



Charles County
Public Schools

Working together to achieve excellence for every student.

Food and Nutrition Town Hall

February 6, 2024

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Agenda

- ❖ Programs Managed by Food and Nutrition Services (FNS)
- ❖ Regulations/Rules
- ❖ What Makes a Meal
- ❖ Portion Sizes
- ❖ New Products
- ❖ Local - Farm to School
- ❖ Challenges

Programs Managed by FNS

- ❖ National School Breakfast Program
- ❖ National School Lunch Program
- ❖ After School Snack Program
- ❖ Summer Feeding Program
- ❖ Senior Center Feeding Program
- ❖ Before and After School Programs
- ❖ Head Start Feeding Program
- ❖ Community Schools Program
- ❖ Maryland Meals For Achievement Breakfast
- ❖ Pre-K Program
- ❖ At Risk Supper Program
- ❖ Summer Mobile Meals Program
- ❖ Meals on Wheels Program
- ❖ Nanjemoy Creek Meals
- ❖ Milk Program for two private schools
- ❖ Field Trips

Regulations/Rules

Grain

All grain products must be at least 51% whole wheat. This includes breads, pastas, pizza crust, crackers and snack chips.

Salt

Limited to less than 1230 mg per day. Salt may not be added to products and may not be offered as a condiment.

Fat

Limited to less than 10% of total calories served per day. *CCPS does not use butter or oils in preparation of food. Nor can we offer butter or margarine as a condiment.*

Fruit/ Vegetable

Required to be provided with each meal. If a meal is missing the fruit or vegetable, then all items are sold a la carte.

Trans Fats

Not permitted. Trace amounts (less than .5 gram) are not listed on food labels.

Calories

Maximum calories in a meal are determined by calculating the calories for offerings in all 5 categories. It is 650 in elementary, 700 in middle, and 850 in high school.

What Makes a Meal?

- ▶ CCPS operates on an offer verses serve basis.
 - ▶ We offer food components to students. The students must select 3 of the 5 components offered and one must be a fruit or vegetable. FNS staff check to ensure that they have selected at least 3.
- ▶ The USDA defines a reimbursable meal as at least 3 of the 5 components offered.
 - ▶ Meat / Meat alternate
 - ▶ Fruit
 - ▶ Vegetable
 - ▶ Grain
 - ▶ Fluid Milk

