



Food Service Department Report April 9, 2012



To: Board of School Directors
Dr. Robert O'Donnell, Superintendent

From: Megan Schaper, Food Service Director

RE: Annual Report on Food Service Operations

Date: April 9, 2012

Once again it is a pleasure to update the Board on the status of the Food Service Department's operations. As a result of a burgeoning wellness culture and new federal regulations, school food service operations are undergoing the most significant transformation since the creation of the National School Lunch Act in 1946. It is critical that the Board is aware of this paradigm shift as we move into an uncertain future.

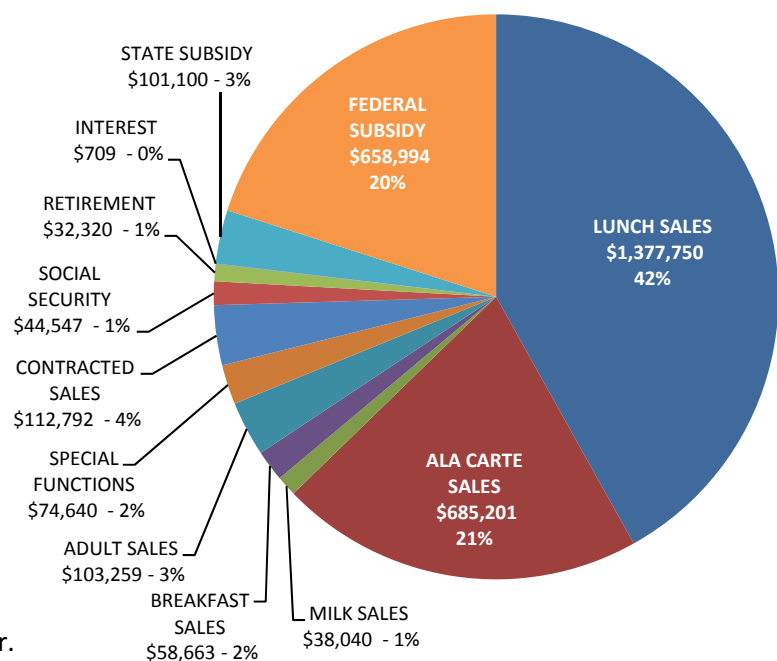
This report will review the 2010-11 fiscal results, the initiatives and issues of the current school year, and the challenges we face in the future.

The school Food Service Department is charged by the district's administration and the Board to operate as a self-supporting entity. Our goal is to generate the necessary income to cover all of the expenses of the department. Our program has not required general fund support, with the exception of some large equipment purchases, since 1997. I am glad to report that the program continued that tradition and was able to end last year with a small operating profit of \$11,205.

We were able to operate "in the black" despite decreases in income of \$39,000 from the previous year. A profit/loss statement is included with this report.

Years ago school food service programs simply prepared and sold meals. As a result of federal budget cuts in the early 1980's and ever tightening school district budgets, food service programs had to find additional ways to fund their operations. The income generated from meal sales was not enough to cover program expenses. In addition to selling food to students and staff in the school cafeterias each day, our program operates vending machines, provides catering services, and contracts to sell meals to other institutions.

This graph depicts our program's sources of revenue and the contribution to total revenue for the 2011 school year.



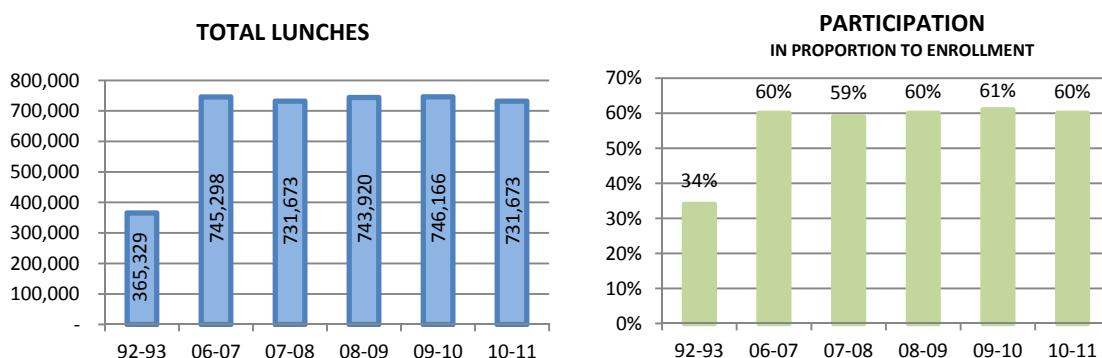
The heart of our program is the sale of state and federally reimbursable school breakfast and lunch. Two-thirds of our income is generated by selling meals for which we receive reimbursement from the government. The chart below shows the selling price and reimbursement rate for meals last year.

	Breakfast (2010-11)	Lunch (2010-11)
Selling Price for Paid Meal (Elem – MS – HS)	\$1.15 - \$1.65 - \$1.65	\$2.15 - \$2.50 - \$2.75
Rembursement for Paid Meal (State + Federal)	\$.10 + \$.26	\$.12 + \$.26
Reimbursement for Free Meal (State + Federal)	\$.10 + \$1.48	\$.12 + \$2.72

Because the majority of our funding is tied directly to students' decisions to buy lunch at school or to bring a lunch from home, meeting our student-customers' expectations is critical to our fiscal success. This creates an especially tricky paradigm wherein we must market our program to student-customers and their taste preferences but still meet the wellness expectations of parents and USDA.

School meals are well regulated by USDA and are planned to meet the age-appropriate nutritional needs of students. Copies of menus are included with this report and can be viewed on line at <http://www.scasd.org/Page/1047>. Our meals are planned to meet students' taste preferences, but we purchase and prepare foods in ways to ensure healthfulness. Most of the breads used for our meals are whole grain rich, we serve a wide variety of fresh fruits and vegetables every day, and all of our milk products are fat free or low fat. In fact, our elementary school menus meet the HealthierUS School Challenge standards endorsed by Michelle Obama.

When I became the Food Service Director at State College Area School District in 1993, only one-third of the district's students opted to purchase lunch at school and the program was requiring regular and large general fund contributions each year. By improving the quality and variety of school meals, we've been able to maintain 60% participation in the school lunch program and become fiscally self-sufficient.

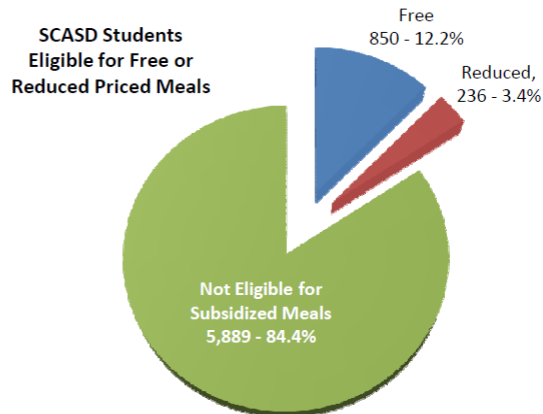


Participation and subsidized meals data for the different buildings is shared in the chart below. Participation is much stronger at the elementary and middle school buildings, with more than 70% of those students buying school lunch. At the high school, where many students have schedules that do not include a free lunch period, full-meal participation is much lower but a la carte purchases are strong.

