

# Nutrition Services Update

August 15, 2024



LAGUNA BEACH  
UNIFIED SCHOOL DISTRICT



# Agenda

## 2023-2024 YEAR IN REVIEW

- Breakfast and Lunch Meals Sold
- Equipment Upgrades
- Increased Efficiency

## NUTRITIONAL REQUIREMENTS

- School Breakfast Program (SBP)
- National School Lunch Program (NSLP)
- Upcoming Changes
- Recognition

## WHAT TO EXPECT IN 2024-2025

- Student Driven Menus
- Menu Items
- Sustainability
- Community Partnerships
- Goals



# 2023-2024 Breakfast Meals

LBHS	27,430
THURSTON	39,600
EL MORRO	26,597
TOP OF THE WORLD	34,525
<b>Total</b>	<b>128,159</b>



# 2023-2024 Lunch Meals

LBHS	27,430
THURSTON	29,278
EL MORRO	23,313
TOP OF THE WORLD	34,272
Total	114,293
<b>Grand Total Meals</b>	<b>242,452</b>



# Equipment Upgrades

- Combi Oven at Top of the World
- New hot holding cabinets at all sites
- New stainless steel work tables
- Mobile POS system
- New refrigerators and freezers to increase storage capacity
- E-Control Systems for 24hr refrigerator and freezer temperature monitoring



# Increased Efficiency

- Turned single sided lines into double sided lines at LBHS
- Added mobile POS system to serve more students
- Added second pin pad at El Morro and TOW
- Added additional shelving at sites to increase storage and organization
- Vendor deliveries direct to all sites
- Work production records completed and stored online



# 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)					
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					
Fluid Milk <sup>f</sup>	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)			



# 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



## UPCOMING CHANGES TO NUTRITIONAL STANDARDS

<https://www.youtube.com/watch?v=SUflvoK2e1E&t=77s>

### CHANGES WE'VE MADE IN ADVANCE

- Removed cereals high in added sugar such as Cocoa Puffs, Lucky Charms and Cinnamon Toast Crunch
- Removed juice and chocolate milk from snack
- We use salt free seasonings, purchase low sodium soy and enchilada sauce and make homemade salsas. We also use products like fresh chopped garlic and Sriracha to add flavor without adding salt.

### CHEF ANN FOUNDATION AWARD WINNER 2023-2024

Laguna Beach Unified School District won the Small or Rural Food Authority Breakfast Trailblazer Award and the Small or Rural School Food Authority Lunch Trailblazer Award for their efforts in reducing added sugars during breakfast and reducing sodium during lunch.



# Student Driven Menus

## Students talk, we listen.

Some changes that we have made from student feedback include:

- Fruit & Yogurt Parfaits Daily
- Popcorn Chicken
- Fresh Baked Pizza
- Chilaquiles
- Removed Breakfast Pizza Bagels

We will meet with student focus groups throughout the year, at every site, to gauge satisfaction with new menu items and hear what we they would like to see on their menus.



# Student Driven Menus Cont.

We indicate a student choice entrée items on the menu with a site logo next to the entrée requested by the students.

**El Morro** **LUNCH**

Full Salad Bar, Fresh Fruit, 100 % Fruit Juice, 2% Milk, Fat Free Chocolate Milk.  
GF = Gluten Free V = Vegetarian WG= Whole Grain Rich  
**HOMEMADE SALSA OFFERED DAILY.**

 **Sea Lion Senate Choice**

WEDNESDAY	THURSDAY	FRIDAY
-Turkey Burger (WG) <b>1</b>	-Penne Pasta with Marinara Sauce (V WG) <b>2</b>	-Turkey Taco Salad (WG, GF) <b>3</b>
-All Beef Hot Dog (WG)	-All Beef Hot Dog (WG)	-Chef Choice
-Three Bean Chili with Corn Tortilla (V) (GF) <b>8</b>	-All Beef Hot Dog and Coleslaw (WG) <b>9</b>	 Popcorn Chicken & Wedge Fries (WG) <b>10</b>
-Hummus with Fresh Veggies (GF, V)	-Hummus with Fresh Veggies (GF, V)	-Chef's Choice
-Rocking Moroccan Stew (WG, V) <b>15</b>	-Cheese Lasagna with Marinara sauce (WG, V) <b>16</b>	 Pizza Friday!! (WG) Cheese, Pepperoni <b>17</b>
-Chicken Corn Dog (GF)	-Chicken Corn Dog (GF)	-Chef's Choice

