

# Nutrition Services Update

July 27, 2023



LAGUNA BEACH  
UNIFIED SCHOOL DISTRICT

# What's the plan for today?

01

## Equipment Upgrades

02

## Recipe Changes

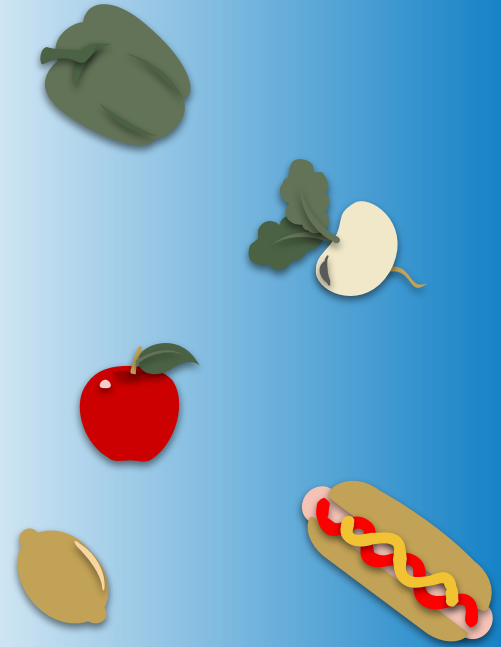
- Nutrition Requirements
- Taste Testing
- Nutrition Committees
- What's Next

03

## Point of Sale Upgrades

04

## Sustainability



# Equipment Upgrades

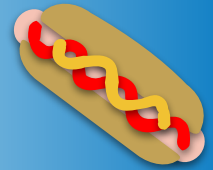
- What we've gotten?
- What's coming?



# Breakfast Meal Pattern Requirements

## Minimum Amount of Food<sup>a</sup> Per Week

Meal Components	Grades K-12	Grades K-5	Grades K-8	Grades 6-8	Grades 6-12	Grades 9-12
Fruits <sup>b,c</sup>	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)
Vegetables <sup>b,c</sup>	0 c	0 c	0 c	0 c	0 c	0 c
Grains <sup>*,d</sup>	9-10 oz eq (1 oz per day)	7-10 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)
Meat/Meat Alternates <sup>e</sup>	0 oz eq	0 oz eq	0 oz eq	0 oz eq	0 oz eq	0 oz eq
Fluid Milk <sup>f</sup>	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)

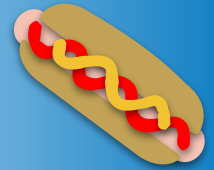


# Breakfast Meal Pattern Requirements continued...



## Specifications: Daily Amount Based on the Average for a 5-Day Week

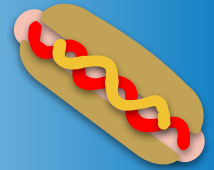
Specifications	Grades K-12	Grades K-5	Grades K-8	Grades 6-8	Grades 6-12	Grades 9-12
Min-max calories	450-500 kcal	350-500 kcal	400-500 kcal	400-550 kcal	450-550 kcal	450-600 kcal
Saturated Fat (% of calories) <sup>h</sup>	<10%	<10%	<10%	<10%	<10%	<10%
Sodium Target <sub>1</sub> <sup>h,i</sup>	≤ 540 mg	≤ 540 mg	≤ 540 mg	≤ 600 mg	≤ 600 mg	≤ 640 mg
Trans Fat <sup>h,j</sup>	0 g	0 g	0 g	0 g	0 g	0 g



# Lunch Meal Pattern Requirements

## Minimum Amount of Food<sup>a</sup> Per Week

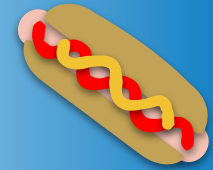
Meal Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
Fruits <sup>b</sup>	2½ c (½ c per day)	2½ c (½ c per day)	2½ c (½ c per day)	5 c (1 c per day)
Vegetables <sup>b</sup>	3¾ c (¾ c per day)	3¾ c (¾ c per day)	3¾ c (¾ c per day)	5 c (1 c per day)
Dark Green <sup>c</sup>	½ c	½ c	½ c	½ c
Red/Orange <sup>c</sup>	¾ c	¾ c	¾ c	1¼ c
Beans and Peas (legumes) <sup>c</sup>	½ c	½ c	½ c	½ c
Starchy <sup>c</sup>	½ c	½ c	½ c	½ c
Other <sup>c,d</sup>	½ c	½ c	½ c	¾ c
Additional Vegetables to Reach Total <sup>e</sup>	1 c	1 c	1 c	1½ c
Grain Minimums <sup>*,f</sup>	8-9 oz eq (1 oz per day)	8-9 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Meats/Meat Alternate Minimums <sup>*</sup>	8-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Fluid Milk <sup>g</sup>	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)



# Lunch Meal Pattern Requirements continued...

## Specifications: Daily Amount Based on the Average for a 5-Day Week

Specifications	Grades K–5	Grades K–8	Grades 6–8	Grades 9–12
Min-max calories <sup>h</sup>	550–650 kcal	600–650 kcal	600–700 kcal	750–850 kcal
Saturated Fat (% of calories) <sup>h</sup>	< 10%	< 10%	< 10%	< 10%
Sodium Target 1 <sup>h,i</sup> (Ends June 30, 2023)	≤ 1,230 mg	≤ 1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Sodium Target 1A <sup>h,i</sup> (Effective July 1, 2023)	≤ 1,110 mg	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Trans Fat <sup>h,j</sup>	0 g	0 g	0 g	0 g





MEXICAN GRILL

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## BURRITOS, TACOS & SALADS

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### **BURRITO 740-1210 cal**

Flour tortilla with a choice of cilantro-lime rice, black or pinto beans, meat, salsa, and cheese or sour cream.



