



A Photographic Tour of the Food & Nutrition Services Program

**District Wellness Council
November, 2015**

The Central Kitchen

The Central Kitchen (CK) is located in Hamlin Park. All complex food preparation takes place at this location. Some of the large production items that are prepared here include: vegetarian chili, turkey meatloaf, turkey and gravy, sauces, the fresh vegan salads on the salad bars, muffins, cookies, and more. The CK is the only kitchen that handles raw meat.



Central Kitchen Freezer

The CK packages and ships all of the District produce twice weekly to each school.

Continued...

The CK was built in 2010 and contains state-of-the-art equipment.



**Part of the 1500 hand rolled
burritos the CK made on
10-30-15**



Dish Machine



Inside of the CK freezer

CK Bakery

Not many Districts have what we have in this District, a bakery. Below is a photo of a few of our large roll-in rack ovens. Racks are picked up by an arm and rotated for even baking. Muffins, rolls, and elementary school pizza are a few examples of what are baked in these ovens.



CK Bakery Continued...



**Muffins being scooped
and prepared for baking**



**Pirate cake cooling-
whole wheat sweet
potato and spice cake**

CK-Cooking

The cooking area of the CK is where we make soups, sauces, gravy, and more.



Steam Jacket Kettle



Tilt Skillet & Ovens

CK- Shipping



Fresh salads, sandwiches, elementary entrees and many other things are loaded and shipped to schools daily.



The District has two food trucks which ship using ice bricks to keep the food cold. Hot food is held in insulated cambros.

CK- Staff



The Central Kitchen has 11 employees, and is headed up by Jim Newton (an Executive Chef). Diane Tsao is the Site Supervisor (oversees training and staff at the school level). Jim has worked as the executive Chef for Boeing and the Seattle Golf Club and is a graduate of the Culinary Program at SWHS. He began with the District in 2014. Diane started as a food service employee at PCC and moved up to a Chef/Manager position overseeing the food production at Whole Foods before coming to Shoreline in 2014.

Office Staff



**L to R : Stefanie, Carolyn,
Jessica**

The FNS Office has two office employees (Carolyn Pence and Stefanie Gendreau) who are responsible for billing, claims, payroll, payments, customer service, marketing, and many other things. Carolyn has worked many years in the District beginning at SCHS in the kitchen. Stefanie began her career as a Manager for Tower Records.

The Director of Food Services (myself) has been with the District since the Fall of 2013. I am a Registered Dietitian Nutritionist and came to the District from Senior Services where I oversaw 13 Senior Center lunch programs spread throughout King County.

Elementary Lunch



Teachers or lunch room monitors will sometimes help young students with their meal selections.

Students have lunch cards they use daily for payment; they are either picked up from files like this in the lunch room or handed out by teachers.

Elementary Lunch

Elementary Schools have limited space to work with, but serve a lot of meals daily and in a short period of time. The menu is built in a delicate balance to accomplish this task, with some of the food produced and shipped hot from the CK and some heated on-site.



In addition to nutrition, allergies, availability, student taste, cost, and USDA guidelines, we also have to look at oven space, warmer space, prep time, and counter space when considering menu items to serve. Menu items affect both the CK staff and school kitchen staff time and production capability.

Elementary Lunch



Kim Fischer is a Kitchen Lead and is responsible for cooking, ordering, inventory, as well as many other duties including being the expert on-site for lunch program related questions from students, parents, and staff.

Babylyn is an Assistant; she is responsible for running the POS system, washing dishes, and assisting the Kitchen Lead to get the work complete.



Elementary Lunch-salad bars



As of the 2014-2015 school year, all school levels now have salad bars. The Whole Foods Foundation granted us brand new salad bars the Spring of 2015.

Elementary Lunch-Entrees

We have two entrees daily, one of which is vegetarian



Scratch-made blueberry muffin, Yami yogurt, string cheese



Whole grain stuffed pasta shells, whole grain garlic toast

Elementary Lunch

Student taste is very important; after all the work and consideration that goes into each meal, the most important factor in the success of a entree is that the child will eat it so they can learn and be successful in school.