# Fruit & Granola Parfaits Daily



# Fresh Baked Pizza

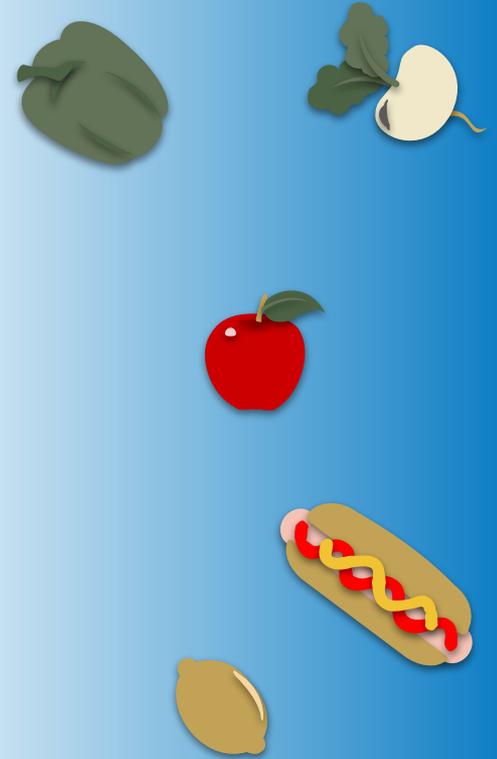
- Pizza Fridays are back at the elementary schools.
- Pizza served daily at Thurston and L.B.H.S.



# Fresh Made Salads and Sandwiches



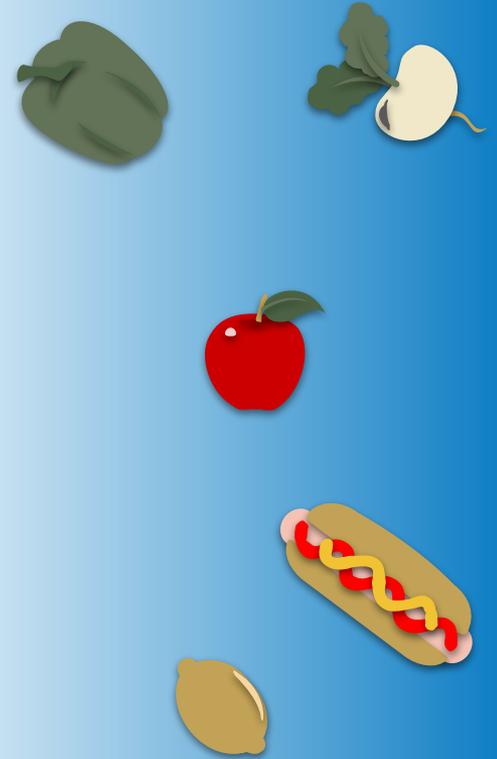
Salad varieties include: Chef, Taco, Asian, BBQ Chicken, Greek, Caesar and Antipasto.



# Plant-Based Taco Salad

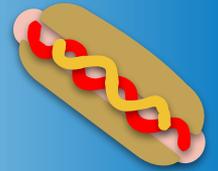


We will continue to grow our offerings of different plant-based meals and raise awareness of the positive environmental impacts and health benefits of choosing plant-based meals.



