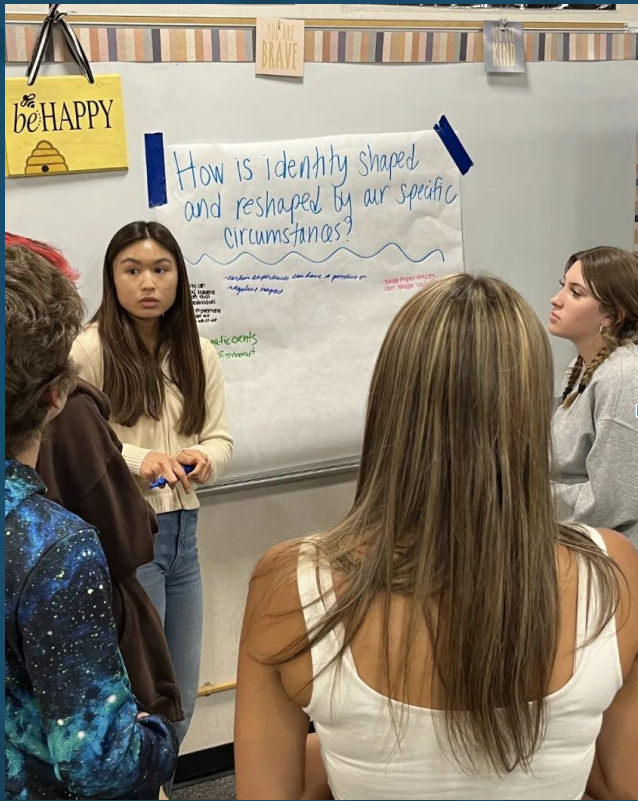


Parent/Family Advisory Committee Meeting

October 17, 2023



MT. DIABLO
UNIFIED SCHOOL DISTRICT



- Welcome & Introductions
- Goals for PAC
- Updates from Dr. Clark
- Presentation- Food & Nutrition Services
- Public Service Announcements
- Future meetings



PAC Goals for 2023-24

The purpose of the Committee is to support, encourage and improve the quality of education and the well-being of all students within Mt. Diablo Unified School District.

The Parent Advisory Council's mission is to engage families to help shape education policy and represent diverse parent voices in the statewide decision-making process.

The PAC is committed to helping close gaps in achievement and to create authentic engagement opportunities that will result in transformative outcomes for California students.



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LCAP Goal 1

All students will receive a high quality education in a safe and welcoming environment with equitable high expectations, access to technology, and instruction in the California State Standards that prepare them for college and career.

LCAP Goal 2

High quality, culturally proficient, and responsive staff will create a safe, supportive, and engaging learning environment respectful of all students' backgrounds to ensure they are college and career ready.

LCAP Goal 3

Parents, family and community members will be informed, engaged and empowered as partners with Mt. Diablo Unified to support student learning and improve student outcomes.

LCAP Goal 4

Focal scholars, specifically Black/African American students, Foster Youth, students experiencing homelessness, students with disabilities and emerging bilingual students, will experience culturally responsive practices and instruction, high expectations, equal access to educational opportunities, within an educational environment that builds trust and inclusive partnerships between the students, parents/guardians, and staff.



**Mt. Diablo
Unified School District**



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District Updates from Dr. Adam Clark



Special Olympics Event at Gregory Gardens

NHS commemorates Harvey Milk Prop 8 Debate


PHOTO: JOHN STORBY, SAN FRANCISCO CHRONICLE, 1978.

“HOPE WILL NEVER BE SILENT.”

JOIN US AT MT. DIABLO UNIFIED'S NORTHGATE HIGH SCHOOL, WHERE HARVEY MILK'S HISTORIC DEBATE WITH JOHN BRIGGS TO PROTECT LGBTQIA+ RIGHTS TOOK PLACE.