Enrollment & Participation By Building
February 2011

School	Enrollment	Free & Reduced Eligible	% Free & Reduced	Lunches Served per Day	% Served per Day*	Breakfasts Served per Day	% Served per Day
Boalsburg	112	29	25.9%	79	74.2%	13	12.2%
Corl Street	273	27	9.9%	165	63.6%	7	2.7%
Easterly Parkway	390	109	27.9%	261	70.4%	44	11.9%
Ferguson Twp	306	46	15.0%	222	76.4%	31	10.7%
Gray's Woods	398	33	8.3%	240	63.5%	31	8.2%
Houserville	178	26	14.6%	130	76.9%	13	7.7%
Lemont	196	33	16.8%	127	68.2%	24	12.9%
Panorama	227	70	30.8%	166	77.0%	27	12.5%
Park Forest Elem	511	110	21.5%	335	69.0%	50	10.3%
Radio Park	405	66	16.3%	259	67.3%	32	8.3%
Elementary Total	2996	549	18.3%	1984	69.7%	272	9.6%
Mt. Nittany MS	708	118	16.7%	533	79.2%	86	12.8%
Park Forest MS	835	119	14.3%	534	67.3%	53	6.7%
High School	2316	282	12.2%	933	42.4%	150	6.8%
Secondary Total	3859	519	13.4%	2000	54.6%	289	7.9%
Fairmount Bldg	120	17	14.2%	33	28.9%	6	5.3%
	6975	1085	15.6%	4017	60.6%	567	8.6%

*based on 95% daily attendance rate



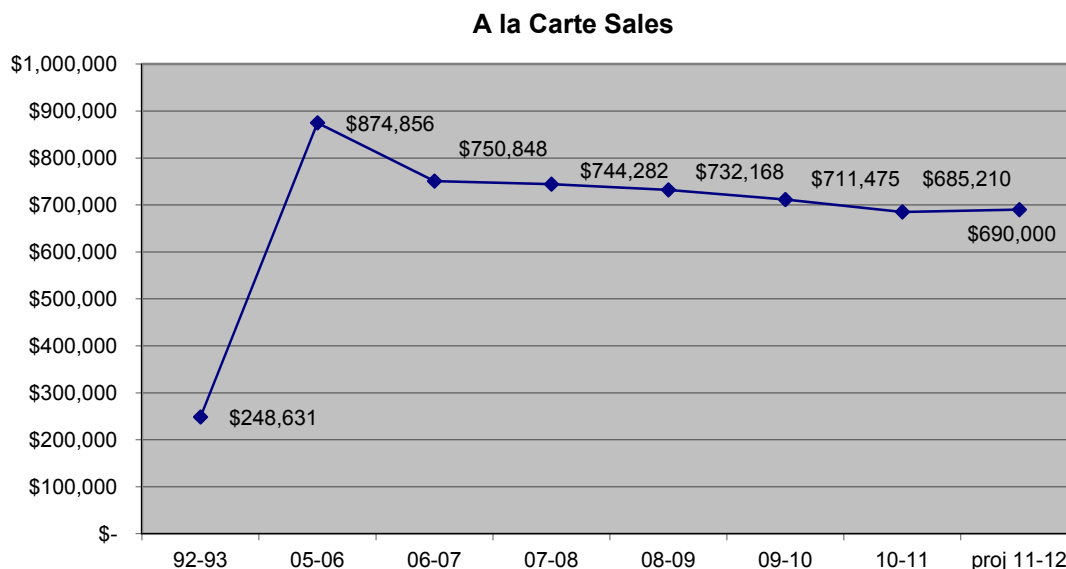
A la carte sales are not strictly necessary for students. School meals are planned to meet the nutritional needs of most children. However, some students want the option to purchase extra food and snacks or to replace the entire meal with a la carte items. Again, the paradigm of a self-funding entity serving student-customers makes it necessary to find a careful balance.

A little more than twenty percent of our program income currently comes from the sale of a la carte food items that can include healthful items such as sandwiches, fresh fruit, bagels, salads and yogurt but can also include less healthful items including chips, cookies, ice cream and iced tea. What can and

cannot be sold a la carte in schools is currently dictated by our Wellness Policy that can be found on the district webpage at <http://www.scasd.org/Page/740>. Our nutrient standards for a la carte foods (also referred to as “competitive foods” as these foods can compete with school meals for students’ attention and money) are graduated to be very restrictive in the elementary schools and progressively less restrictive as students move to the higher grades.

A la carte food sales contributed as much as 30% of our department’s income ten years ago. The graph below shows how this program sought out opportunities to increase sales in order to stem the program losses of the early 1990’s.

With increasing awareness of childhood obesity and other wellness issues, we adopted a Wellness Policy in 2006. All snack sales to elementary students were ended, middle school students were limited to no more than one extra item per day, and soda machines were removed from the high school. The income generated from this revenue source decreased accordingly. We continue to see a la carte sales decrease from year to year. It is not uncommon for parents to request that their child not be allowed to purchase extra food items both because of wellness and economic concerns.



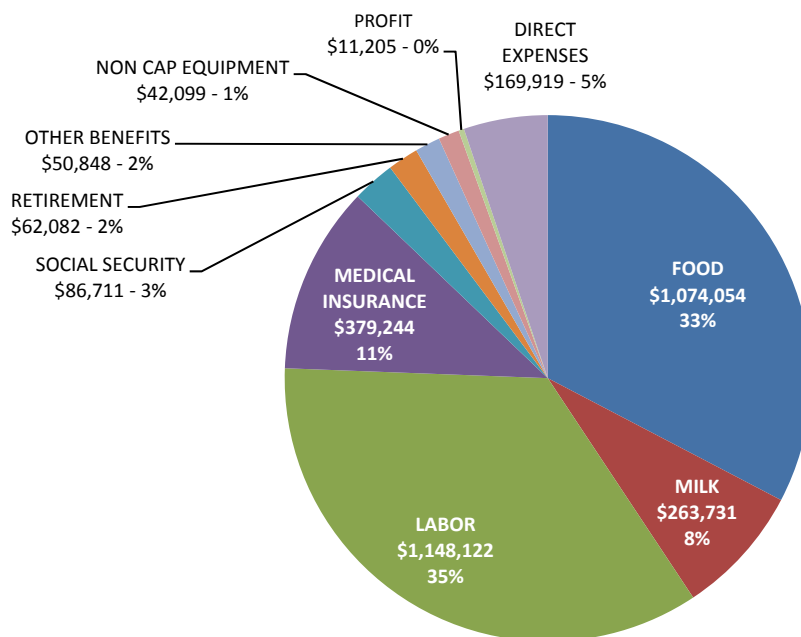
USDA will release competitive foods standards for public comment this spring. The standards will reflect the recommendations in the Dietary Guidelines for Americans and will place much stricter limits on the foods and beverages available in schools. It is expected that the new standards will be mandatory for the 2013-14 school year. From the standpoint of wellness for our students, this is a good thing. However, this will impact our ability to cover program expenses. I have been asked by the School Nutrition Association to serve on a national task force to review the proposed regulations and provide recommendations.

