

Wyoming Food Services

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WYOMING
CITY SCHOOLS

Study Objectives

1. What are the **best practices for providing healthy meal options** and **dining experiences** for students at the elementary, middle, and high school levels within a viable food service program?
2. What **facility** components **optimize the student dining experience**?
3. What **staffing** is needed to support the dining needs of students?
4. How can the **school community help to inform the development of meal options** for students?

Method



Observed lunch at all 5 school buildings, talked with students, faculty and staff members



Met with Milford Food Services and observed meals at 3 Milford schools



Conducted online research and talked with an industry specialist



Conducted a survey of parents and students in grades 3-12 via Google Forms (284 parent responses, 94 student responses)

What is the student dining experience?

Food nutrition

Choice/options

Time to eat

Cost



Environment
(space, noise,
sanitation)

Education

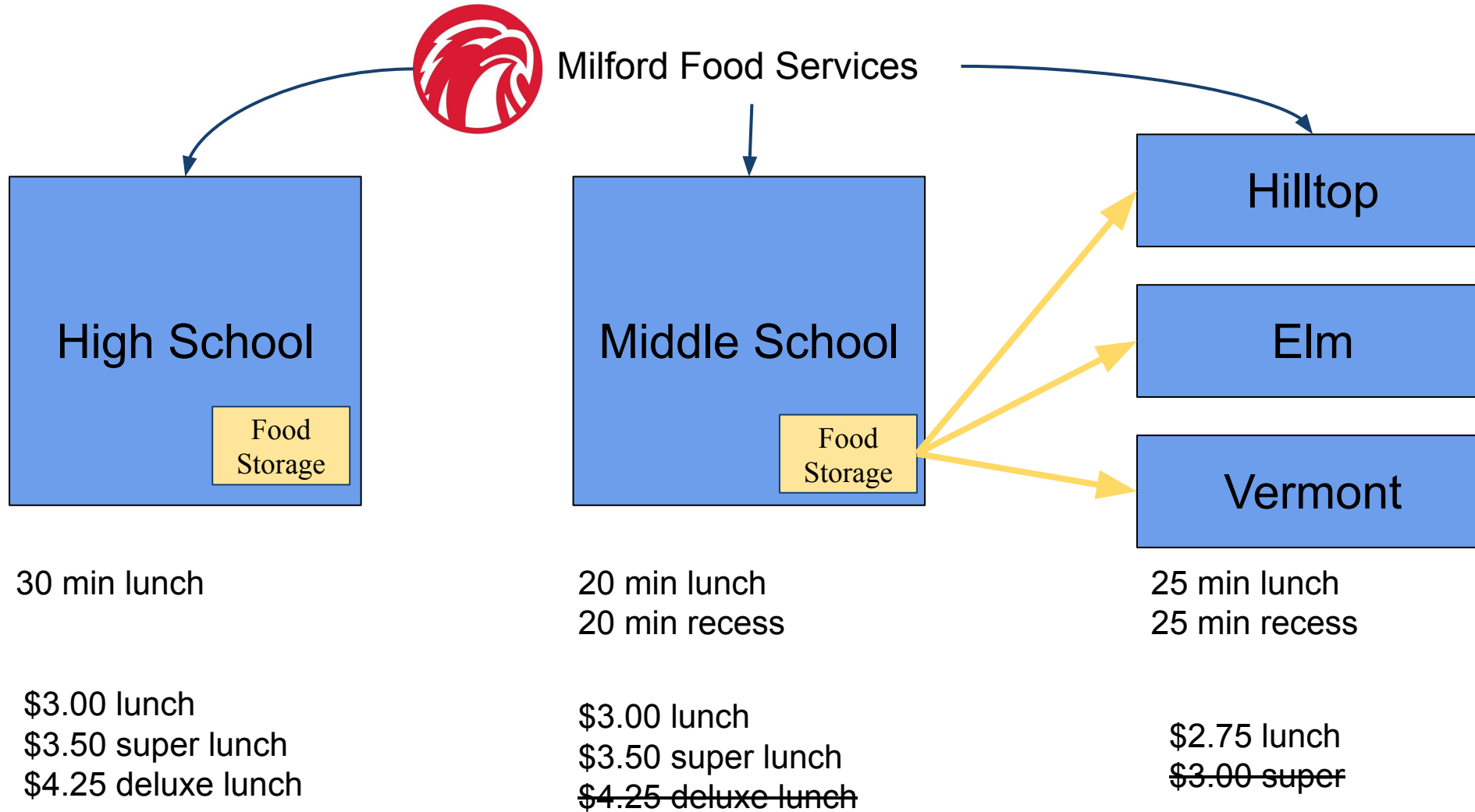
Expanding palates

Environmental
impact

in report

Presentation also covers additional facility and staffing considerations

Wyoming School Lunch System



Nutrition



Wyoming participates in the National School Lunch Program, so must follow specific USDA nutrition guidelines:

- specific quantities of each food group
- calorie requirements
- limits on sugar, sodium, saturated fat, trans fat
- whole grain-rich requirement

Milford Food Services ensures compliance and provides registered dietitians for menu oversight

ANATOMY OF A DOMINO'S SMART SLICE



TOPPINGS

Pepperoni — Reduced Fat and Reduced Sodium

- 33% less fat and 50% less sodium than our traditional pepperoni
- CN labeled
- We also offer turkey pepperoni and a wide variety of meats, veggies, cheeses, and other pizza toppings in our stores. This allows endless customization to delight your students' taste buds.

CRUST

Now Available! Domino's Original Hand Tossed Crust

- Made with enriched flour

Whole Grain Rich Crust

- 51% white whole-wheat flour
- Up to 4 grams of fiber plus vitamins A and E, magnesium, and iron

CHEESE

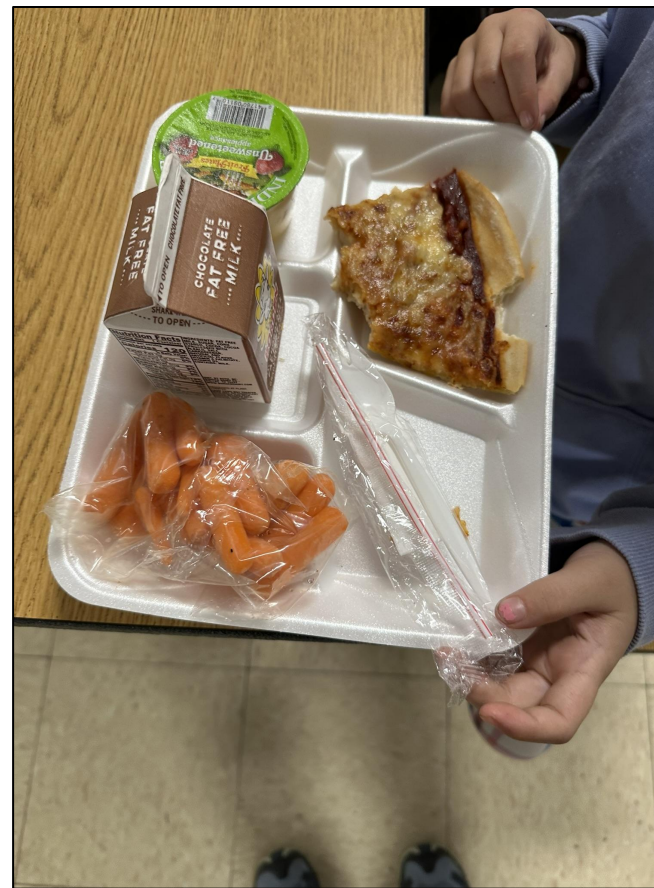
100% Real Lite Mozzarella

- 1/2 the fat of our traditional pizza cheese
- 100 mg less sodium compared to standard lite mozzarella cheese
- A good source of protein and calcium

Nutrition

A criticism of these guidelines are that schools often rely on heavily processed and pre-packaged foods.