YOU ARE INVITED TO THE UNVEILING OF A COMMEMORATIVE PLAQUE TO HONOR THIS HISTORIC EVENT & HARVEY MILK'S COURAGEOUS LEADERSHIP

Monday, October 16th at 6 p.m.
Northgate High School Gymnasium



October 6th PD Day



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Food and Nutrition Services Update

October 17, 2023

Alexandra Emmott, Director of Food & Nutrition Services

Agenda

- **Meet Alex**
- **California Universal Meals**
 - Second Meal Charges
- **Menus and Nutritionals**
 - New Items
 - Meal Pattern
 - Eat Real Certification
 - Harvest of the Month & Farm to School
- **Staffing**



Meet Alex, New Director of FNS

- 20 years in Food Service, the past 13 in schools (Boston, Oakland, San Francisco, and now MDUSD!)
- Parent of 2 kids, ages 8 and 4
- Passionate about school meals - leveraging our public dollars to support student health, the local economy & environment



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California Universal Meals

- California became the first state in the Nation to adopt Universal Meals in the 2022-23 school year.
- This continues for the 2023-24 school year!
- All students, regardless of income eligibility, can receive one no cost breakfast and one no cost lunch at school!
- The State of California supplements the funding from the US Department of Agriculture (USDA).



Second Meal Charges

- Additional (Second) meals show up on student accounts as charges
 - Breakfast \$2.00 ES and \$2.50 MS/HS
 - Lunch \$3.25 ES and \$3.50 MS/HS
- The District has generously agreed to fund additional meals for the 2023-24 school year; however, funding isn't guaranteed for future years
- If you wish to review your student's account, you may do so on the [Titan Application](#)
- To request a refund, complete [this form](#) please



A close-up photograph of a cardboard box filled with a variety of cherry tomatoes. The tomatoes are in shades of red, orange, yellow, and purple. Some are round, while others are pear-shaped. Many still have their green stems attached. The box is made of brown cardboard and is set against a dark background.

Menus and Nutritionals

Menus and Nutritionals

- Meat and Vegetarian menu options daily
- All meals come with fresh fruits and vegetables and optional milk
- Check out our menus [here](#) by registering for a free account
- Special dietary requirements? Complete and submit a [medical form](#)
- Menu substitutions - happen from time to time because of vendor shortages or severe staffing shortages



Meal Pattern - What can we serve?

- Complex [rules](#) set by USDA and vary by grade level
 - Program funding is tied to compliance
- 5 food groups required (grains, proteins, fruits, vegetables, milk)
 - “Vegetable Subgroups” required - dark green, red/orange, beans & peas, starchy, and other
- **Students must take a fruit or vegetable with every meal**
- Calorie, sodium, saturated fat minimums and maximums
- MDUSD Chef develops and test recipes; Software system used to track inventory and calculate nutritionals
- Various facilities and equipment across the District impacts options



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New Menu Items

- Lots of new menu items beginning in October
- More variety on Elementary Menus
- Ongoing menu development for Spring 2024
- Examples of New Items:
 - Beef Queso Birria Tacos (*Secondary*)
 - Harvest Vegetable Pizza (*Secondary*)
 - Yogurt Parfaits with Mango (*All Sites*)
 - Chicken Adobo with Rice (*Elementary*)
 - BBQ Chicken Drumsticks (*Elementary*)
 - Scones and Pumpkin Muffins (*Elementary*)
 - Bananas and Jicama (*All Sites*)