Catering and contracted sales are smaller but important sources of program revenue. Contracted sales include those revenues generated by selling meals to Nittany Christian School, Young Scholars of Central PA, Centre Learning Community, and ABC Daycare. We have had requests to sell meals to other area schools but are limited by the size of preparation and storage areas in our production kitchen.

We provide catering services for district related events to include banquets for the field hockey, lacrosse, and cross country teams, FFA, the Federal Credit Union, the Quarter Century Club, and the SCASD Alumni Association. Little Lions Paw Catering completed 102 contracts in 2010-11 to provide \$74,600 in income to the program. We take pride in providing quality services that rival any local caterer at rates that benefit the district organizations that use our services.

Our total revenue is rounded off with State contributions for Social Security and retirement. The 2012-13 proposed State budget rolls the Social Security contribution into a block grant to the school district. If that budgetary change occurs as planned, the \$45,000 decrease in funding to the Food Service Department will be impossible to absorb.

The district does not charge the food service program for facilities, custodial and maintenance services, and most utilities; however, this department is expected to earn the income necessary to cover all other direct costs of operation. The chart below provides a visual representation of program expenses as a proportion of total sales.



The department's largest expenses come from labor and associated benefits. Fifty-three percent of the revenue generated goes to pay these expenses. The Food Service Department employs 37 full time staff (including the director, secretary, and bookkeeper) and 44 part time staff. Labor shortages have not been a problem for the Food Service Department in recent years, although we currently have several job openings to fill.

We monitor labor carefully in each kitchen to ensure that the number of employee hours scheduled fits the need. The cost of wages has risen only modestly over the years in response to negotiated rate increases.

The cost of benefits, however, is rising faster than our program may be able to absorb for much longer. We will pay nearly \$200,000 more for employee benefits this year than we did just five years ago. Benefits expenses increased from 15% of sales to 20% of sales in this time period.

The cost of purchasing food and milk are the department's next largest expenses. Food costs were down nearly \$47,000 in 2010-11 from the previous year. As sales were lower last year, we needed to purchase less food. Also, we received \$25,000 more in USDA commodities than is usual. As we received more chicken, cheese, and green beans from USDA, we were able to equally reduce those purchases.

We control food and supply costs by securing bid pricing for almost every product that is purchased. Our membership in the Pittsburgh Regional Food Service Directors (PRFSD), a regional PASBO group, provides us with group pricing for 70% of our grocery purchases and for all of our bakery items. We request bid pricing on our own for any food or supply items not included on the PRFSD bid.

That said, food is generally becoming more and more expensive to purchase. The same inflation that consumers are seeing in the grocery stores is affecting the bid pricing PRFSD received for the current school year and what we expect for next. The increased use of whole grains, dark greens, and whole muscle products in response to USDA regulations and customer expectations is also driving up costs.

USDA has approved new nutrition standards for school breakfasts and lunches that need to be in place for next school year. While our current practices put us well on the way to meeting the new regulations, there will most likely be some changes that will increase our food costs. Training will be provided by the Department of Education later this month. There are many questions that need to be answered before we can definitively plan menus and know the implications for next school year.

The new nutrition guidelines are outlined in chart below:

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Direct expenses include the costs of all of those other things needed to run a business: printing, postage, fuel, insurance, software, software support, travel and conference travel, equipment and vehicle repair, uniforms, paper and cleaning supplies, office supplies, etc.

The Food Service Department also pays for the replacement of its non-capital equipment. In 2010-11 we replaced several refrigerators, milk coolers, and food warmers across the district.

Although overall sales for 2010-11 were soft, by controlling program costs we were able to end the year with a small profit.

The financial picture for the current school year and for future years is less certain. Price increases helped to generate some additional income this year, but will not be enough to cover \$59,000 increases in medical benefits and higher retirement and food costs. Direct expenses for the current year are also higher than usual as a result of equipping the new kitchens at Ferguson Township and Mt. Nittany Elementary Schools.

The convergence of several factors may make it unreasonable to continue the expectation that school lunch programs, especially those like ours with low free meal eligibility, can operate self-sufficiently. Our society is rightly more aware of health and wellness issues and wants school lunch programs to model the best nutrition possible. There is much less tolerance for marketing to students and for selling students extra food items at school; and federal regulations will soon reduce those opportunities anyway. New lunch standards from USDA will raise the cost of providing lunch at school and may even make school meals less appealing for some students. On top of all that, the tight economy has families evaluating whether they can pack a lunch from home for less than the cost of the school meal. And, the lunch packed from home doesn't have to cover the rapidly increasing cost of benefits.

For the next year or two, our program does have a fund balance that will be able to absorb program losses. But, there may have to be consideration for district support of the Food Service Department in the future.

We support the district by smoothly and seamlessly serving 4,500 meals each day and ensuring that students are ready to learn. The district's Food Service Department is staffed with caring people who take pride in doing their job well. There is a lot to be proud of with regards to the SCASD Food Service Department. A few of our successes this year include:

- We established a better connection between the elementary school kitchens and classrooms in order to promote a different positive nutrition message each month. Signage, messages from kitchen staff, and information on the school menus are all coordinated to convey the chosen message. We then send the elementary teachers an email informing them of the month's focus and provide suggestions for them to help reinforce the message. The messages thus far supported drinking milk and water, trying local foods, washing hands, and choosing a variety of fruits and vegetables.

- We revived our Elementary Nutrition Advisory Group this year and are meeting regularly. The group identified priorities and we are working together to:
 - provide taste testing opportunities for students at school
 - link school gardens with the cafeterias
 - explore more farm to school connections
 - market healthy foods (Elementary teachers are providing endorsements for their favorite fruits and vegetables!)
- The SCASD Food Service Department also runs the lunch program at Our Lady of Victory and OLV's program was scheduled for the Coordinated Review Effort/School Meals Initiative review that the Department of Education conducts every five years. The review assures compliance with all National School Lunch Program regulations. The review took place in January and we had no findings at all. The PDE field representative who completed the review shared that she has only had two reviews with no findings in her twenty year career. This is affirming of our own program as we operate the OLV kitchen exactly as one of our own.
- We provided relevant training and staff development. All food service staff members were involved in our staff training day in August. Newer employees received food safety training while more senior staff participated in workshops on the dietary guidelines, best practices for handling fresh produce, and work place safety. Our very entertaining keynote speaker, Rockstar Nutritionist Jill Jayne, shared information about how children's choices are influenced by the media. A copy of the training day agenda is included with this report.

School managers and supervisors participated in an additional workshop helping them with managerial skills and professionalism. And, several employees renewed their National Restaurant Association ServSafe certification this year.

- We coordinated Apple Crunch and Go for the Greens activities in support of the district Wellness Policy and we continue to be an active part of the School Health Council.
- And, our Food Service Director was honored by being named the School Nutrition Association of Pennsylvania's 2012 Child Nutrition Director of the Year.

I am proud of the Food Service Department at State College Area School District. We, like every other school meals program, are facing uncertain times. But, we have a record of success and a staff that takes pride in doing what is best for children. We'll continue to work for the benefit of the district and for the welling being of students.

I thank the School Board for its continued support of this program. I will be at the meeting on April 9 to answer any questions that you may have.