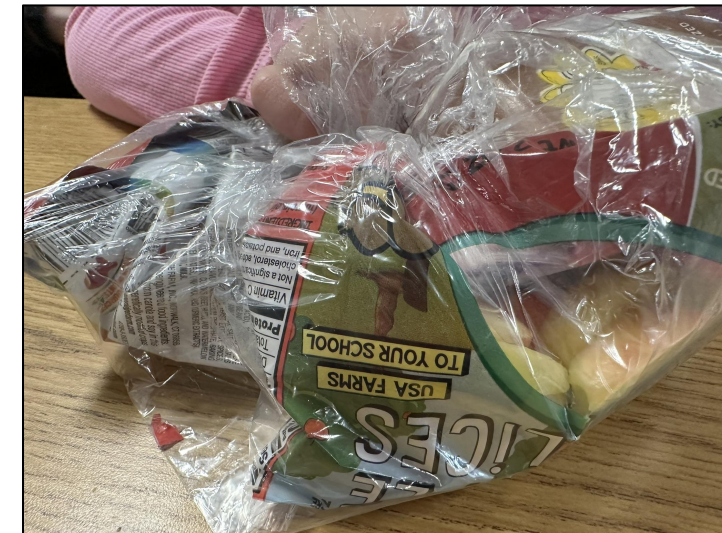
- Fresh, whole foods are often more expensive and have a shorter shelf life.
- Fresh food is also limited by storage, cooking equipment, equipment, and personnel to prepare food



Lunch from Hilltop



High School Cafeteria Line



Alternate Lunch ⁸



USA



SPAIN



FINLAND



GREECE



UKRAINE



ITALY

22

Lunch Entree

La Rosa's Cheese Pizza (super)

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Steamed Broccoli

Baby Carrots

Fruit

Dried Fruit Variety

Fresh Fruit Variety

Canned Fruit Variety

Fruit Cup Variety

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

23

Lunch Entree

Cincinnati Chili Cheese Fries

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Corn

Baby Carrots

Fruit

Dried Fruit Variety

Canned Fruit Variety

Fruit Cup Variety

Fresh Fruit Variety

Grains

Pretzel Rod

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

24

Lunch Entree

Mini Corn Dogs

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Green Beans

Baby Carrots

Fruit

Dried Fruit Variety

Fruit Cup Variety

Canned Fruit Variety

Fresh Fruit Variety

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

25

Lunch Entree

French Toast & Sausage

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Mixed Vegetables

Baby Carrots

Fruit

Dried Fruit Variety

Canned Fruit Variety

Fresh Fruit Variety

Fruit Cup Variety

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

26

Lunch Entree

Chicken Nuggets

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Baby Carrots

Baked Beans

Fruit

Dried Fruit Variety

Fresh Fruit Variety

Canned Fruit Variety

Fruit Cup Variety

Grains

Dinner Roll

Milk

Fat Free Milk

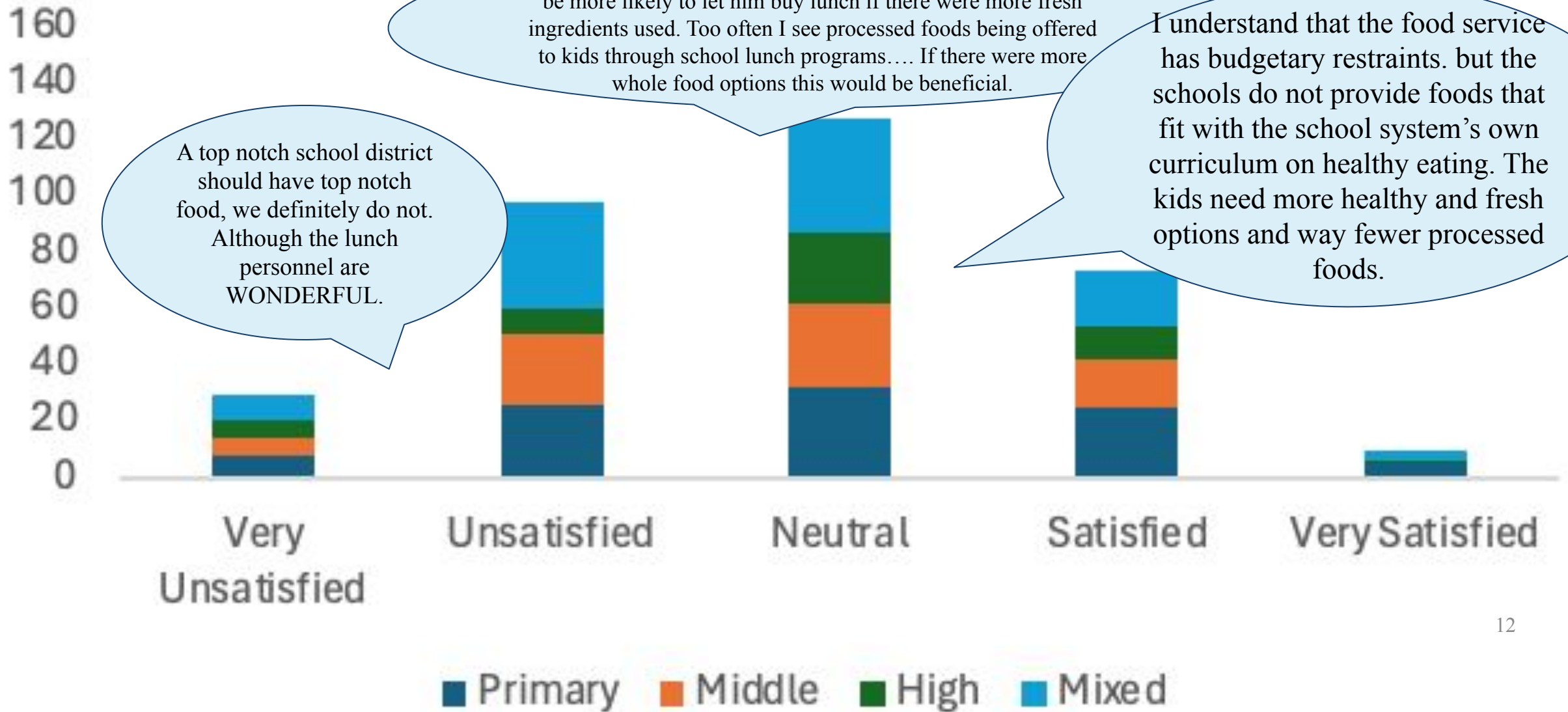
1% White Milk

Fat Free Chocolate Milk

Fork Farms Project



Satisfaction with Nutrition



Recommendations for nutrition



Combi-Oven

- Invest in equipment that can prepare quality food on site quickly
- In primary facility plans, leave room for the option of creating on-site meals in the future
- Reduced heavily processed foods
- Work with Milford Food Services to select food options
- Provide nutritional information about food items in menus, demonstrating adherence to USDA healthy eating and to educate students and parents

Choice/options

- Limited options in primary schools where other lunch option is the same every day



22

Lunch Entree

La Rosa's Cheese Pizza (super)

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Steamed Broccoli

Baby Carrots

Fruit

Dried Fruit Variety

Fresh Fruit Variety

Canned Fruit Variety

Fruit Cup Variety

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

23

Lunch Entree

Cincinnati Chili Cheese Fries

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Corn

Baby Carrots

Fruit

Dried Fruit Variety

Canned Fruit Variety

Fruit Cup Variety

Fresh Fruit Variety

Grains

Pretzel Rod

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

24

Lunch Entree

Mini Corn Dogs

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Green Beans

Baby Carrots

Fruit

Dried Fruit Variety

Fruit Cup Variety

Canned Fruit Variety

Fresh Fruit Variety

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

25

Lunch Entree

French Toast & Sausage

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Mixed Vegetables

Baby Carrots

Fruit

Dried Fruit Variety

Canned Fruit Variety

Fresh Fruit Variety

Fruit Cup Variety

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

26

Lunch Entree

Chicken Nuggets

Fun Tray

PB&J Uncrustable

Hot Dog

Vegetables

Baby Carrots

Baked Beans

Fruit

Dried Fruit Variety

Fresh Fruit Variety

Canned Fruit Variety

Fruit Cup Variety

Grains

Dinner Roll

Milk

Fat Free Milk

1% White Milk

Fat Free Chocolate Milk

Lunch Entree

General Tso's Chicken (super)
 PB&J Uncrustable
 Fun Tray
 Turkey and Cheese Sandwich
 Pizza Dippers
 Cheeseburger
 Spicy Chicken Sandwich
 Homestyle Chicken Sandwich (deluxe)
 Crispy Chicken Wrap (deluxe)