# Fresh Baked Donuts

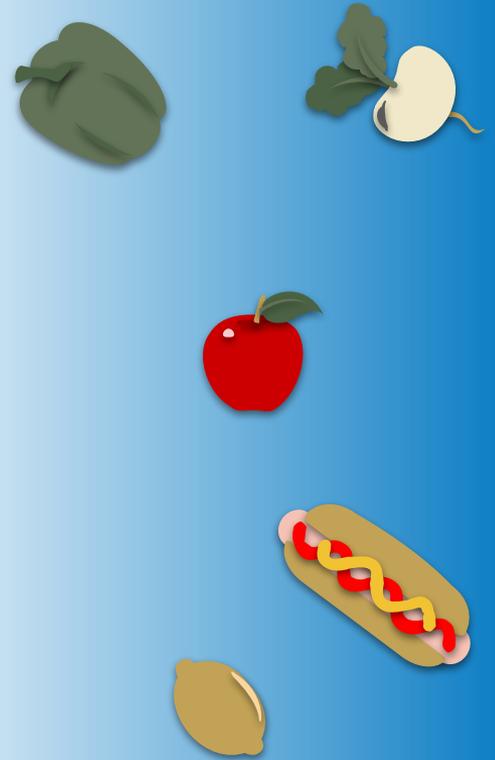
Once a month at our elementary schools, we offer whole grain donuts. These whole grain donuts were baked fresh by our staff at Top of the World.



# FISH BÀHN MI SANDWICH



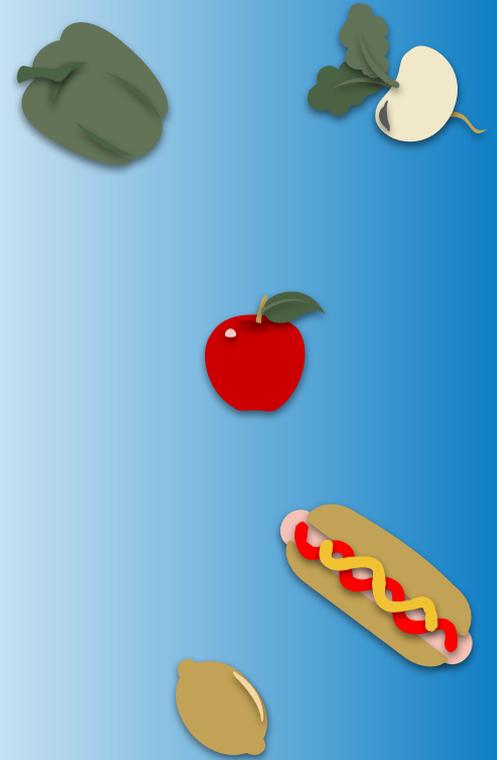
Breaded Fish, Spicy Mayo Coleslaw and Sliced Cucumbers on a Whole Grain Roll.  
Served with Sweet Potato Fries



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# Sustainability

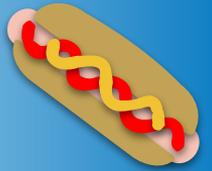
- Adding bulk condiment dispensers at sites to eliminate individual packets
- Identifying solutions for compostable utensils and food packaging. Our goal is to eliminate all single use plastics this year.
- Organic waste reduction through our partnership with the Laguna Food Pantry
- Compost bins in all kitchens and on all campuses
- Use of organic waste in school gardens
- Increase student awareness on how to properly separate their waste and identify compostable materials



# Laguna Beach USD

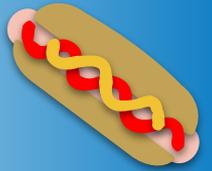
## PARTNERSHIPS WITHIN THE COMMUNITY

- Laguna Beach Police Dept sponsored a “Mental Health Monday” BBQ at El Morro
- Edible food recovery agreement with Laguna Food Pantry
- Local farm-to-table produce from Bluebird Canyon Farms



# Goals for 2024-2025

- Increase scratch cooking
- Increase minimally processed foods
- Increase local fruits and vegetables
- Increase variety of fruit and vegetables
- Increase organic fruits and vegetables
- Increase participation
- Decrease waste
- Serve produce grown in school gardens



# THANK YOU

**Nutrition Staff  
Sodexo  
Teachers  
Custodians  
Maintenance Workers  
Bus Drivers  
Campus Supervisors  
District Office Staff  
Information Technology Dept.  
Site Administrators  
Site Support Staff  
Vendors  
Board Members  
Students and Families**

**WE ARE ALL PART OF THE  
NUTRITION SERVICES TEAM!**



# The End



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