HISTORICAL PROFIT/LOSS STATEMENT

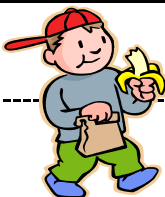
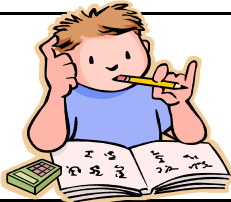
	Projected 2011-12		2010-11		2009-10		2008-09	
		% OF SALES		% OF SALES		% OF SALES		% OF SALES
LUNCH SALES	\$ 1,397,000	41.9%	\$ 1,377,750	41.9%	\$ 1,362,668	41.0%	\$ 1,352,030	41.0%
MILK SALES	\$ 36,800	1.1%	\$ 38,040	1.2%	\$ 39,277	1.2%	\$ 37,988	1.2%
BREAKFAST SALES	\$ 57,300	1.7%	\$ 58,663	1.8%	\$ 66,870	2.0%	\$ 55,003	1.7%
ALA CARTE SALES	\$ 690,000	20.7%	\$ 685,201	20.8%	\$ 711,475	21.4%	\$ 732,168	22.2%
ADULT SALES	\$ 94,000	2.8%	\$ 103,259	3.1%	\$ 105,732	3.2%	\$ 104,007	3.2%
SPECIAL FUNCTIONS	\$ 77,300	2.3%	\$ 74,640	2.3%	\$ 80,474	2.4%	\$ 114,192	3.5%
CONTRACTED SALES	\$ 120,600	3.6%	\$ 112,792	3.4%	\$ 92,603	2.8%	\$ 100,867	3.1%
STATE SUBSIDY	\$ 102,600	3.1%	\$ 101,100	3.1%	\$ 105,111	3.2%	\$ 103,467	3.1%
FEDERAL SUBSIDY	\$ 670,600	20.1%	\$ 658,994	20.0%	\$ 684,498	20.6%	\$ 621,614	18.9%
GRANTS	\$ -	0.0%	\$ -	0.0%	\$ 11,894	0.4%	\$ -	0.0%
SOCIAL SECURITY	\$ 42,300	1.3%	\$ 44,547	1.4%	\$ 40,762	1.2%	\$ 43,509	1.3%
RETIREMENT	\$ 45,600	1.4%	\$ 32,320	1.0%	\$ 25,085	0.8%	\$ 28,614	0.9%
INTEREST	\$ 145	0.0%	\$ 709	0.0%	\$ 660	0.0%	\$ 776	0.0%
		0.0%		0.0%				
TOTAL INCOME	\$ 3,334,245	100.0%	\$ 3,288,015	100.0%	\$ 3,327,109	100.0%	\$ 3,294,235	100.0%
LABOR	\$ 1,152,800	34.6%	\$ 1,148,122	34.9%	\$ 1,159,872	34.9%	\$ 1,187,972	36.1%
MEDICAL INSURANCE	\$ 437,900	13.1%	\$ 379,244	11.5%	\$ 343,466	10.3%	\$ 335,990	10.2%
SOCIAL SECURITY	\$ 85,400	2.6%	\$ 86,711	2.6%	\$ 85,317	2.6%	\$ 85,389	2.6%
RETIREMENT	\$ 95,700	2.9%	\$ 62,082	1.9%	\$ 51,312	1.5%	\$ 51,035	1.5%
OTHER BENEFITS	\$ 51,000	1.5%	\$ 50,848	1.5%	\$ 44,309	1.3%	\$ 39,245	1.2%
FOOD	\$ 1,142,500	34.3%	\$ 1,074,054	32.7%	\$ 1,120,849	33.7%	\$ 1,132,047	34.4%
MILK	\$ 248,000	7.4%	\$ 263,731	8.0%	\$ 269,040	8.1%	\$ 210,200	6.4%
NON-CAP EQUIPMENT	\$ 11,200	0.3%	\$ 42,099	1.3%	\$ 26,567	0.8%	\$ 15,403	0.5%
OTHER DIRECT EXPENSES	\$ 179,700	5.4%	\$ 169,919	5.2%	\$ 168,852	5.1%	\$ 167,983	5.1%
TOTAL EXPENSES	\$ 3,404,200	102.1%	\$ 3,276,810	99.7%	\$ 3,269,584	98.3%	\$ 3,225,264	97.9%
OPERATING PROFIT/LOSS	\$ (69,955)	-2.1%	\$ 11,205	0.3%	\$ 57,525	1.7%	\$ 68,971	2.1%
DONATED COMMODITIES	\$ 140,000		\$ 204,359		\$ 179,295		\$ 111,213	
GENERAL FUND TRANSFER	\$ -		\$ -		\$ -		\$ 4,810	
DONATED COMMODITIES	\$ 140,000		\$ 204,359		\$ 179,295		\$ 111,213	
DEPRECIATION	\$ 25,000		\$ 21,054		\$ 26,840		\$ 102,594	
PROFIT/LOSS	\$ (94,955)		\$ (9,849)		\$ 30,685		\$ (28,813)	



SNAPa Region I Summer Workshop and SCASD Food Service Staff In-Service

Mt. Nittany Middle School

August 16, 2011

7:30 - 8:00	Registration (unpaid time)		Cafeteria
8:00 - 8:30	Welcome Megan Schaper		Cafeteria
8:30 - 9:30	Group A - What are the Dietary Guidelines & Why Should we Care? Shelly Nickols-Richardson, PhD, RD		Cafeteria
	Group B - Food Safety Review Connie Wolfe & Chris Meckley		Room 112
9:45 - 10:45	Group A - Best Practices for Fresh Produce Robert Lund, US Foodservice		Auditorium
	Group B - Food Safety Review Connie Wolfe & Chris Meckley		Room 112
11:00 - 12:00	Group A & B - Top Lunch Lady (& Gentleman) Relay Races Lisa Reeder & Carmen Heverly		Cafeteria
12:00 - 1:00	Lunch - The lunch break is unpaid time. You are not required to stay over the break, but lunch is provided for those who choose to stay. Mozo Shoes, Jump Asian Cuisine, and USFS Produce will have product information available to review over the lunch hour.		Cafeteria
1:00 - 1:50	Group A - Workplace Safety Alicia Spence, Phoenix Rehabilitation		Cafeteria
	Group B - Food Safety Review Connie Wolfe & Chris Meckley		Room 112
2:00 - 3:30	Group A & B - Debunk the Junk! -How our Media Culture Influences Kids' Choices. Rock Star Nutritionist, Jill Jayne		Auditorium
 Thank you for fully participating in today's workshop. Our students deserve the best and you strive to provide that every day. The tools & information gained today will help you to do your job even better!			

Please see the back for group assignments.