Vegetables

Asian Side Salad
 Steamed Broccoli

Fruit

Fruit Cup Variety
 Fresh Fruit Variety

Grains

Healthy Stir Fried Rice

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

Cin Chili Spaghetti
 PB&J Uncrustable
 Fun Tray
 Turkey and Cheese Sandwich
 Pizza Dippers
 Cheeseburger
 Spicy Chicken Sandwich
 Chicken Sandwich (super)
 Crispy Chicken Wrap (super)

Vegetables

White Onions
 Kidney Beans

Fruit

Dried Fruit Variety
 Canned Fruit Variety

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

Burger Bar
 PB&J Uncrustable
 Fun Tray
 Turkey and Cheese Sandwich
 Pizza Dippers
 Cheeseburger
 Spicy Chicken Sandwich
 Chicken Sandwich (super)
 Crispy Chicken Wrap (super)

Vegetables

Cold Bar- Vegetable Toppings
 Oven Baked Crinkle Fries

Fruit

Fruit Cup Variety
 Fresh Fruit Variety

Grains

Garlic Bread Stick

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

Chicken Drumsticks
 PB&J Uncrustable
 Fun Tray
 Turkey and Cheese Sandwich
 Pizza Dippers
 Cheeseburger
 Spicy Chicken Sandwich
 Homestyle Chicken Sandwich (deluxe)
 Crispy Chicken Wrap (deluxe)

Vegetables

Green Beans
 Side Salad

Fruit

Dried Fruit Variety
 Canned Fruit Variety

Grains

Pretzel Rod

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

La Rosa's Cheese Pizza (super)
 La Rosa's Pepperoni Pizza (deluxe)
 PB&J Uncrustable
 Fun Tray
 Turkey and Cheese Sandwich
 Pizza Dippers
 Cheeseburger
 Spicy Chicken Sandwich
 Chicken Sandwich (super)
 Crispy Chicken Wrap (super)

Vegetables

Baby Carrots
 Side Salad

Fruit

Fruit Cup Variety
 Fresh Fruit Variety

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

French Toast & Sausage
 PB&J Uncrustable
 Cheeseburger
 Turkey and Cheese Sandwich
 Double Cheeseburger (deluxe)
 Yogurt Parfait (deluxe)
 Crispy Chicken Wrap (deluxe)
 Large Chicken Salad (deluxe)

Vegetables

Honey Cinnamon Roasted Sweet
 Potatoes
 Mixed Vegetables

Fruit

Dried Fruit Variety
 Canned Fruit Variety

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

Cincinnati Cheese Coney
 PB&J Uncrustable
 Cheeseburger
 Turkey and Cheese Sandwich
 Double Cheeseburger (deluxe)
 Yogurt Parfait (deluxe)
 Crispy Chicken Wrap (deluxe)
 Large Chicken Salad (deluxe)

Vegetables

White Onions
 Kidney Beans
 Glazed Carrots

Fruit

Dried Fruit Variety
 Canned Fruit Variety

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

Baked Potato Bar (super)
 PB&J Uncrustable
 Cheeseburger
 Turkey and Cheese Sandwich
 Double Cheeseburger (deluxe)
 Yogurt Parfait (deluxe)
 Crispy Chicken Wrap (deluxe)
 Large Chicken Salad (deluxe)

Vegetables

Side Salad
 Oven Roasted Brussel Sprouts

Fruit

Dried Fruit Variety
 Fresh Fruit Variety
 Fruit Cup Variety

Grains

Garlic Bread Stick

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Misc.

Baked Potato Topping Bar

Lunch Entree

Beef n' Cheddar Sandwich (deluxe)
 PB&J Uncrustable
 Cheeseburger
 Turkey and Cheese Sandwich
 Double Cheeseburger (deluxe)
 Yogurt Parfait (deluxe)
 Crispy Chicken Wrap (deluxe)
 Large Chicken Salad (deluxe)

Vegetables

Side Salad
 Spiral French Fries

Fruit

Dried Fruit Variety
 Fresh Fruit Variety

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Lunch Entree

La Rosa's Pepperoni Pizza (deluxe)
 La Rosa's Cheese Pizza (super)
 PB&J Uncrustable
 Cheeseburger
 Turkey and Cheese Sandwich
 Double Cheeseburger (deluxe)
 Yogurt Parfait (deluxe)
 Crispy Chicken Wrap (deluxe)
 Large Chicken Salad (deluxe)

Vegetables

Side Salad
 Baby Carrots

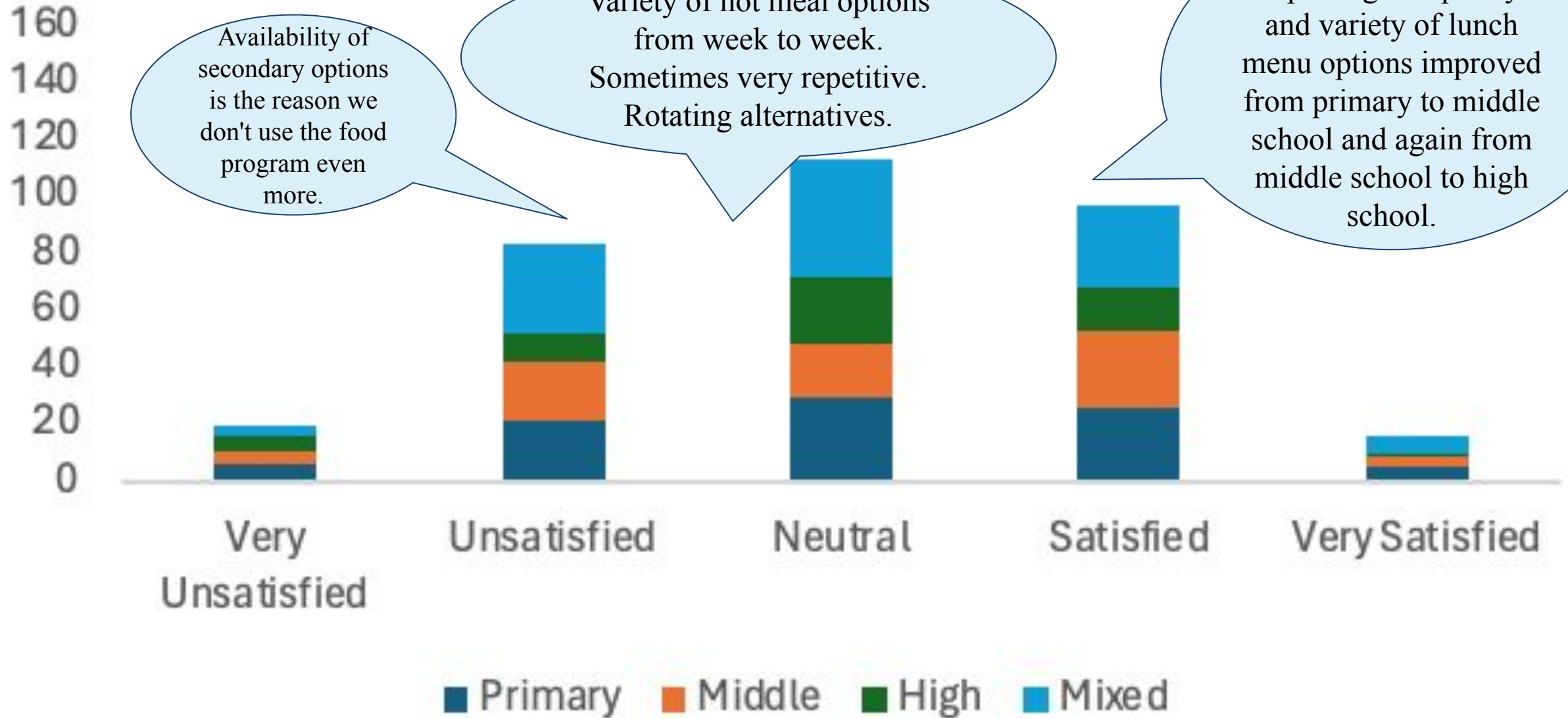
Fruit

Dried Fruit Variety
 Fresh Fruit Variety
 Fruit Cup Variety

Milk

Fat Free Milk
 1% White Milk
 Fat Free Chocolate Milk

Satisfaction with Food Options



Variety/Options Recommendations

- **Work with Milford Food Services to select food options**
 - Different schools that they serve select different foods!
 - They are eager to work with Wyoming
 - Establish committee of students, staff, parents for Milford Food Service and Wyoming to collaborate
 - Consider Team Nutrition, FuelUp program models to give framework for this work and potential funding
- **Provide more options**
 - primary menu expansion
 - additional options for vegan/gluten-free students
- **Educate families on how to find menus**