### **BURRITO BOWL 420-910 cal**

Just like a burrito, but served in a bowl with no tortilla.



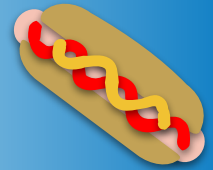
### **SALAD 420-910 cal**

Chopped romaine lettuce, baby kale and baby spinach, with choice of beans, meat, salsa, cheese and chipotle-honey vinaigrette.



### **TACOS 390-1140 cal**

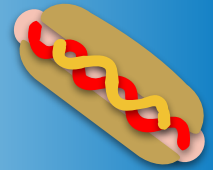
Your choice of three crispy corn or soft flour tortillas with meat, salsa, cheese or sour cream and romaine lettuce.



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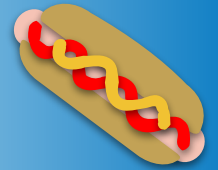


# Spicy Chicken Burrito Salad Bowl

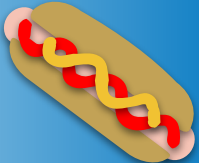


# Pozole

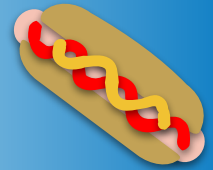
- Balanced and nutrient-rich soup that provides all three macronutrients – **carbs**, **protein**, and **fats**. Also rich in **vitamins** and **minerals** like zinc, potassium, and vitamin B3 (Marengo, R.D., 2022).



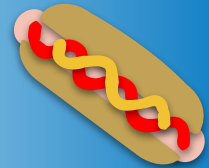
# Fruit & Granola Parfait



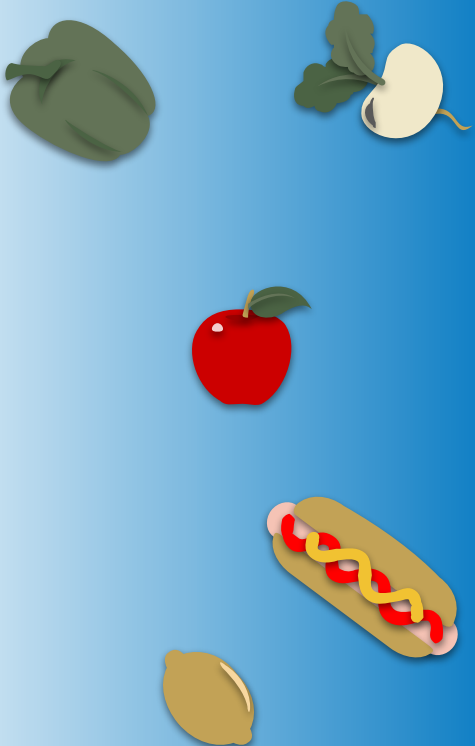
# Tuna Sandwich with sliced oranges & cucumbers



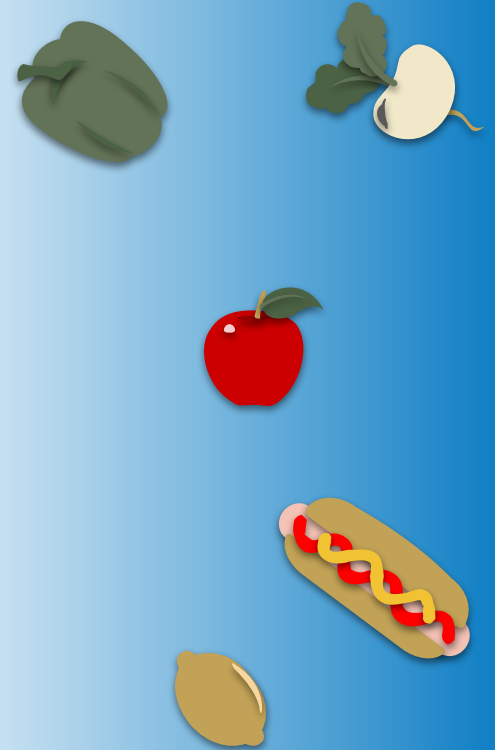
# Teriyaki Chicken Bowl with Rice & Vegetables



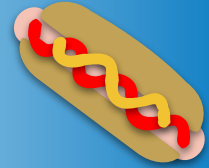
# LBHS Salad Bar



# TOW Salad Bar



# Tuesday Tastings





# Nutrition Committees



**Site Based**



**Menu Planning Mondays**



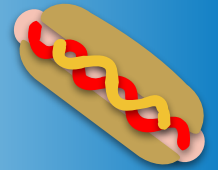
**Student feedback and/or suggestions**



**Feature their choices in the morning announcements**

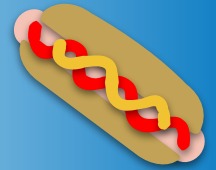


**Students choose one or two meals on the menu per week**



# Titan

- **All under the same program**
- **Enhanced Parent Portal**
- **Instant access to daily meal nutritional information**



# What's next?



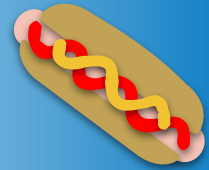
**Meatless Mondays Districtwide!**



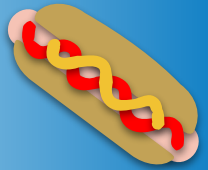
**Two Breakfast choices at elementary sites**



**Increase percentage of scratch cooking to a minimum of 40% 2023-24 school year that includes local and organic ingredients**



# Sustainability



# The End



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