Menus for February 2012

State College Area School District
Mt Nittany Middle School
Park Forest Middle School

Lunch - \$2.55 Breakfast - \$1.65 Milk - \$.55 Entree - \$2.00

Available Daily

All American Grill

Hot Dogs & Burgers
Chicken Patty Sandwich (M,W&F)
Grilled Chicken Sandwich (T)
Spicy Chicken Sandwich (Th)
Cheese Pretzel (M,W&F)
Veggie Burger (T&Th)

Little Lions Paw Pizza & Pasta

Freshly Baked Pizza
Pasta with Choice of Sauces

Lions Lunch Box

Specials as listed on the menu

On All Lines

Entree Salad
Bagel & Cream Cheese
PB&J Uncrustable

Milk Choices

Fat-Free & Low-Fat White
Low-Fat Chocolate
Fat-Free Vanilla

Sides Always Offered

Baked Potato
100% Juice
Fresh & Canned Fruit
Crisp Baby Carrots

For a complete lunch, choose an entree, up to 2 different side dishes, and a milk. At least an entree and 1 other item must be chosen or the a la carte prices will be charged.

Eligible families may receive help paying for school meals.
Call 231-5095 for information.

This institution is an equal opportunity provider.



Featured Specials of the Day

Monday, February 6 - Souper Bowl Party

Featured Entrees:

Choice of Chili, Cream of Broccoli Soup, or Chicken Corn Chowder
Served in a Super Bread Bowl - Hummus & Flat Bread Platter

Featured Side Dishes:

Touchdown Tossed Salad - Offensive Line Orange Slices - Championship Cookies

Tuesday, February 7

Featured Entrees:

Chicken Quesadillas - Black Bean Quesadillas - Hummus & Flat Bread Platter

Featured Side Dishes:

French Fries - Caesar Side Salad - Warm Cinnamon Apples

Wednesday, February 8

Featured Entrees:

Big Daddy Pizza - Hummus & Flat Bread Platter

Featured Side Dishes:

Zesty Whole Wheat Pasta Salad - Tossed Salad - Sweet Bananas

Thursday, February 9

Featured Entrees:

General Tso Chicken & Rice - Hummus & Flat Bread Platter

Featured Side Dishes:

Oriental Vegetables - Caesar Side Salad - Fresh Pineapple Wedge

Friday, February 10

Featured Entrees:

BBQ Chicken & Corn Bread - Pepperoni Pizzas - Hummus & Flat Bread Platter

Featured Side Dishes:

Homemade Baked Beans - Tossed Salad - Juicy Grapes

49 BY THE NUMBERS
IN 1900, AMERICANS' AVERAGE LIFE EXPECTANCY WAS 49 YEARS. BY 2007, THE AVERAGE HAD GONE UP TO 78.

ANDY WASN'T USUALLY THE ROMANTIC TYPE. BUT RIGHT AROUND LUNCH TIME EVERY SCHOOL DAY, HE DEVELOPED A SUDDEN AND OVERWHELMING CRUSH ON WHATEVER WAS BEING DISHED UP IN THE CAFETERIA.

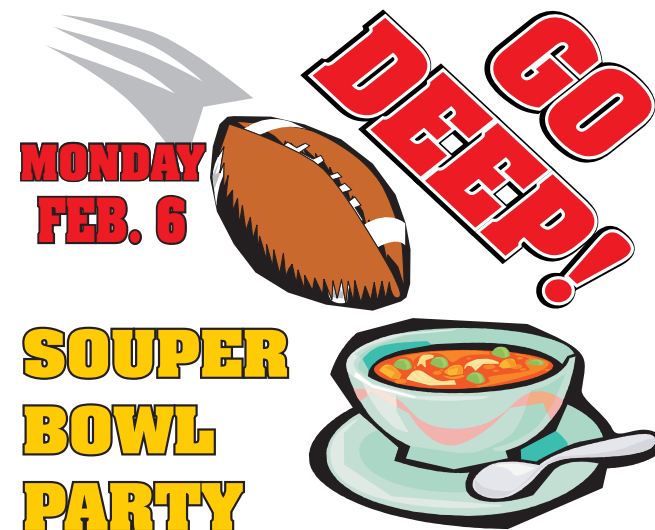


NUTRITION ANALYSIS OF THIS MONTH'S SCHOOL LUNCH MENU:

CALORIES: 784
PROTEIN: 32 G
CARBS: 108 G

IRON: 4.8 G
CALCIUM: 475 MG
VIT. A: 3156 IU

VIT C: 28 MG
SAT FAT: 9.7%
TOTAL FAT: 28.6%



Featured Specials of the Day

Monday, February 13

Featured Entrees:

Popcorn Chicken & Roll - Berry & Yogurt Parfait

Featured Side Dishes:

Whole Wheat Soft Pretzel - Cowboy Black Bean Salad - Tossed Salad

Tuesday, February 14

Featured Entrees:

Turkey Bacon Wedge - Berry & Yogurt Parfait

Featured Side Dishes:

French Fries - Caesar Side Salad - Sweetheart Cherry Cake

Wednesday, February 15

Featured Entrees:

Pappa John's Pizza - Berry & Yogurt Parfait

Featured Side Dishes:

Fresh Veggie Plate - Tossed Salad - Baked Nacho Doritos

Thursday, February 16

Featured Entrees:

Turkey Bowl - Berry & Yogurt Parfait

Featured Side Dishes:

Caesar Side Salad - Fresh Veggie Plate - Whole Wheat Breadstick

Friday, February 17

Featured Entrees:

Creamy Macaroni & Cheese - Italian Dunkers - Berry & Yogurt Parfait

Featured Side Dish:

Tossed Salad - Fresh Steamed Broccoli - Scooby Doo Snacks

Menus are subject to change.
Breakfast is available daily unless the start of the school day is delayed.

Featured Specials of the Day

Monday, February 20

No School - Snow Make Up Day

If school is in session, our cooks will choose items to be featured.

Taco Tuesday, February 21

Featured Entrees:

2 Spicy Soft Beef Tacos - 2 Seasoned Chicken Tacos - Fresh Tuna Salad Platter

Featured Side Dishes:

Mexican Rice - Refried Beans - Fresh Pineapple Wedge

Bonus with all Meals: Cinnamon Churro

Wednesday, February 22

Featured Entrees:

Big Daddy's Pizza - Fresh Tuna Salad Platter

Featured Side Dishes:

Fresh Veggie Plate - Tossed Salad - Garlic Breadstick

Thursday, February 23

Featured Entrees:

Mini Maple Pancakes & Sausage - Fresh Tuna Salad Platter

Featured Side Dishes:

Potato Triangles - Orange Slices - Caesar Side Salad

Friday, February 24

Featured Entrees:

Cheese Steak with Peppers & Onions - Pepperoni Pizzas - Tuna Salad Platter

Chicken Corn Soup - Tossed Salad - Whole Fruit Swirl Cup

Meatball Monday, February 27

Featured Entrees:

Meatball Hoagie - Yogurt Parfait - Pasta with Meatballs

Featured Side Dishes:

Wedding Soup (with tiny meatballs!!) - Tossed Salad - Sour Cherry Ice

Tuesday, February 28

Featured Entrees:

BBQ Rib Sandwich - Berry & Yogurt Parfait

Featured Side Dishes:

French Fries - Creamy Cole Slaw - Caesar Side Salad

Wednesday, February 29

Featured Entrees:

Big Daddy's Pizza - Berry & Yogurt Parfait

Featured Side Dishes:

Mozzarella Sticks w/ Sauce - Tossed Salad - Bananas

Thursday, March 1

Featured Entrees:

Walking Taco - Berry & Yogurt Parfait

Featured Side Dishes:

Fresh Pineapple Wedge - Caesar Side Salad - Brownie

Friday, March 2

Featured Entrees:

General Tso Chicken & Rice - Italian Dunkers - Berry & Yogurt Parfait

Featured Side Dishes:

Steamed Oriental Vegetables - Juicy Grapes - Tossed Salad

365.2422

That's how many days it takes

the earth to orbit the sun...

and that's why we

have leap year. We

add a day to the

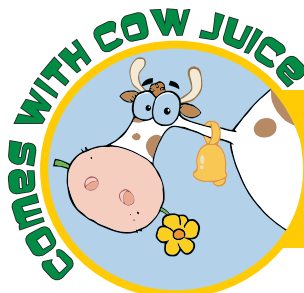
month of February

every four years to

make up for the .2422 days

that just won't fit in our regular year!