Time to eat

- Dining time was shortened this year at primary schools (antsy?)
 - On observed day, Hilltop students had at least 15-20 mins to eat
- Middle and high school students that purchase food have a rushed lunch
 - Fifth graders lining up instead of playing at recess
 - Some high schoolers not able to get lunch before bell on occasion
 - High school on observed day: line was empty 10 mins before bell rang
 - Line flows limited by space/theft issues



buy

time in line

time to eat

pack

time to eat

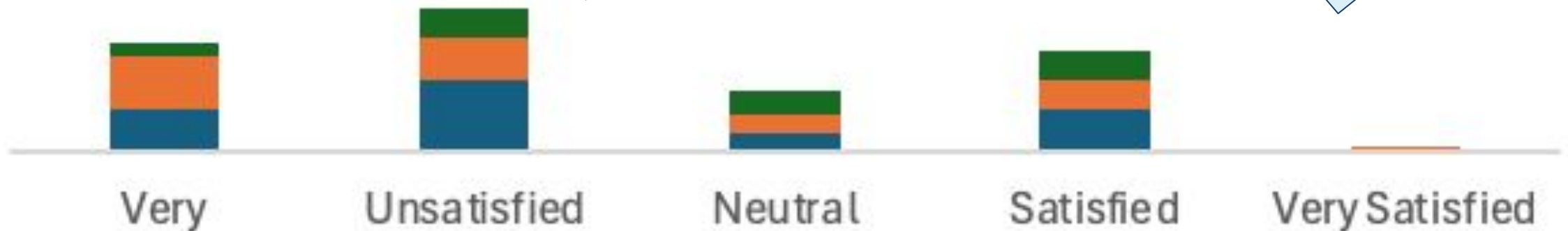
Satisfaction with Time to Eat Lunch (student)

Lunch time shouldn't be so short - lunch and recess time should be combined and you decide how long you need to spend in each

I really don't think we have enough time to eat lunch. I can hardly finish my food and so do many other people. I feel very stressed about finishing my food on time and I don't get to enjoy it.

I think we have enough time to eat all though I think because they are older, sixth and eighth grade should get to eat first all quarters in their lunch bells.

80
60
40
20
0



Very
Unsatisfied

Unsatisfied

Neutral

Satisfied

Very Satisfied

■ Primary ■ Middle ■ High

Time Recommendations

reduce this

time in line

time to eat

- Reduce time in line

- Consider the use of vending machines (Milford is exploring using these. Cincinnati Public uses them for breakfast)
- Build space for alternate line flows

or increase this

- And/or increase time for middle/high school lunch



Left, Milford High School food stations

Right, Milford High School drink & a la carte snack area



Environment/Lunchtime Experience

- Hilltop primary school tables are packed; presents health concern
 - Wyoming is not alone...

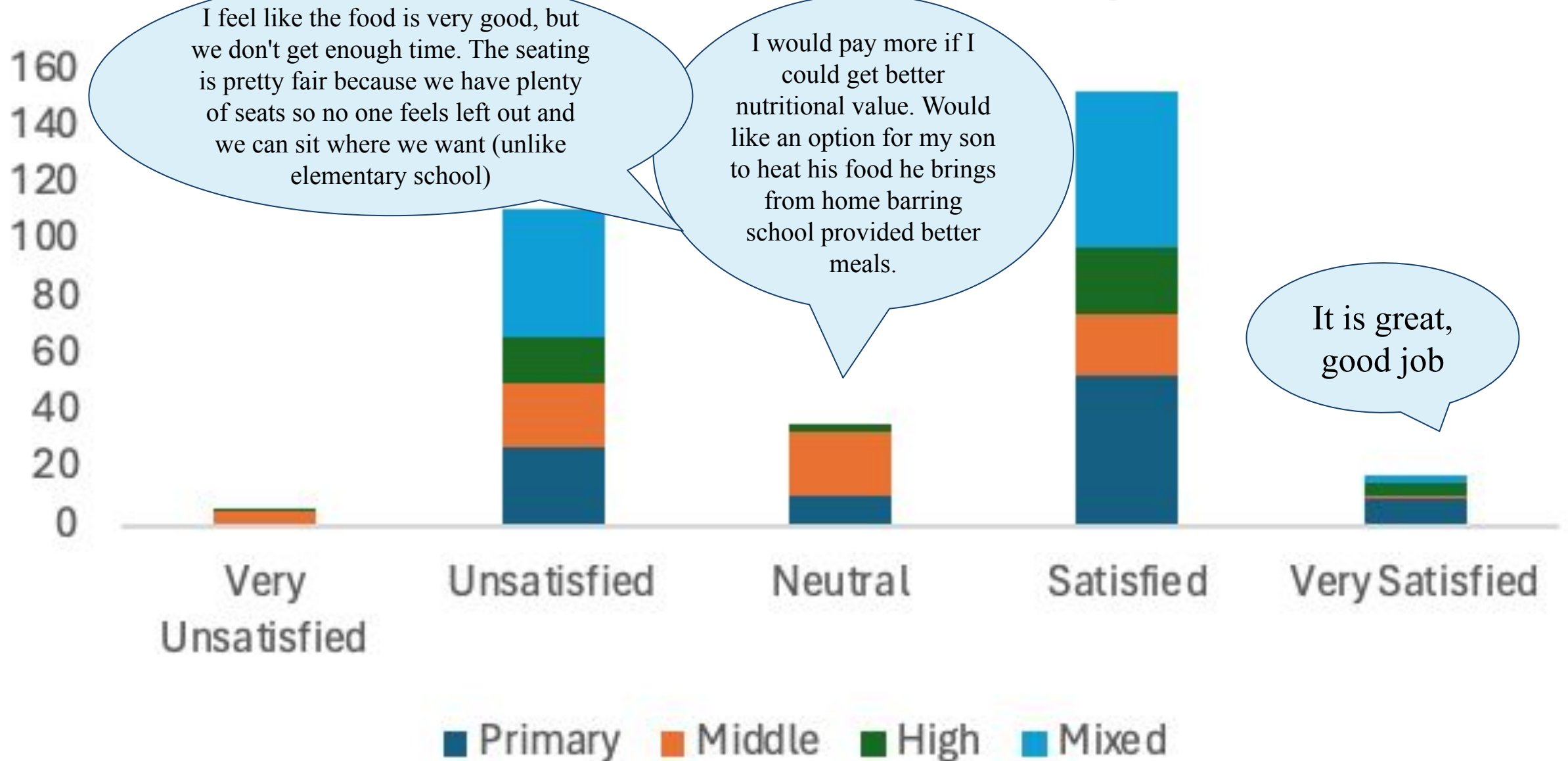


Hilltop Elementary



Milford Middle School

Satisfaction with Lunchtime Experience



Environment/Experience Recommendations

- Build for the future
- Enhance cafeteria ambiance (where cafeteria is dedicated space) with lighting, table configurations, wall “art” with student-friendly nutrition education/healthy eating promotion
- Promote hand sanitation in cafeteria line flow
- Investigate partnership with City’s Zero Waste Composting and/or Green Umbrella



Facility Recommendations

When building Primary buildings:

- Placement of multiple electrical outlets in food service areas will impact placement of food lines, cash registers, vending machines
- Spatial limitations for seating and service lines impact time for eating and logistics/scheduling
- Serving lines on wheels allow for flexibility and adaptability of space as needed.
- Build in flexibility for Wyoming to provide own food services and/or prepare meals onsite
 - Space for food storage/cooking
 - Dishwashing (rough in waste and water lines)
- Take advantage of area research conducted by Milford (building new high school)

Facility Considerations

- Primary schools have smart practices to share, and consideration for future facilities
 - bathroom access/systems
 - bookbag/lunchbox bins
 - flow out of cafeteria while recess group flows in