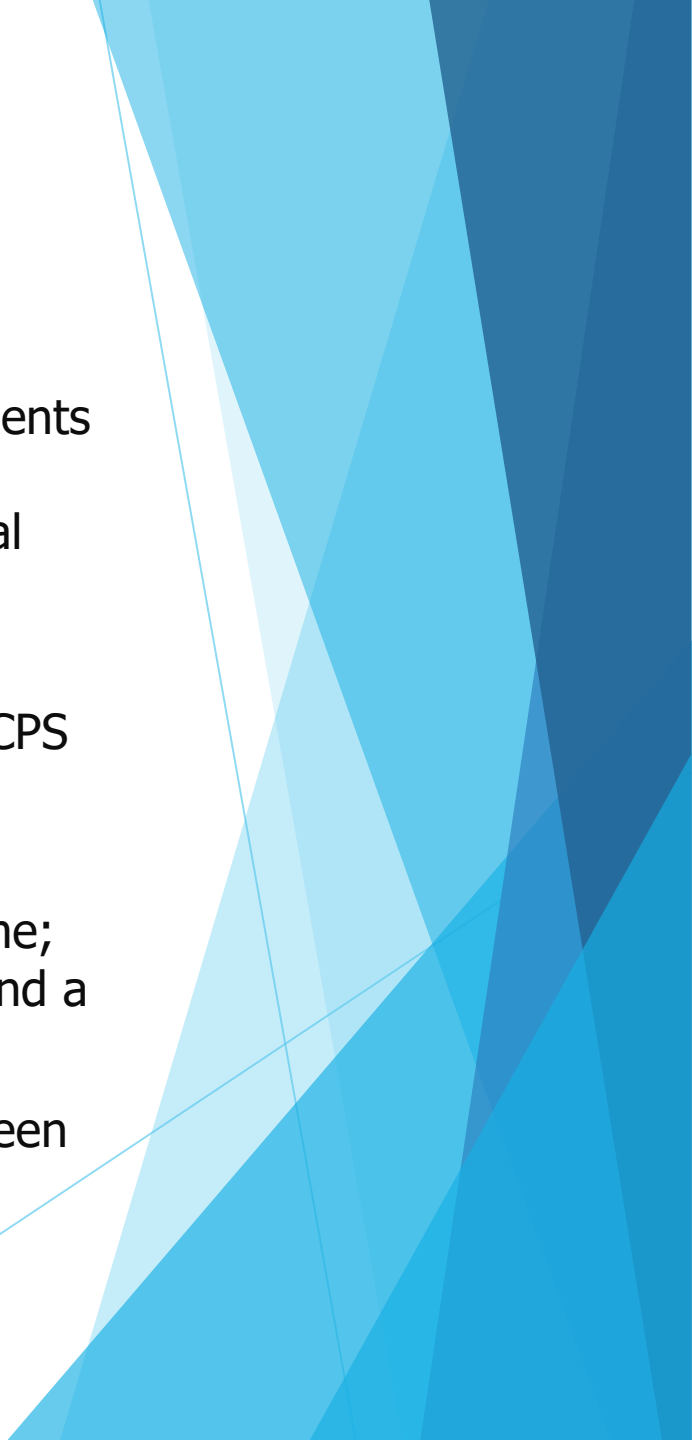
Portion Sizes- Meats/Meat Alternate

- ▶ USDA regulations define a serving size of the Meat/Meat alternate as 2 oz for lunch.
- ▶ A meat/meat alternate is a protein source such as meat, poultry, fish, cheese, yogurt, soy yogurt, dry beans and peas, whole eggs, tofu, tempeh, peanut butter or other nut or seed butters, and nuts and seeds.
- ▶ See the comparison of 6-piece McDonalds chicken nuggets with CCPS chicken nuggets. The CCPS serving is larger (4 oz versus 3.3 oz), contains more protein, is lower in fat and carbohydrates. The sodium is slightly higher with CCPS chicken nuggets.
- ▶ The CCPS nugget is required to be whole grain and contributes fiber to the student's diet.

	McDonalds 6-piece 95g (3.3 OZ)	CCPS 4-piece 113 g (4 oz)
(Chicken Nuggets Only)		
Calories	250	190
Fat	14g	7g
Saturated fat	2.5g	1g
Cholesterol	40mg	60mg
Trans fat	0	0
Sodium	450mg	470mg
Carbohydrates	15g	13g
Fiber	0g	1g
Sugar	0g	0g
Protein	16g	20g



Portion Sizes: Fruits and Vegetables

- ▶ USDA regulations set a minimum serving OFFERED to students in the elementary and middle schools as $\frac{1}{2}$ cup of fruit at lunch. CCPS does not restrict students who want additional servings of fruit.
 - ▶ USDA regulations set a minimum offering of vegetables in middle and elementary schools as $\frac{3}{4}$ cup of vegetables. CCPS does not restrict students who want additional servings of vegetables.
 - ▶ In the high schools, the serving size CCPS offers is the same; however, students may take up to a full cup of both fruit and a full cup of vegetables.
 - ▶ There are additional weekly requirements to serve dark green vegetables, red/orange vegetables, legumes and peas.
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Portion Sizes – Milk



- Students are offered 8 oz of fluid milk.
- Schools must offer fat-free and/or low-fat (1%) unflavored milk as part of school breakfasts and lunches. Schools may also offer fat-free and/or low-fat (1%) flavored milk as an option.
- Students who require a non-dairy milk replacement due to food allergies or other special dietary need, must provide a note from a medical provider to both the school nurse and the food and nutrition service department that identifies the student's medical or other special dietary need and it will be provided.
- The USDA allows two types of milk substitutes for children whose special dietary needs do NOT constitute a disability: 1) low-fat or fat-free lactose-free or lactose-reduced milk; and 2) nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes.
- Non-dairy milk alternatives will be offered on an ala cart basis by the end of March once a supplier can be located that can distribute to all schools.