LEAP YEAR 2012



Every complete meal we serve includes your choice of lowfat white, nonfat white, lowfat chocolate, or nonfat vanilla milk.



FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!

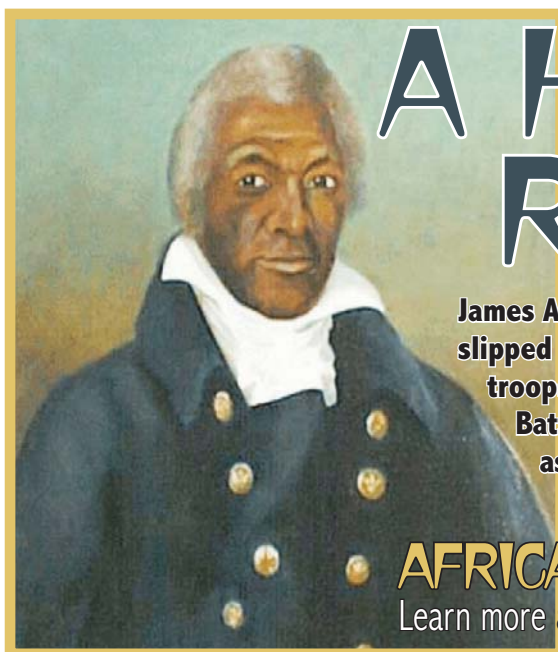
ITEM: Cheese Puffs
VERDICT: You'll puff, too.

TIP: Like many salty snacks, cheese puffs are high in fat and calories and low in nutrition value. Unlike most salty snacks, cheese puffs stain your fingers orange. You decide if this is a good thing.



Numbers based on a 1 oz. serving, and that's not very many puffs. The label says 0g trans fat, but they're allowed to say that if it's less than .5 grams per serving, which, again, can really add up.

A HERO OF THE REVOLUTION



James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette

Menus For March 2012

This institution is an equal opportunity provider and employer.

Happy St. Patrick's Day!



State College Area School District
High School North & South

Available Daily!

Little Lions Heros

MTO Deli Sandwiches
Bagels & Cream Cheese
PB&J Sandwiches
Hummus & Flat Bread
Fruit & Yogurt Parfaits
Entree Salads (North Bldg.)

Little Lions Paw

Pizza & Pasta
Daily Pizza Selection
Entree Salads (South Bldg.)

Grillers

Cheese Pretzels (M, W & F)
Veggie Burgers (T & Th)
Fish Sandwiches
1/4 Pound Hamburgers
1/4 Pound Cheeseburgers
Chicken Filet Sandwiches
Grilled Chicken Sandwiches

Milk: Low Fat White & Chocolate;
Fat Free White & Vanilla

Sides Dishes: Baked Potato, Steamed Broccoli,
Tossed Salad, Baby Carrots, Fresh & Canned Fruit, 100% Juice

For a complete lunch, choose an entree, up to 2 different side dishes, and milk.
At least an entree and 1 other item must be chosen or the a la carte prices will be charged.

Eligible families may receive help paying for school meals.
Call 231-5095 for information.

MyNutriKids.com

Secure On-Line Deposits
Account Balances & Transaction History
Low Account Balance Notification



Thursday, March 8

Featured Entree: Chicken Tenders & Multigrain Roll

Featured Side Dishes: French Fries - Caesar Side Salad

Friday, March 9

Featured Entree: BBQ Rib Sandwich

Featured Side Dishes: Chicken Corn Soup - Freshly Baked Cookies

Breakfast Menu

Choose 1

Bagels Otis Muffins Poptarts
Cereal & String Cheese Nutrigrain Bars & Yogurt
Hot Breakfast Sandwiches Homemade Scones
PB&J Uncrustables Cinnamon Rolls

Choose 1

Fresh Fruit 100% Juice

\$1.65

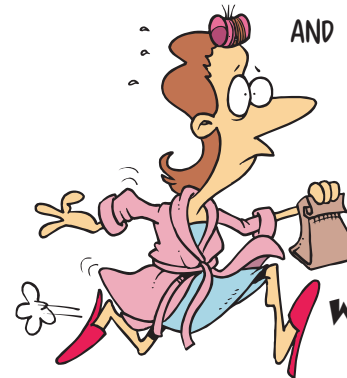
Choose 1

Choice of Milk

National School Breakfast Week
March 5-9, 2012

Start Your Day the Right Way!

FOR THE THIRD STRAIGHT MORNING, MATT HAD HURRIED OUT, "FORGETTING" HIS LUNCH.



AND FOR THE THIRD STRAIGHT MORNING, HIS MOTHER HAD PURSUED HIM IN VAIN. HE SURE DIDN'T WANT TO HURT MOM'S FEELINGS, BUT **WHEN WOULD SHE TAKE THE HINT?!**

NUTRITION ANALYSIS OF THIS MONTH'S SCHOOL LUNCH MENU:

CALORIES: 840	IRON: 4.5 G	VIT C: 33 MG
PROTEIN: 31.2 G	CALCIUM: 509 MG	SAT FAT: 9.4%
CARBS: 120 G	VIT. A: 3158 IU	TOTAL FAT: 27.6%