Staffing

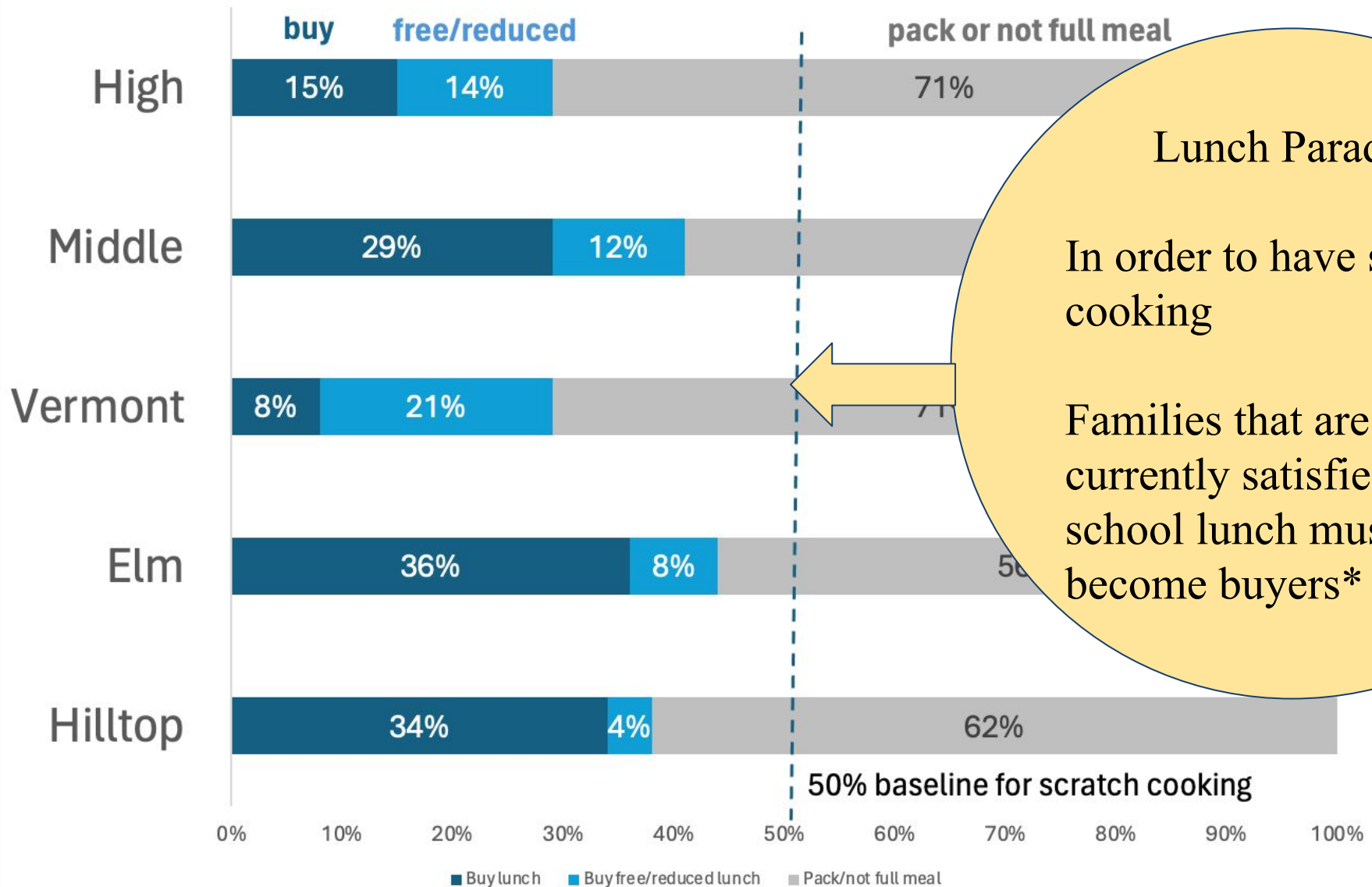
- Staffing is needed to procure, prepare, deliver and clean up, also to assist/supervise students. Thank you to volunteers!
- Staffing Milford provides is determined by student participation in lunch program. Staff members know many students by name.



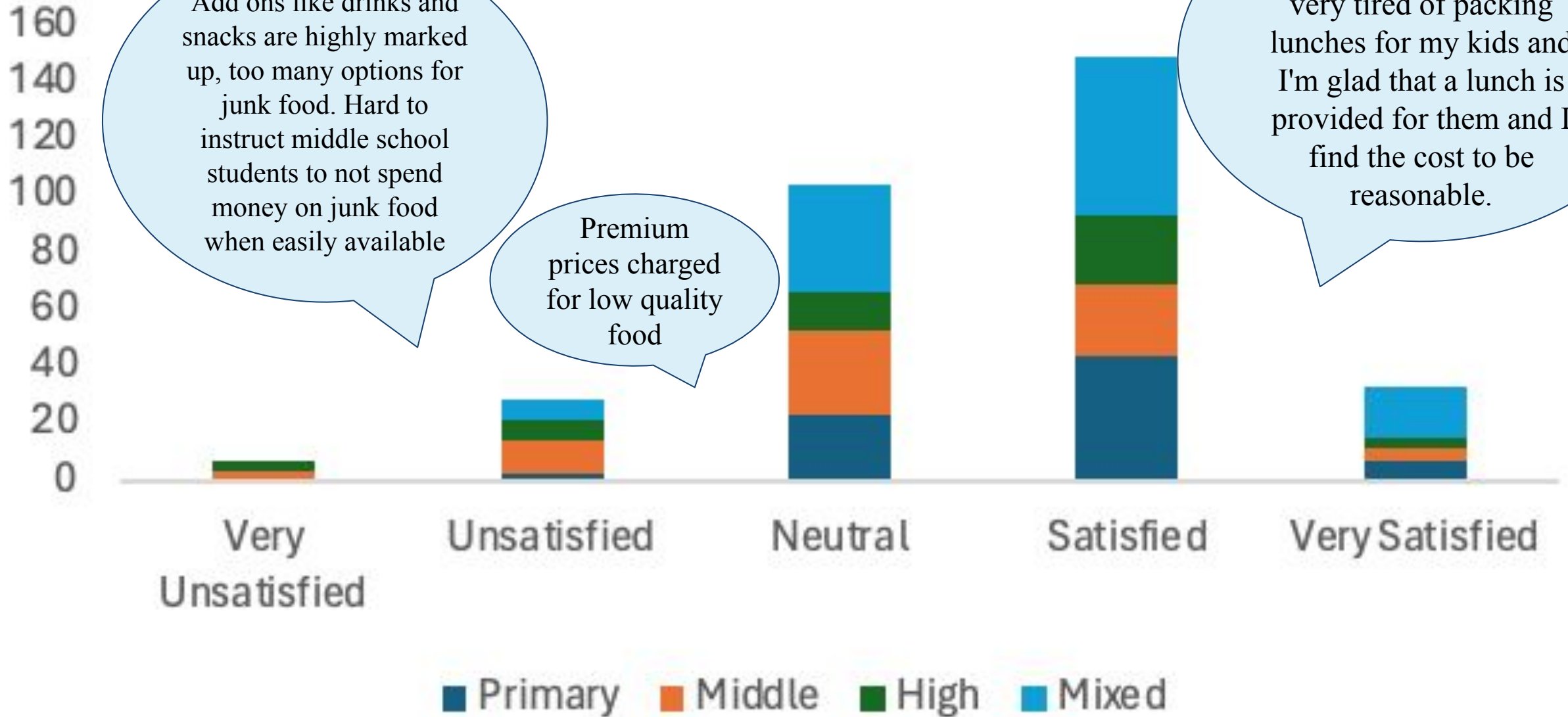
Cost

- Wyoming's contract with Milford Food Services includes all expenses within the budget approved for the academic year.
 - Funding comes from student diners (via PaySchools) and
 - Reimbursement from the National School Lunch Program (students enrolled in free/reduced lunch). Participation:
 - Overall district: 12% participation in free/reduced lunch
 - 2021/22 school year: 58-71% participation in free/reduced lunch
- Costs are likely to increase
 - 2023/24 still benefiting from Covid funding
 - Food costs are rising
- Milford Food Services is a non-profit, so any profits go back to supporting Wyoming's lunch program

% Enrolled Wyoming Students Purchasing Full Lunch 2023/2024



Satisfaction with Pricing



Cost Recommendations

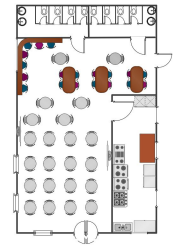
- Continue contracting with Milford Food Service
- Investigate ways to assist families in applying for the National School Lunch Program
- Investigate using PaySchools as replacement for EzPay (so one site could be used for food and activity fees)

