITION  
MISSION**



**DO YOU "WONDER" ABOUT  
HOW TO TALK TO YOUR  
CHILD BOUT BULLYING AND  
PEER CONNECTIONS?**



**DECOMPRESS  
WITH NEW  
JERSEY DAY  
TRIPS**



**TACKLE THE  
MORNING  
RUSH**



**ZOOM!**

**Come take a fun family photo booth  
picture!**



*You don't have to be a superhero to be a super parent.*



# LUNCH PARTICIPATION SEPTEMBER 2015

<b>SCHOOL</b>	<b>AVG. MEALS</b>	<b>% PARTICIPATION</b>	
<b>ARLETH</b>	<b>187</b>	<b>39%</b>	
<b>EISENHOWER</b>	<b>247</b>	<b>45%</b>	
<b>TRUMAN</b>	<b>194</b>	<b>39%</b>	
<b>WILSON</b>	<b>147</b>	<b>41%</b>	
<b>MIDDLE SCHOOL</b>	<b>550</b>	<b>41%</b>	
<b>HIGH SCHOOL</b>	<b>689</b>	<b>42%</b>	
<b>SAMSEL UES</b>	<b>426</b>	<b>41%</b>	
<b>2015 - AVG. TOTAL MEALS SERVED DAILY</b> <b>(17 DAYS)</b>		<b>2434</b>	<b>41%</b>
<b>2014 - AVG. TOTAL MEALS SERVED DAILY</b> <b>(18 DAYS)</b>		<b>2490</b>	<b>44%</b>

# LUNCH PARTICIPATION OCTOBER 2015

<b>SCHOOL</b>	<b>AVG. MEALS</b>	<b>% PARTICIPATION</b>
<b>ARLETH</b>	<b>237</b>	<b>49%</b>
<b>EISENHOWER</b>	<b>292</b>	<b>54%</b>
<b>TRUMAN</b>	<b>241</b>	<b>49%</b>
<b>WILSON</b>	<b>188</b>	<b>52%</b>
<b>MIDDLE SCHOOL</b>	<b>595</b>	<b>44%</b>
<b>HIGH SCHOOL</b>	<b>716</b>	<b>44%</b>
<b>SAMSEL UES</b>	<b>470</b>	<b>46%</b>
<b>2015- AVG. TOTAL MEALS SERVED DAILY</b> <b>(22 DAYS)</b>		<b>2739 47%</b>
<b>2014 – AVG. TOTAL MEALS SERVED DAILY</b> <b>(23 DAYS)</b>		<b>2766 48%</b>



CELEBRATE  
CHINESE NEW YEAR

LUNCH MENU  
ASIAN RICE BOWLS  
WITH  
CHICKEN & VEGETABLES  
DINNER ROLL  
FRUIT CUP  
CHOICE OF MILK



\*\*\*\*\***MENU**\*\*\*\*\*

**CHICKEN FAJITAS WITH PEPPERS & ONIONS**

**AND/OR**

**BEEF TACOS WITH ALL THE FIXIN'S**

**MEXICAN BEAN & RICE SALAD**

**CHIPS & SALSA**

**SANDWICHES**

**CRUMB CAKE**

**COFFEE & SOFT DRINKS**

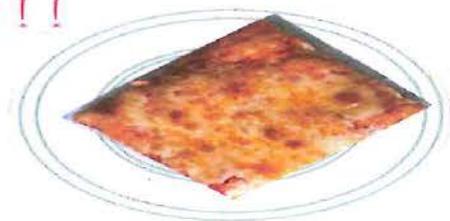


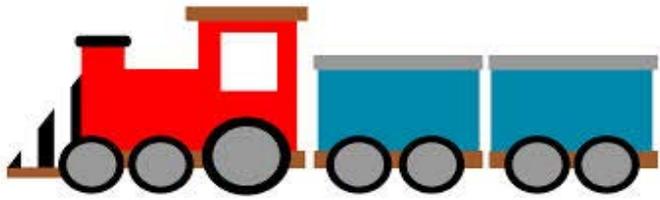
**ENJOY YOUR**





WEDGE  
IS THE NEW  
SQUARE!!!!





# EXPRESS

Come aboard and try the Lunch Box Express.....

**New & exciting** alternate lunch choices coming your way!!

**Lunch box Express** is a variety of prepackaged lunches similar to “lunchables” sold in supermarkets. These meals are developed to be grab & go lunches which are “kid appealing and healthy”. All are Fun & easy to eat! These express meals contain finger-style foods including fruits & veggies and are prepared to provide a nutritious, healthy lunch option.

Students may take milk with all Lunch Box Express lunches!!!

**Fiesta Lunch Box** - Includes baked corn chips shredded cheese and lettuce and salsa. Served with a fresh fruit and a whole grain treat.