Process for Selecting New Products

- ▶ FNS attend food shows throughout the year where vendors showcase items for the school meals programs that meet the criteria the USDA has directed.
- ▶ We look at what school level the food might be appropriate for. For example, hot wings are good in middle and high school but not so good in elementary.
- ▶ Once we determine a new food item meets all USDA requirements and is cost effective, we schedule tasting at selected schools.
- ▶ FNS solicits feedback from students and food service staff on how the product is accepted, preparation methods, and serving methods.
- ▶ Each item is cost out with the understanding that the cost for a lunch meal needs to be in the \$2.12 range.
- ▶ We calculate how this item impacts the nutrition directives from the USDA.
- ▶ FNS updates our product lists to include the approved items and look at lead time. Minimum lead time for most items is 6 weeks, some items can take up to 90 days.
- ▶ We look at sales of that item for the first 3 times it is served to measure student acceptance.

Changes in Lunch Menu Since July 2022

▶ **Items we have removed**

- ▶ Lasagna Rollup
- ▶ Italian Chef Salad
- ▶ Asian Chicken
- ▶ Fish Nuggets

▶ **Items we have added**

- ▶ Popcorn Chicken Salad
- ▶ 3 Bean Chili with corn chips
- ▶ Cheese Quesadilla
- ▶ Teriyaki Chicken
- ▶ Fish Roll on bun
- ▶ Mozzarella Sticks
- ▶ Jalapeno Cheese Bites

▶ **Items tested this year**

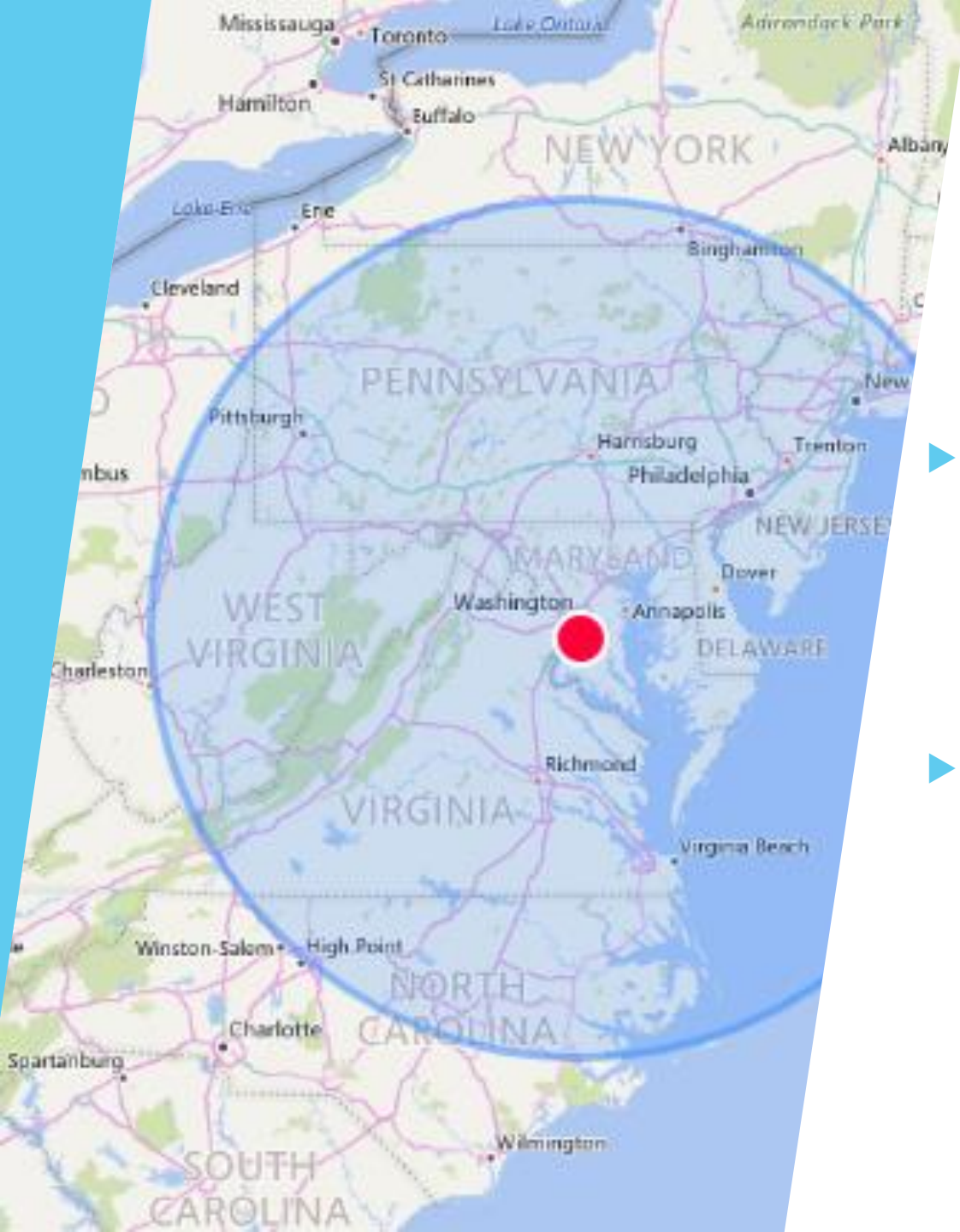
- ▶ Chicken Tiki Masala
- ▶ Orange Chicken
- ▶ Chickpea Masala
- ▶ Naan