Key takeaways

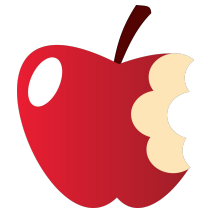
- Expand time to eat at MS/HS



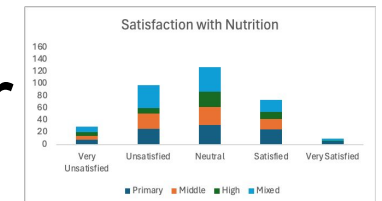
- Invest in space and equipment → improve quality and provide adaptability



- Take a bite out of the apple with iterative change
 - Engage with Milford Food Services



- Consider how the school board can measure our food services



Summary of Recommendations

Improve quality now

- ❑ Invest in equipment that can prepare quality food onsite quickly
- ❑ Establish committee to work with Milford Food services
 - ❑ help select foods served
 - ❑ increase food options (primary, vegan, gluten free)
 - ❑ partner on projects to educate and expand palates

Increase time to eat

- ❑ Reduce time in line or increase total lunchtime for middle/high school

Summary of Recommendations

Build for the future

- ❑ In primary facility plans, leave room for the option of creating on-site meals in the future
- ❑ Build for flexibility/adaptability (wheels, outlets, space!)
- ❑ Share smart practices from primary and consider in building design (bathroom access, lunchbox bins, flow)
- ❑ Take advantage of Milford research

Summary of Recommendations

Be cost-conscious

- ❑ Continue to use Milford Food Services (non-profit)
- ❑ Educate families
 - ❑ Prepare for cost increases
 - ❑ How to find menus
- ❑ Streamline systems
 - ❑ Consider using PaySchools instead of separate EzPay site for fees

Summary of Recommendations

Engage school community

- ❑ The School Board will need to respond to the survey results after the summer retreat
- ❑ Establish committee of students, staff, parents for Milford Food Service and Wyoming to collaborate

Backup slides

Environmental impact

- Styrofoam trays/
alternatives
- Investigate partnership with
City's Zero Waste Composting
and/or Green Umbrella



Education / expanding palates

- How is nutrition taught in the school linked to what they see in the cafeteria?
- School can be an opportunity for students to expand their palate and make healthy choices
- Students could learn cooking/nutrition if available instructors/equipment
- Take advantage of nutrition education materials found on the FNS website including the “[Dig In](#)” resources, the “[Grow It, Try It, Like It](#)” garden-themed education kit,



East Elementary School

January 26 · 🌐

The Fresh Fruits and Vegetables program continued going strong at the end of January. Students throughout ZESD 6 had the opportunity to sample Napa cabbage and red grapes.



Pilot Program in Illinois Turns Children into Fans of Fruits and Vegetables

Students sample a different fruit or vegetable every day during designated snack time.

Benefits observed:

- Reduced consumption of high-fat and high-calorie foods
- Increased consumption of fruits and vegetables
- Better attention spans
- Fewer classroom discipline problems
- Fewer visits to the school nurse
- Less hunger throughout the day

[School Food Rocks](#)



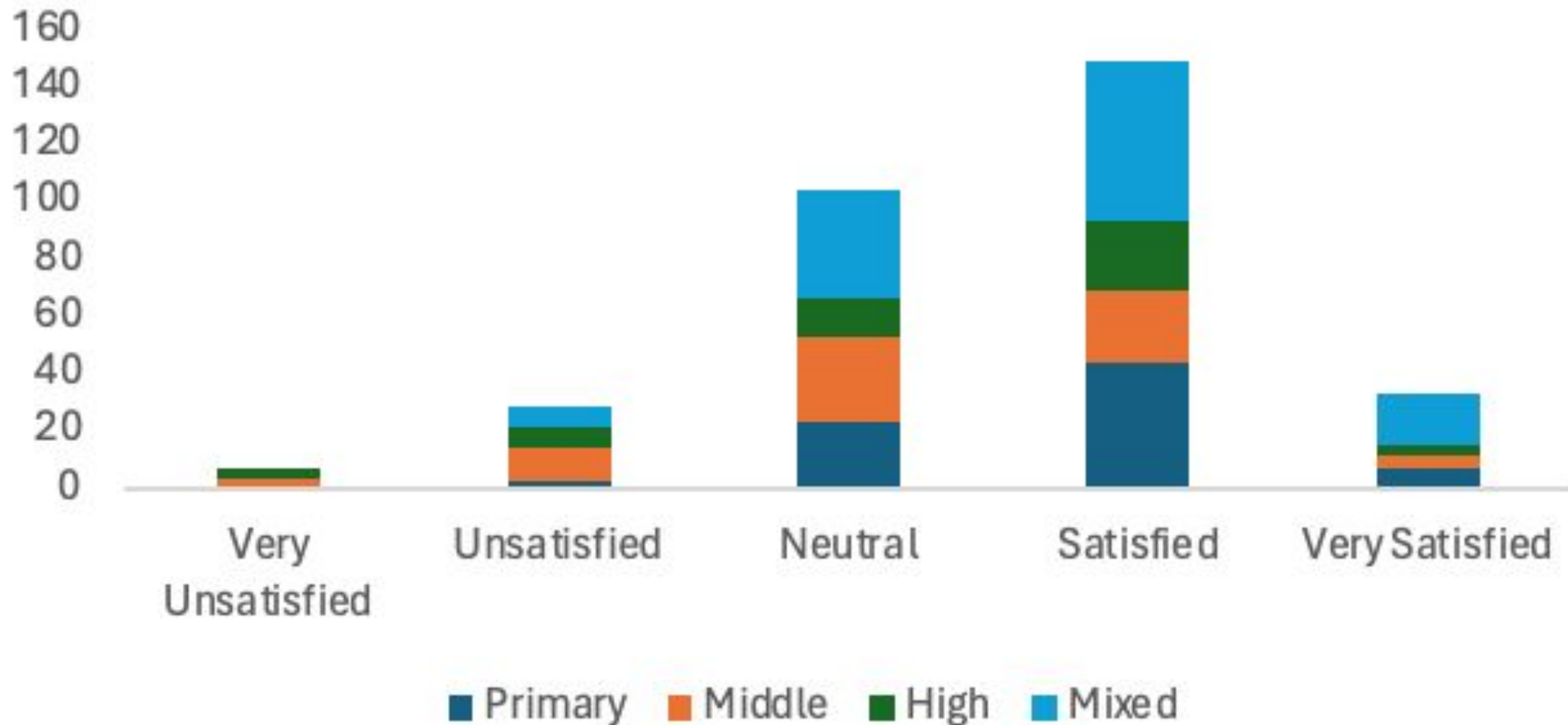
After School Cooking Club

Donegal School District in Mount Joy, Pennsylvania, created a cooking club this school year for seventh and eighth grade students.