Featured Specials of the Day

Monday, March 12

Featured Entree: Chicken Nuggets & Roll

Featured Side Dish: Golden Corn - Caesar Side Salad

Tuesday, March 13

Featured Entree: 2 for Tuesday Grilled Cheese Sandwiches

Featured Sides: French Fries - Creamy Tomato Soup - Cheesy Goldfish

Wednesday, March 14

Featured Entree: Pasta with Choice of Sauces

Featured Side Dishes: Baked Sweet Potato - Garlic Breadstick

Thursday, March 15

Featured Entree: Creamy Macaroni & Cheese

Featured Side Dishes: French Fries - Whole Fruit Cup

Friday, March 16

Featured Entree: Cheese Steak Hoagie

Featured Side Dishes: Fresh Veggie Plate - Baked Chips

Featured Specials of the Day

Monday, March 19

Featured Entree: Popcorn Chicken & Biscuit

Featured Side Dishes: Caesar Side Salad - Cowboy Black Bean Salad

Tuesday, March 20

Featured Entree: 2 for Hot Dogs

Featured Sides: French Fries - Homemade Baked Beans

Wednesday, March 21

Featured Entree: Turkey Bowl

Featured Side Dishes: Baked Sweet Potato - Freshly Baked Cookies

Thursday, March 22

Featured Entree: French Toast Sticks & Sausage

Featured Side Dishes: French Fries - Juicy Orange Wedges

Friday, March 23

Featured Entree: Dunkers or Dunkers & Cheese

Featured Side Dishes: Caesar Side Salad - Wedding Soup

Featured Specials of the Day

Monday, March 26

Featured Entree: Spicy Chicken Sandwich

Featured Side Dish: Caesar Side Salad - Creamy Cole Slaw

Tuesday, March 27

Featured Entree: 2 for Tuesday Sloppy Joe

Featured Side Dishes: French Fries - Zesty Pasta Salad

Wednesday, March 28

Featured Entree: Cheese or Black Bean Quesadillas

Featured Side Dishes: Baked Sweet Potato - Mexican Rice

Thursday, March 29

Featured Entree: Italian Grinder

Featured Side Dishes: French Fries - Sweet Melon Slices

Friday, March 30

Featured Entree: Nachos Grande

Featured Side Dishes: Refried Beans - Warm Cinnamon Apples

★ OUR NATION'S HISTORY ★

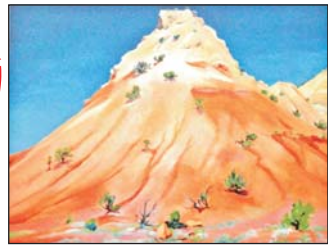


Georgia O'Keefe was a major American artist for over 70 years, until her death in 1986 at nearly century old. Many of her best works were vivid close-ups of flowers and stark, beautiful desert landscapes.

O'Keefe was born in Wisconsin, studied in Virginia, Illinois, South Carolina, and New York, and taught school in Texas. But she is most closely associated with a state in the American Southwest where she painted many of her most famous landscapes. Which state?

We're not going to tell you! We want you to look it up on your own for Women's History Month, which takes place in March.





Which state?

★ WITH LIBERTY & JUSTICE FOR ALL ★

BALMY DAYS AHEAD.

When your lips are chapped, you feel the pain -- and that's true even as the days grow warmer. But choose your stick carefully. Look for a lip balm that's phenol-free, because phenol can strip off the top layer of skin and make your lips worse.

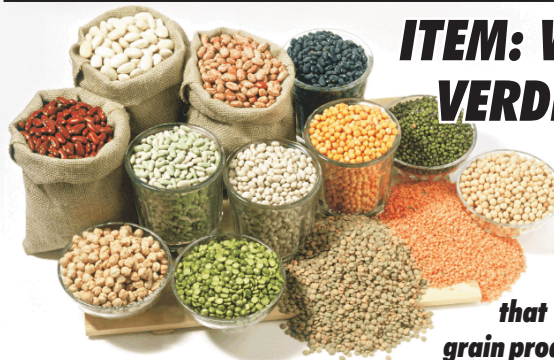


EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

FIT FAT

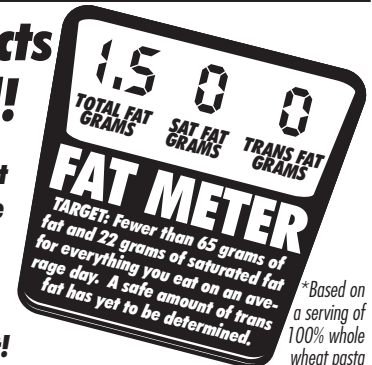
WANNA STAY FIT?

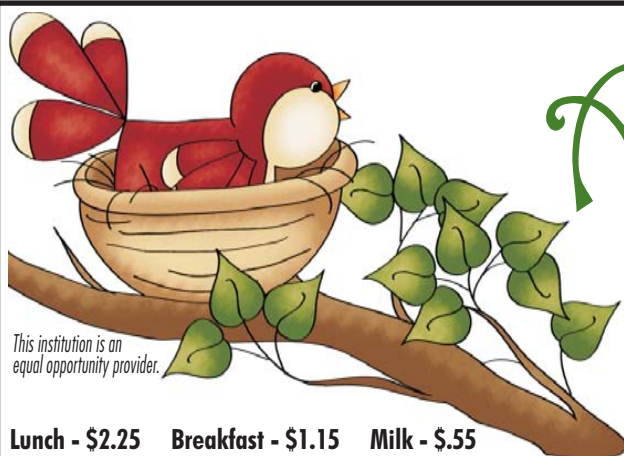
FIGHT THE FAT!



ITEM: Whole Grain Products
VERDICT: Choose 'em all!

TIP: From 100% whole wheat bread to popcorn, from brown rice to barley, from oatmeal to whole grain pasta, there are few foods that are healthier for you than whole grain products. And they contain very little fat!





This institution is an equal opportunity provider.

Lunch - \$2.25 Breakfast - \$1.15 Milk - \$.55

A choice of milk is included with all full meals.

Menus for April 2012

**SCASD
Elementary
Schools**

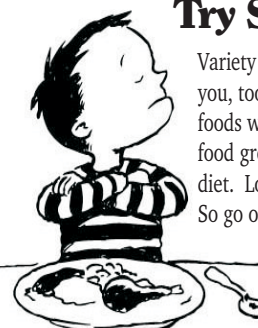


STAY ALERT!

THE FIRST OF APRIL IS
APRIL FOOLS DAY!
DON'T BE FOOLED!

PLEASE SEE THE
BACK PAGE FOR A
LIST OF THE GREATEST
APRIL FOOLS TRICKS
OF ALL TIME!

Don't Let This Be You... Try Something New!



Variety is the spice of life and it is healthy for you, too! By choosing a variety of different foods with different colors and from different food groups, you will have a well-balanced diet. Long story short, you will be healthier. So go out there and try something new!

We have new things to sample on the 1st Wednesday of each month. Try a sugar snap pea on April 4.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 41% of all high school athletes, and girls who play high school sports are 40% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 9% jump in the number of participants for 2011.

Monday, April 2

Choose One

1. Sloppy Joe on Whole Wheat
2. Hummus & Flatbread
3. Oven Baked Chicken Nuggets
4. Grilled Chicken Salad

Choose Up to Two

- Oven Baked Fries
- Crunchy Baby Carrots
- Assorted Chilled & Fresh Fruit
- 100% Juice

Breakfast: Nutrigrain Bar,
Yogurt Cup, Grape Juice & Milk

Tuesday, April 3

Choose One

1. Italian Dunkers
2. Berry Kix & Yogurt
3. Hot Dog
4. Chef Salad

Choose Up to Two

- Mozzarella Sticks
- Crisp Tossed Salad
- Assorted Chilled & Fresh Fruit
- 100% Juice

Breakfast: Blueberry Muffin,
Apple Slices & Milk

Wednesday, April 4

Choose One

1. Soft Taco
2. Berry Kix & Yogurt
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Santa Fe Rice
- Assorted Chilled & Fresh Fruit
- 100% Juice

Breakfast: Whole Grain Mini Cinnis,
Orange Slices & Milk

Thursday, April 5 - Tuesday April 10

Parent Conferences & Records Days - No School for Students

Available Daily

We serve at least five fruit choices and one vegetable choice everyday. Featured choices this month will include:

- Mon. - Baby Carrots & Orange Slices
- Tues. - Tossed Salad & Fresh Melon
- Wed. - Sugar Snap Peas & Kiwi Wedges
- Thur. - Cucumber Slices & Bananas
- Fri. - Cherry Tomatoes & Apple Slices

*Selections subject to change based on market conditions.