▶ **Items that will be tested 2nd Semester**

- ▶ Pepperjack Grilled Cheese
- ▶ Meal Breaks for supper program
- ▶ Grilled Cheese Ciabatta
- ▶ Breakfast Bars
 - ▶ Cranberry Oat
 - ▶ Blueberry Pomegranate

Local and Farm to School

- ▶ Local foods are foods that can be picked up and delivered to our distributor in a 4-hour one way drive time. This is approximately 250 Miles.
- ▶ States that fall into that window are Maryland , Virginia, Delaware, West Virginia, Parts of Pennsylvania Ohio, New York and North Carolina.



Farm to School

- ▶ CCPS currently purchases ground beef from Battle Creek Farm in Prince Frederick, MD.
- ▶ Produce purchased through Bowie Produce are mostly within the “local” definition.
- ▶ Challenges in implementing farm to school:
 - ▶ Produce is not available from local sources for the entire school year.
 - ▶ CCPS buys in quantities larger than local farms can supply
 - ▶ No beef, chicken, or pork is processed in Southern Maryland.
 - ▶ Farms in Southern Maryland can not supply the volume of food that CCPS needs for all schools.
 - ▶ An RFP for local beef was issued and only one local farm responded.
 - ▶ Several years ago, CCPS put out a bid that split schools into 5 zones so that local farms are able to bid on a zone; unfortunately, we only received 2 bids.
 - ▶ There are transportation issues for local farms to deliver to multiple sites. FNS does not have equipment or staff to go to multiple farms to pick up food and to distribute to schools.





Service/Supply Challenges

- ▶ Supply chain issues linger from COVID, mostly limited to individually wrapped breakfast items.
- ▶ Staffing is the largest challenge. FNS is currently less than 80% staffed.
- ▶ Staffing shortages result in the inability to open all serving lines.
- ▶ Late notice to FNS staff regarding changes to lunch schedules.
- ▶ Working with school administrators to increase serving time in the middle schools.
- ▶ Traditional one-hour lunches have split into two 30 min lunches at many high schools. Can be problematic for high schools with over 1000 students to get all students through the lunch lines.
- ▶ Time allotted to serve breakfast in schools is less than 15 min.
 - ▶ Many high schools have removed the breakfast after the bell (second chance breakfast) opportunity.
 - ▶ Breakfast is required to be served in the classroom in MMFA elementary schools.
- ▶ Time and effort spent collecting unpaid meal charges from those who do not apply for or qualify for free or reduced meals. This also reduces the amount of funds available to spend.

Student Meals

The pictures below show items that are available to students each day as part of their complete meal. We continue to encourage students to take all components for a full meal.

Elementary Schools



Secondary Schools





QUESTIONS?

THANK YOU!