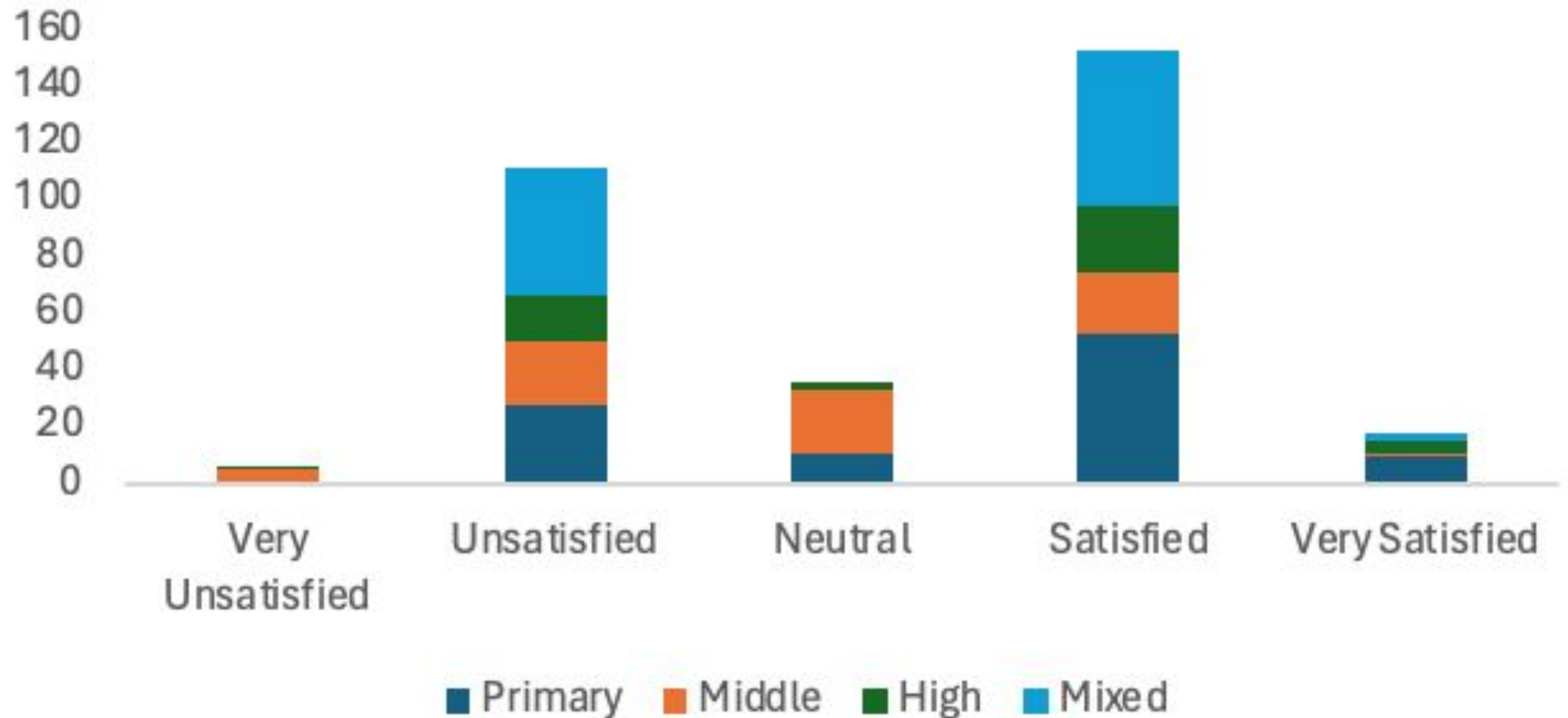
- students explore different cooking techniques, while at the same time, learn from where their food is sourced
- students learn the proper use of measuring cups and spoons for both dry and liquid ingredients, while using whole grains, flax seed, honey, and peanut butter.
- students experience healthy food that is also tasty; healthy food is also delicious
- students are given a printed recipe to share with family