Happier & Easier
Birthday
Celebrations
at School.



www.scsd.org/schoolmeals
Click on the Birthday Basket link.

MyNutriKids.com

Secure On-Line Deposits
Easily make payments to your child's account on-line for \$1.75 per transaction.

Account Balances
Check your child's balance anytime, anywhere.

30 Days Transaction History
View your child's history of purchases and deposits.

Low Account Balance Notification
Receive email notification when your child's account balance reaches a limit you determine.

Wed., April 11

Choose One

1. Yogurt & Berry Parfait
2. Bagel & Cream Cheese
3. Cheese or Pepperoni Pizza
4. Grilled Chicken Salad

Choose Up to Two

- Crisp Veggie Selections
- Whole Wheat Soft Pretzel
- Assorted Chilled & Fresh Fruit
- 100% Juice

Breakfast: Cinnamon Toast Crunch,
String Cheese, Orange Juice & Milk

Thursday, April 12

Choose One

1. Warm Cheese Pretzel
2. Deli Ham & Cheese Bagel
3. Chicken Patty on Whole Wheat
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Homemade Baked Beans
- Assorted Chilled & Fresh Fruit
- 100% Juice

Breakfast: Fruity Cheerios, Hard
Boiled Egg, Apple Juice & Milk

Friday, April 13

Papa John's Pizza Day
Houseville, Lemont, Ferguson & PFE
Choose One

1. Hamburger on Whole Wheat
2. Deli Ham & Cheese Bagel
3. Personal Pan Pizza
4. Chef Salad

Choose Up to Two

- Fresh Veggie Selections
- Juice, Chilled & Fresh Fruit
- Free with Lunch: Cookie

Breakfast: Whole Grain Frudel,
Orange Smiles & Milk

Monday, April 16Choose One

1. BBQ Rib Sandwich
2. Sun Butter w/ Graham Cracker & Celery Dippers
3. Oven Baked Chicken Nuggets
4. Grilled Chicken Salad

Choose Up to Two

Baked Sweet Potato Fries
Crunchy Baby Carrots
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Nutrigrain Bar,
Yogurt Cup, Orange Juice & Milk

Tuesday, April 17Choose One

1. Baked Chicken Fillet
2. Italian Hoagie
3. Hot Dog
4. Chef Salad

Choose Up to Two

Fresh Tossed Salad
Creamy Mashed Potatoes & Gravy
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Blueberry Muffin,
Apple Slices & Milk

Wednesday, April 18Choose One

1. Vegetable Soup & String Cheese
2. Italian Hoagie
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

Warm French Baguette
Crisp Veggie Selections
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Whole Grain Mini Cinnis,
Banana & Milk

Thursday, April 19Choose One

1. Creamy Macaroni & Cheese
2. Italian Hoagie
3. Chicken Patty on Whole Wheat
4. Southwestern Chicken Salad

Choose Up to Two

Crisp Veggie Selections
Assorted Chilled & Fresh Fruit
100% Juice
Free with Lunch: Whole Fruit Shape Up

Breakfast: Berry Kix, Hard Boiled
Egg, Grape Juice & Milk

Friday, April 20

Papa John's Pizza Day
Radio Park, Corl St & Mt Nittany

Choose One

1. Pasta with Marinara Sauce
2. Italian Hoagie
3. French Bread Pizza
4. Chef Salad

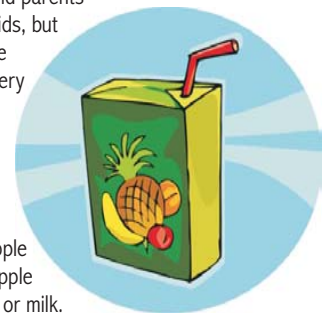
Choose Up to Two

Fresh Tossed Salad
Garlic Breadstick
Juice, Chilled & Fresh Fruit

Breakfast: Whole Grain Frudel,
Orange Slices & Milk

Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange or apple juice by eating an orange or apple and should mostly drink water or milk.

**Monday, April 23**Choose One

1. Stuffed Baked Potato
2. Homemade Chili
3. Oven Baked Chicken Nuggets
4. Grilled Chicken Salad

Choose Up to Two

Tender Biscuit
Steamed Broccoli Trees
Assorted Fruit & 100% Juice

Free with Lunch: Earth Day Dirt Sundae

Breakfast: Cereal,
String Cheese,
Orange Juice & Milk

**Tuesday, April 24**Choose One

1. Pepperoni Pizzas
2. MultiGrain Cheerios & Yogurt
3. Grilled Cheese Sandwich
4. Chef Salad

Choose Up to Two

Fresh Tossed Salad
Whole Grain Pasta Salad
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Bagel & Cream Cheese,
Sweet Grapes & Milk

Wednesday, April 25Choose One

1. Popcorn Chicken
2. MultiGrain Cheerios & Yogurt
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

Crisp Veggie Selections
Whole Wheat Breadstick
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Whole Grain Mini Cinnis,
Banana & Milk

Thursday, April 26Choose One

1. Mini Maple Pancakes & Sausage
2. MultiGrain Cheerios & Yogurt
3. Chicken Patty on Whole Wheat
4. Chef Salad

Choose Up to Two

Crisp Veggie Selections
Golden Potato Triangle
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Fruity Cheerios, Hard
Boiled Egg, Grape Juice & Milk

Friday, April 27

Papa John's Pizza Day
Easterly Pkwy, OLV & Grays Woods

Choose One

1. Fish Sandwich
2. MultiGrain Cheerios & Yogurt
3. Cheesy White Pizza
4. Chef Salad

Choose Up to Two

Crisp Veggie Selections
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Whole Grain Frudel,
Orange Slices & Milk

The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff.

Average Nutritional Analysis of This Month's Lunches:

Calories	664
Iron	4.3 Mg
Calcium	484 Mg
Vit. A	3512 IU
Vit. C	41.6 Mg
Protein	26.2 G
Carbs	95 G
Total Fat	27.9%
Sat. Fat	8.7%

SCASD school lunches meet all USDA targets for healthy meals!

**Monday, April 30**Choose One

1. Pulled BBQ Pork on a Whole Wheat Roll
2. Warm Cheese Pretzel
3. Oven Baked Chicken Nuggets
4. Grilled Chicken Salad

Choose Up to Two

Whole Wheat Roll
Cowboy Black Bean Salad
Assorted Chilled & Fresh Fruit
100% Juice

Breakfast: Nutrigrain Bar,
Yogurt Cup, Orange Juice & Milk



One hundred years ago this month, on the morning of April 15, 1912, the "unsinkable" Titanic sunk after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.



Weekends Nights

Looking for a job with a family feel and family-friendly hours?

Part time jobs are currently available. Call for information.
Food Service Staff - 231-5095
Bus Drivers - 231-1033