School Nutrition Report Card

Open Forum December 15. 2014

School Nutrition encourages students to eat healthier meals. We offer high quality, low cost breakfast breakfasts and lunches each day.

Starting with the 2014-2015 school year we only offer whole wheat, whole grain bread. This also includes the breading on Chicken nuggets, Chicken patties and other breaded meats. School meals are better now than ever with the use of the whole grains, fresh fruits and vegetables, lean meats and low fat cheeses. Manufacturers are working very hard to meet the grain challenge.

2014-2015 Nutrition Standards mandate all meals must have a fruit/fruit juice or vegetable to be considered a meal. Unfortunately this has produced a lot of food waste and expense to the foodservice program. All students are not happy with the new guidelines.

Our biggest challenge for the 2014-2015 school year has been trying to meet the calorie/sodium level restriction.

Calories Sodium

K-5 550-650 <1230mg

6-8 600-700 <1360mg

9-12 750-850 <1420mg

Some examples of Calorie/Sodium are:

8oz White Milk 90 calories/120mg sodium

8oz Chocolate Milk 110 calories/190mg sodium

Ketchup 10 calories/106mg sodium

Ranch Dressing 45-70 calories/100-130mg sodium

Whole Grain Bun 150 calories/230mg sodium

In the examples above is only two required components, Milk and Bread. Now keep in mind that we still have to add protein, vegetable, fruit and stay within the calorie/sodium ranges. It also must be a meal that students like and want to eat at lunch. This is not an easy task.

Our staff, full time and part time are required to do recertification every year. The recertification is a 8 hour class that covers the following:

School Food Service Rules and Administration Regulations

Civil Rights

Sanitation, Safety, First Aid and Equipment Use and Care

Foodborne Illness: Awareness and preparation

Food Safety 101: Personal hygiene

Food Preparation and merchandising

HACCP: Hazard Analysis and Critical Control Points

Recognizing a Reimbursable Meal

Understanding job Descriptions and Work Flow

Efficient use of Resources

Nutrition Education Assessment

The Foodservice Director and Manager have also been trained by a Certified Trainer in Serve Safe. The class was taken and test were mailed off and returned with scores.

I have confidence in the foodservice employees and their ability to do their job and do what is best for our students. They go above and beyond to meet our student’s needs.

The National School Lunch Program is required to meet strict standards that are based on the Dietary Guidelines for Americans and set by USDA. These guidelines continue to change for the benefit of the students.