<https://www.fns.usda.gov/success-story/cn/pa-cooking-club>

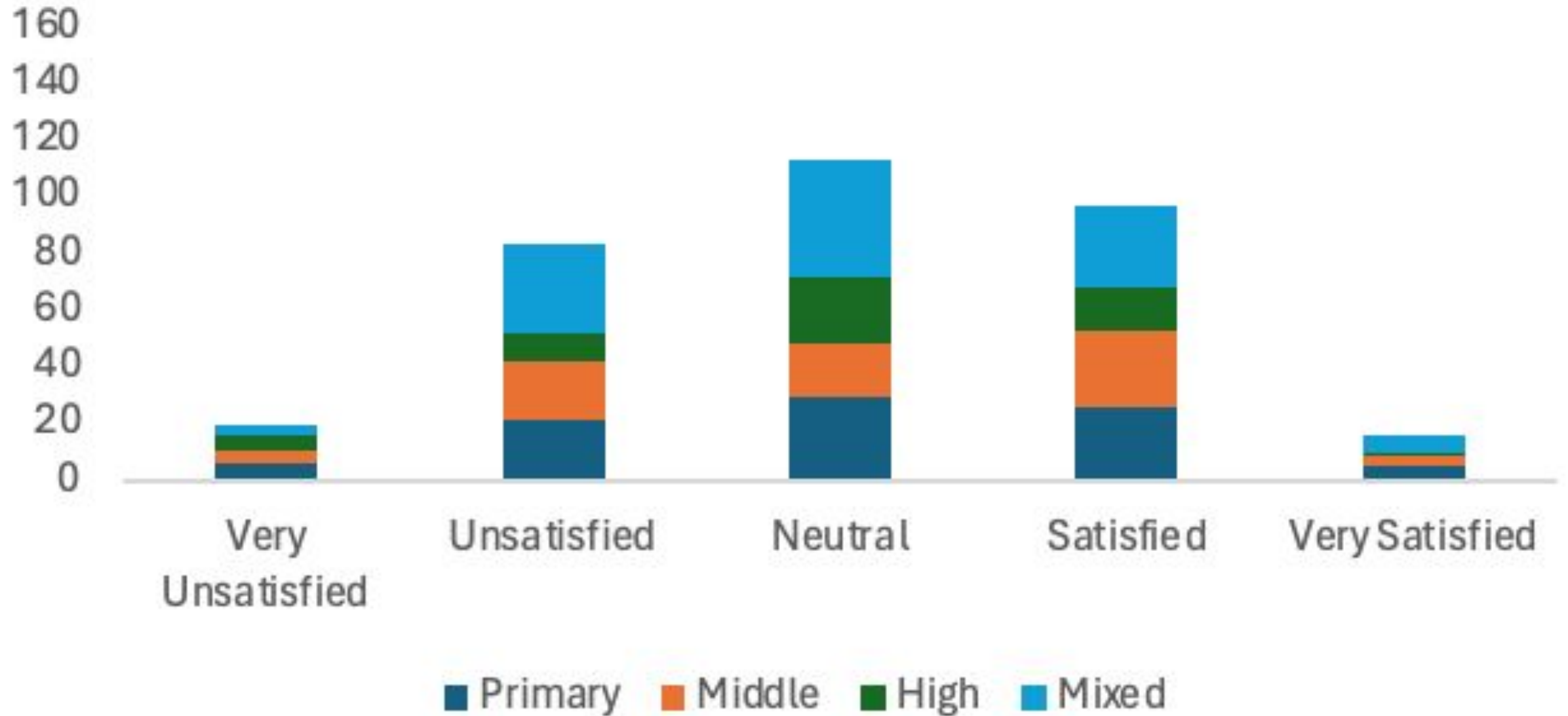
Satisfaction with Pricing



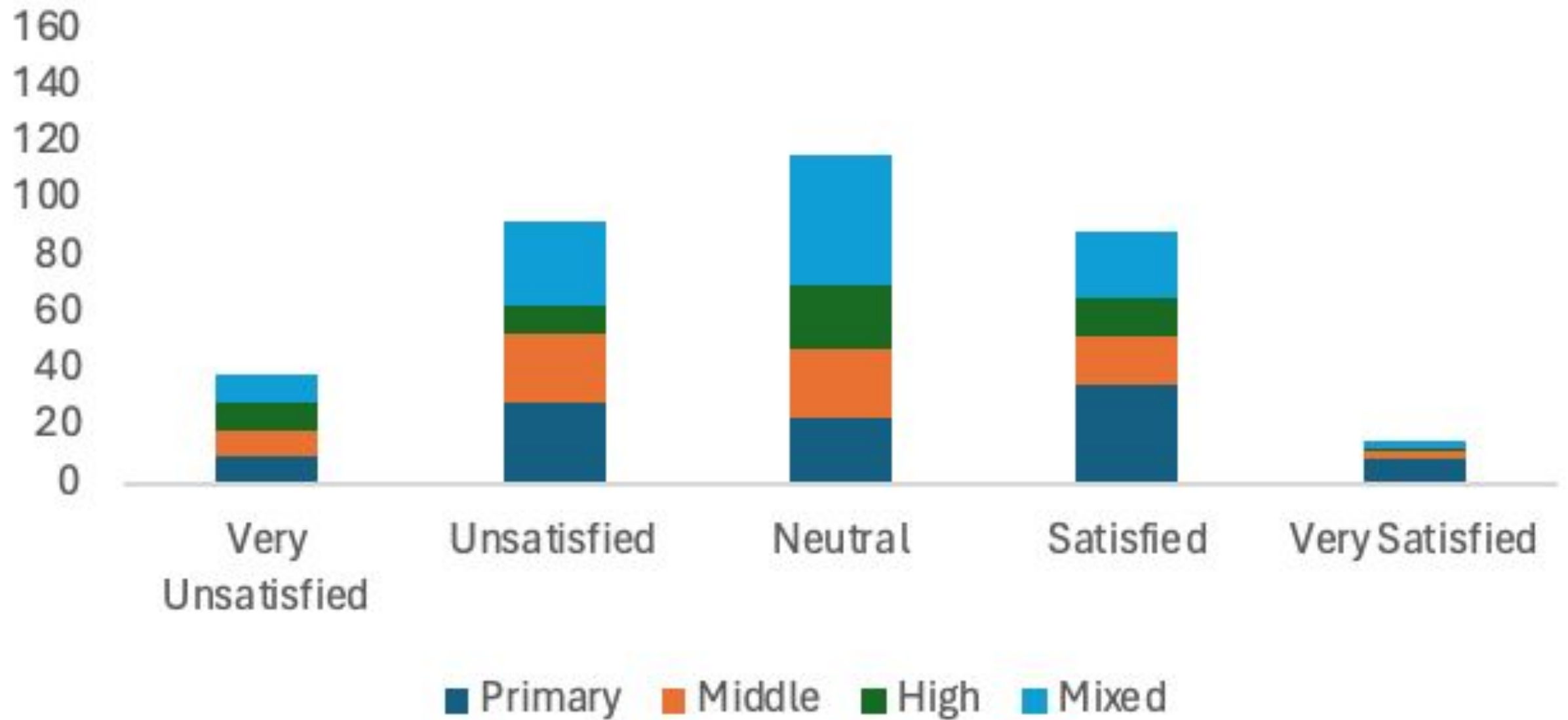
Satisfaction with Lunchtime Experience



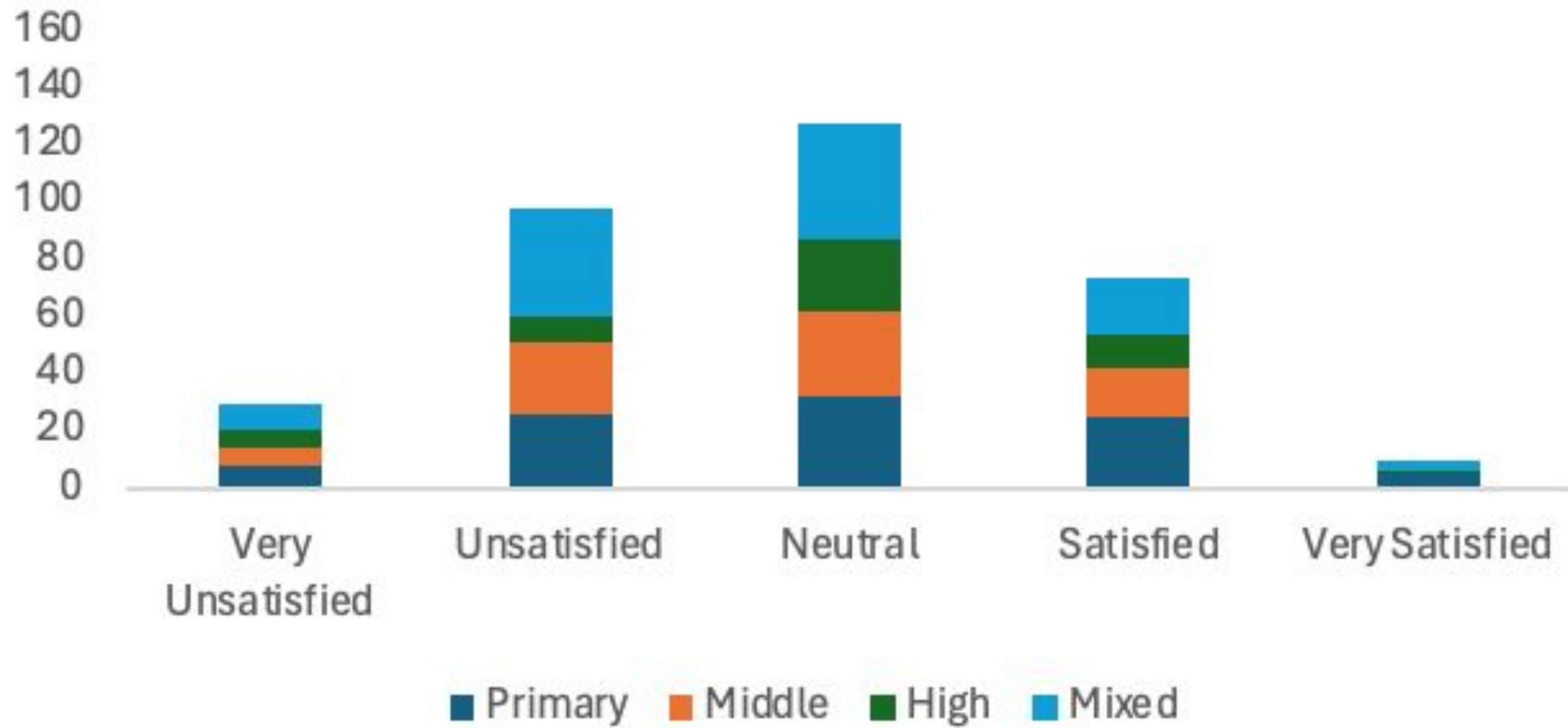
Satisfaction with Food Options



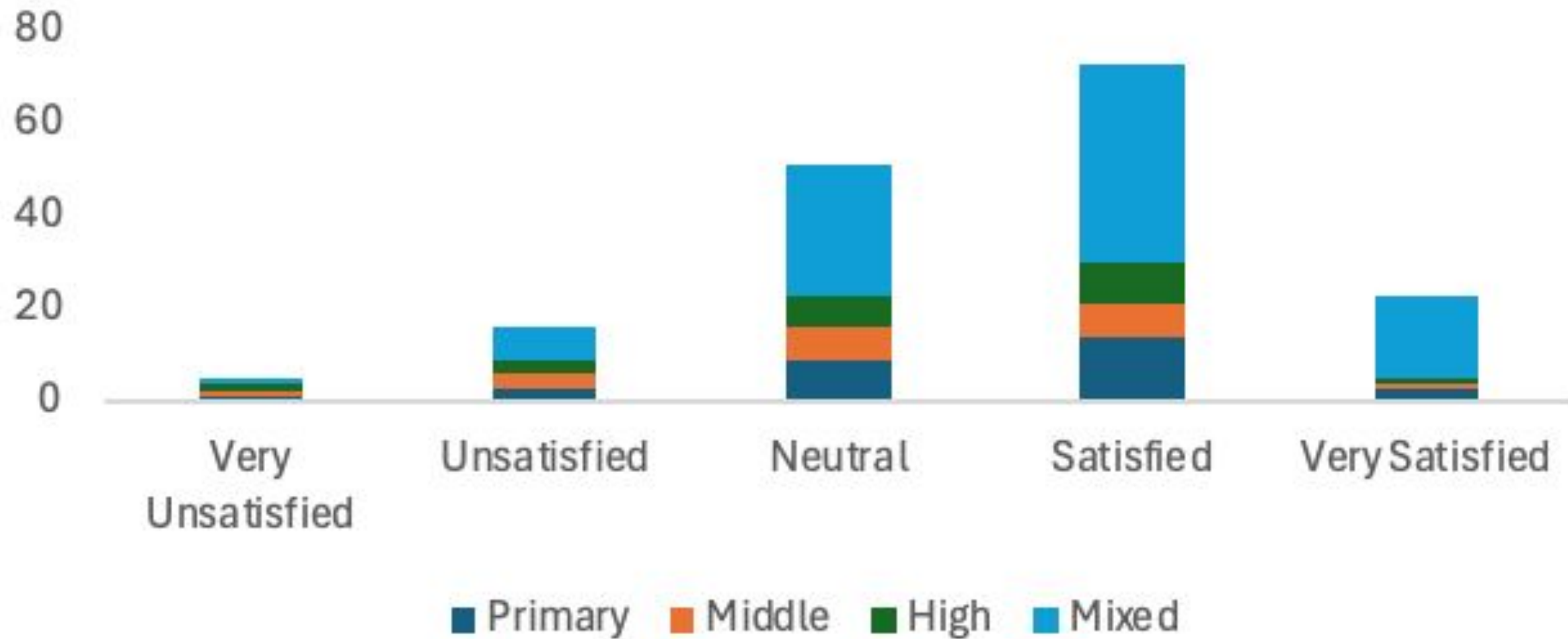
Satisfaction with Quality of Food



Satisfaction with Nutrition



Satisfaction with MySchools Menu App (parent)



Satisfaction with Time to Eat Lunch (student)