Middle School Lunch

Middle schools have three lunch lines to get the students served faster due to fewer lunch periods and more menu selections. Students in this age range have food tastes that range from that of an elementary

school student to that of a high school student/adult. Menu items can be tricky since their tastes are so varied and peer pressure to choose certain food items play a part. Students in this age group make the fewest amount of fruit and veggie selections when compared to the elementary and high schools. Additional education may help.



Middle School Lunch



Behind the lines at a middle school. Students type in their student ID to pay for their meals.



A few menu selections: scratch-made turkey meatloaf with green beans, zucchini bread, sunflower seeds, and string cheese vegetarian option

High School Lunch

High School students have a more developed pallet than other age groups. At Shoreline, they enjoy ethnic flavors and spicy food in addition to more traditional staples like cheeseburgers and pizza. Cheeseburgers are very popular but because they are high in saturated fat, they are only on the menu twice in a three week cycle. Our pizza is on a whole grain crust and is made with reduced fat cheese and low sodium sauce so it can meet the nutrition standards. We offer a wide variety of foods daily to encourage students to make healthy choices.

High School Lunch



A cashier helps ring up a student meal

Lunch time is huge at the high schools. We have open campuses and one lunch period. We have 5 serving lines open, four in the main lunch line area and 1 at a separate café where we have a grab and go menu to help students and staff who need to eat quickly and/or cross campuses.

High School Lunch



The T-Bird Café (SWHS) and the Otis Café (SCHS-pictured) are our grab-and-go hubs at the two high schools.



Grab and go wraps, salads, veggie, and fruit choices

High School Lunch

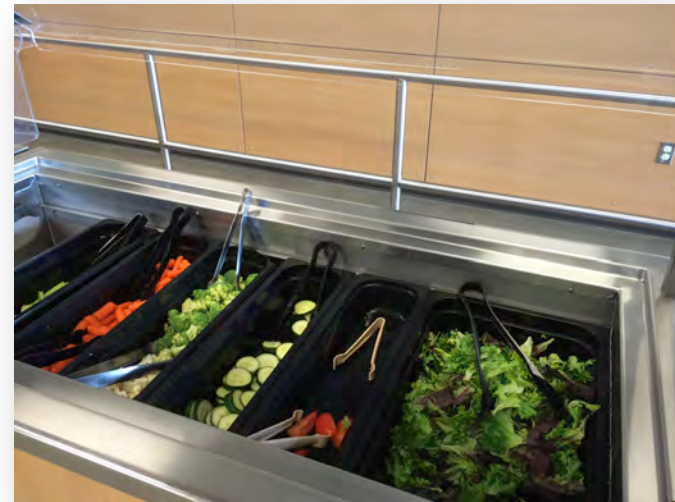


Our new high schools have monitors where the FNS Office programs daily menu selections and fun nutrition facts for students.



There are four lines in the main lunch line area.

High School Lunch-salad bars



The new High Schools have two long refrigerated salad bars that are accessed on both sides (each one serves two lines). There are a variety of fresh and canned fruits offered daily and include the most varied selection of vegetable and fruit choices than any other school level.

High Schools-Entrees



High Schools have 5-7 entrees daily. Some of the entrees offered: (R-top) scratch-made vegetarian chili with corn muffin, (R-middle) scratch-made turkey meatloaf with green beans, (R-bottom) fresh salads and sandwiches and scratch-made rolls from the CK



High School-entrees



Sandwiches or wraps are offered every day-these are made fresh at the CK every morning



Asian Chicken Salad, Turkey BLT Salad



Scratch-made butter chicken w/brown rice

High Schools-Facilities



**Space is tight, but
the job gets done**



**Conveyer dish
machine and Kitchen
Lead's office**



Convection Ovens

Shoreline School District Food and Nutrition Services



The FNS Staff are dedicated to providing student-approved, nutritious meals to help promote student learning. The employees in this District take a lot of pride in what they do and work very hard everyday with what they have. Reimbursement for breakfast is about \$2 and lunch about \$3. Out of this money, we have to pay for food, labor, shipping, and overhead, so our budget is very tight.

Shoreline School District Food and Nutrition Services



Despite the challenges, we stay positive and dedicated to continuous improvement because we love the students and the community we are all a part of.