**Bagel Lunch Box** – Includes a whole grain bagel, sliced cheese. Served with carrots sticks, fresh fruit and a whole grain treat.

**NEW Pita Pizza Lunch Box** – Create your own pita pizza with tomato sauce, low-fat mozzarella cheese. Served with carrots sticks, and fresh fruit and a whole grain treat.

**NEW Yogurt, Fruit & Cheese Lunch Box** – Includes low fat flavored yogurt served with grapes, string cheese and carrot sticks and a whole grain treat.

**NEW Deli Nibbler Lunch Box**– Nibble on your favorite mini cracker sandwiches with turkey, ham & cheese. Create your own with whole grain crackers and bite size portions of deli meats & cheeses. Served with carrots sticks, fresh fruit and a whole grain treat.

**NEW Sun Butter & Jelly Lunch Box** - A peanut free twist on PB&J. A sandwich made with sun butter & jelly on whole grain bread. Served with carrots sticks, fresh fruit and a whole grain treat.

**NEW Veggie Delight Lunch Box** – Includes whole grain pita wedges & hummus. Served with carrot & celery sticks, fresh fruit and a whole grain treat.

# AREAS THAT NEED IMPROVEMENT

- \* CANDY AND OTHER FOOD SALES THAT OCCUR DURING SCHOOL HOURS
- \* FOOD ALLERGIES
- \* WEBSITE COMMUNICATION



# 2015-2016

## WHAT'S COOKING FOR THIS YEAR?

- \* MORE VARIETY OF FRESH PRODUCE THROUGH COMMODITIES
- \* MANDATED PROFESSIONAL TRAINING STANDARDS FOR ALL FOOD SERVICE PERSONNEL
- \* BREAKFAST IN THE CLASSROOM PILOT AT ARLETH SCHOOL
- \* ADMINISTRATIVE REVIEW WITH CHILD NUTRITION

	<b>AUDITED</b>	<b>AUDITED</b>	<b>UNAUDITED</b>	
	<b><u>2012-13</u></b>	<b><u>2013-14</u></b>	<b><u>2014-15</u></b>	<b><u>DIFFERENCE</u></b>
<b>OPERATING REVENUE</b>				
DAILY SALES	\$ 984,037.24	\$ 985,703.85	\$ 1,048,456.81	\$ 62,752.96
OTHER	\$ 1,918.73	\$ 1,504.73	\$ -	\$ (1,504.73)
<b>NONOPERATING REVENUE</b>				
STATE SCHOOL LUNCH	\$ 23,129.45	\$ 22,478.77	\$ 25,206.28	\$ 2,727.51
NATIONAL SCHOOL LUNCH	\$ 994,461.95	\$ 1,005,785.43	\$ 1,069,791.86	\$ 64,006.43
USDA FOOD COMMODITIES	<u>\$ 146,358.82</u>	<u>\$ 151,850.76</u>	<u>\$ 174,589.38</u>	<u>\$ 22,738.62</u>
<b>TOTAL REVENUE</b>	\$ 2,149,906.19	\$ 2,167,323.54	\$ 2,318,044.33	\$ 150,720.79
<b>OPERATING EXPENSES</b>				
COST OF SALES	\$ 1,012,354.49	\$ 933,500.75	\$ 1,004,380.79	\$ 70,880.04
SALARIES	\$ 936,724.63	\$ 960,753.43	\$ 926,623.09	\$ (34,130.34)
EMPLOYEE BENEFITS	\$ 142,292.70	\$ 146,180.04	\$ 154,035.45	\$ 7,855.41
REPAIRS AND MAINTENANCE	\$ 37,214.05	\$ 24,624.69	\$ 31,179.32	\$ 6,554.63
SUPPLIES AND MATERIALS	\$ 102,775.18	\$ 115,670.70	\$ 162,414.99	\$ 46,744.29
MISCELLANEOUS	\$ 6,287.30	\$ 1,698.00	\$ 3,305.85	\$ 1,607.85
DEPRECIATION	<u>\$ 2,189.00</u>	<u>\$ -</u>	<u>\$ -</u>	<u>\$ -</u>
<b>TOTAL OPERATING EXPENSES</b>	\$ 2,239,837.35	\$ 2,182,427.61	\$ 2,281,939.49	\$ 99,511.88
<b>NET PROFIT(LOSS)</b>	\$ (89,931.16)	\$ (15,104.07)	\$ 36,104.84	\$ 51,208.91
<b>RETAINED EARNINGS 7/1</b>	<u>\$ 208,198.59</u>	<u>\$ 118,267.43</u>	<u>\$ 103,163.36</u>	
<b>RETAINED EARNINGS 6/30</b>	\$ 118,267.43	\$ 103,163.36	\$ 139,268.20	