**Mt. Diablo Unified School District
Elementary LUNCH Menu
OCTOBER 2023**

NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Housemade Local Product Whole Grain Organic Grass Fed Vegetarian Vegan 	Seasonal Salad Bar, Fruits, and Vegetables offered Daily	1 Cheeseburger 2 Mac & Cheese	3 Build Your Own Beef Taco 4 Grilled Cheese Sandwich	5 BBQ Chicken Drumstick with Roll 6 Bean & Cheese Pupusa	7 Orange Glazed Meatballs & Rice 8 Cheese Quesadilla 9 Beef Pepperoni Pizza 10 Cheese Pizza
Low-Fat or Non-Fat Milk offered Daily WE ARE PROUDLY PARTNERED WITH THE FOLLOWING CALIFORNIA FARMERS & PRODUCERS: A. Larocca - San Francisco Bonami Baking Co. - Pittsburg Corto Olive Co. - Modesto - Olive Oil Coke Farms - San Juan Bautista Di Napoli - Woodland - Tomato Early Bird Farm & Mill - Wilyville Fork in the Road - Fairfield - Hot Dog Honore Farm & Mill - Larkspur Rue & Forsman Ranch - Olivehurst - Rice Ruzmanio Cheese Co. - Willow - Sierra Nevada Creamery - Willows	TEACHER IN SERVICE DAY	11 Chicken Alfredo 12 Planet Burger	13 Chicken Bites with Baguette 14 Bean & Cheese Empanada	15 Adobo Chicken Drumstick with Rice 16 Bean & Rice Burrito	17 Beef Hot Dog 18 Cheese Bites
19 Why was the Jack-o-lantern afraid? It had no guest!	16 Cheeseburger 17 Mac & Cheese	18 Build Your Own Beef Taco 19 Grilled Cheese Sandwich	20 BBQ Chicken Drumstick with Roll 21 Bean & Cheese Pupusa	22 Orange Glazed Meatballs & Rice 23 Cheese Quesadilla	24 Beef Pepperoni Pizza 25 Cheese Pizza
HARVEST OF THE MONTH PUMPKIN	23 Chicken Tamale 24 Penne Pasta with Marinara Sauce	24 Chicken Alfredo 25 Planet Burger	26 Chicken Bites with Baguette 27 Bean & Cheese Empanada	28 Adobo Chicken Drumstick with Rice 29 Bean & Rice Burrito	30 Beef Hot Dog 31 Cheese Bites



Eat Real Standards

1. **Sugar** - reducing added sugars
2. **Fresh Produce** - increasing and promoting fresh produce
3. **Starches** - increasing intact whole grains and whole grain rich
4. **Fats** - reducing harmful fats and fried or par-fried items
5. **Minimally Processed Foods** - reducing processed foods
6. **Sustainable Sourcing and Seasonality** - supporting local and organic growers
7. **Animal Welfare** - responsibly raised animals
8. **Menu Flexibility** - student choice & increasing culturally relevant and plant-based options
9. **Waste Reduction** - composting, recycling, packaging
10. **Support & Transparency** - connecting students to their food through Nutrition Education and Farm to School



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Eat Real Certification



- Evaluation of March 2023 menus
- Final results pending, but scored at a Silver level certification, very close to Gold!
- 15% increase between 2020 and 2023, with largest gains in:
 - Animal welfare
 - Sugar reduction
 - Fresh produce



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Farm to School & Local Purveyors

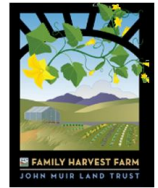


- Piloting purchases from Micro Farms within MDUSD's borders including Healthy Hearts and Family Harvest, both in Pittsburg, CA
- Over 3000 lbs of Organic Cherry Tomatoes from Coke Farms in San Juan Bautista purchased to date this year
- Featuring Jicama from Jiang Farms in Winters, CA for October



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Farm to School & Local Purveyors



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DiNapoli

Harvest of the Month

- **September:** Fresh Corn; Brentwood, CA
 - **October:** Pumpkins; Escalon, CA
 - **November:** Persimmons; Winters, CA
 - **December:** Organic Butternut Squash; Esparto, CA
-
- Partnering with CARES to do monthly taste tests for new items, featuring Harvest of the Month Produce



Staffing



- Working with the Teamsters to evaluate and equalize labor distribution & create permanent floaters/subs
- Struggling with staffing, like all Districts and Food Service
 - Running about 10% vacancies District-wide in Food Services
 - **We are hiring!!**



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Thank You

Contact: foodservicesec@mdusd.org

925-682-8000 extension 3775

[Food & Nutrition Services Website](#)



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Public Service Announcements



- Career Education Fair , October 18th, Concord High, 9-12:30pm
- Fentanyl Awareness Night, October 19th, 6pm, College Park High School
- Growing Healthy Kids Autumn Harvest, October 21st, 10-12pm, Riverview Middle
- College & Career Fair October 26th, 6:30-8pm at Ygnacio Valley High School



Future PAC Dates & Topics *

- November 14th Visual & Performing Arts
- December 19th Maintenance, Operations & Safety
- January 16th Extended Learning Programs
- February 20th Creating Positive School Climates (SEL, Equity)
- March 19th TBD
- April 16th LCAP
- May 21st TBD

*Subject to change



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