



THREE VILLAGE  
CENTRAL SCHOOL DISTRICT

# Child Nutrition



## What's For Lunch?

# What's For Lunch?

Nationwide 30 million students participate in the National School Lunch Program (NSLP) daily

Three Village CSD Child Nutrition participates in the National School Lunch Program (NSLP) and serves all 9 schools

Our menus are created following Government Regulations



# Regulations

## *We are regulated by:*

- Board of Education
- Suffolk County
- NYS Education Department (NYSED)
- Federal Government - USDA and OGS

## *Inspected by:*

- Suffolk County BOH (unannounced at least twice yearly)
- Comprehensive program inspection by NYSED every three years
- Unannounced inspections, by any of the above departments, at any time

# We Are Not Just Lunch

- We serve approximately 100 breakfasts at secondary schools daily
- We serve approximately 2,850 lunches daily district wide
- A la carte offerings
- Catering
  - district events
  - catering for outsiders using our facilities
- Vending
- Participate in Wellness Fair
- Summer Lunch Program
- Assist SACC and other district departments with purchases through our Co-operative bid.



# School Lunch Is Exciting

- The NSLP became regulated by The Healthy Hungry Free Kids Act (HHFKA), effective 2012, in schools to encourage healthier eating
- Smart Snacks in schools became effective 2014 (this school year)
- Media coverage helped to change some of the more challenging regulations such as whole grain and meat limits and granting a reprieve on the whole grain pasta
- Since the implementation in 2012 there have been over 200 policy memos to clarify the Healthy Hungry Free Kids Act

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs: SY 2014-15									
Meal Pattern	Breakfast Meal Pattern					Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8	Grades K-12	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8
	Amount of Food Per Week <sup>a</sup> (Minimum Per Day)								
Fruits (cups) <sup>b,c</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)	2 ½ (½)
Vegetables (cups) <sup>b,c</sup>	0	0	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)	3 ¾ (¾)
Dark green <sup>d</sup>	0	0	0	0	0	½	½	½	½
Red/Orange <sup>d</sup>	0	0	0	0	0	¾	¾	1¼	¾
Beans/Peas (Legumes) <sup>d</sup>	0	0	0	0	0	½	½	½	½
Starchy <sup>d</sup>	0	0	0	0	0	½	½	½	½
Other <sup>d,e</sup>	0	0	0	0	0	½	½	¾	½
Additional Veg to Reach Total <sup>f</sup>	0	0	0	0	0	1	1	1½	1
Grains (oz eq) <sup>g</sup> Minimums	7 (1)	8 (1)	9 (1)	8 (1)	9 (1)	8 (1)	8 (1)	10 (2)	8 (1)
Meats/Meat Alternates (oz eq) <sup>h</sup> Minimums	0 <sup>h</sup>	0 <sup>h</sup>	0 <sup>h</sup>	0 <sup>h</sup>	0 <sup>h</sup>	8 (1)	9 (1)	10 (2)	9 (1)
Fluid milk (cups) <sup>i</sup>	5 (1)	5 (1)	5 (1)	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) <sup>j,k</sup>	350-500	400-550	450-600	400-500	450-500	550-650	600-700	750-850	600-650
Saturated fat <sup>k</sup> (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>k</sup>	≤ 540	≤ 600	≤ 640	≤ 540	≤ 540	≤ 1230	≤ 1360	≤ 1420	≤ 1230
Trans fat <sup>k</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.								

<sup>a</sup> Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

<sup>b</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>c</sup> For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).

<sup>d</sup> Larger amounts of these vegetables may be served.

<sup>e</sup> This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>f</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>g</sup> All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

<sup>h</sup> There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>i</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>j</sup> The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>k</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

# Lunch

## Five Components

1. Grain
2. Meat or Meat Alternative
3. Vegetable
4. Fruit
5. Milk

Student must select at least 3 of the 5 components with  
1 selected being a **Vegetable or Fruit**



# Breakfast

## Four components

1. 1 Grain
2. 1 Grain or 1 Meat
3. Vegetable or Fruit
4. Milk

Student must select at least 3 of the 4 components with 1 selected being a **Vegetable or Fruit**





# Smart Snacks

## Smart Snacks In School USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

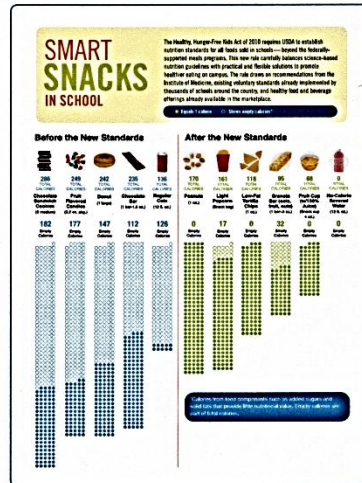
*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
- **Foods must also meet several nutrient requirements:**
  - **Calorie limits:**
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - **Sodium limits:**
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  - **Fat limits:**
    - Total fat: ≤ 35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  - **Sugar limit:**
    - ≤ 35% of weight from total sugars in foods

\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



### Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards

#### Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

#### Other Requirements

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

#### Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

Comment Online:  
<http://www.regulations.gov>

Comment by Mail:  
William Wagoner  
Section Chief, Policy and  
Program Development Branch  
Child Nutrition Division  
Food and Nutrition Service  
P.O. Box 66874  
St. Louis, MO 63166



# Benefits of Participating In National School Lunch Program (NSLP)

*The NSLP sets regulations for school meals and provides funds to support the program. This allows us to:*

- Supply students of limited income with meals at no cost or at a reduced price
- Receive \$0.30 for every lunch we serve which we can then spend on Commodity Foods. Our allocation for this year for Commodity Foods is \$149,846. This can be used to order foods such as Gold Kist and Tyson products, canned, frozen and fresh produce, etc.
- Receive a per meal monetary reimbursement and an additional \$0.06 per meal for compliance
- Last year our total Government funding was \$479,143

# Free & Reduced Eligibility

***As of Dec. 1, 2014 we have approved  
391 students for Free meals and 74 for Reduced priced meals***

*Students qualify yearly through:*

- Matching process (completed three times a year)
- Letter method
- Application
- Homeless, Foster, Runaway, etc.

*Last year we served:*

34,460 free lunches	3,103 free breakfasts
12,997 reduced lunches	967 reduced breakfasts
<u>442,649 paid for lunches</u>	<u>15,366 paid for breakfasts</u>
490,106 total	19,436 total

# Programs and Income

## School Year 2013-2014

Reimbursable meals	\$1,354,525
A la carte	415,589
Summer Lunch	14,981
Catering & Vending	132,304
Reimbursements	<u>479,143</u>
Total	\$2,396,542

# Program Expenses

## School Year 2013-2014

### Self Funded and Not for Profit

Salaries	\$ 982,159
Benefits/SS	199,334
Food	951,250
Supplies	71,429
Contractual	<u>22,118</u>
Total	\$2,226,290

# How Do We Do It?

- 40 Skilled Child Nutrition Team Members
- HS Central Kitchen
  - Lead cook and two assistant cooks
  - Large scale cooking and food distribution to district kitchens
  - Driver distributes food in our refrigerated truck
  - Catering
- District kitchens
  - Employees arrive 1 ½ hours prior to service
  - In-house food preparation and cooking of product (250-800 meals per building)
  - Serve with a smile
  - Log and track, specific records required
  - Clean Up
- Office personnel
  - Go out to bid for all items (LI Food Co-op)
  - Place orders
  - Pay bills
  - Perform nutritional analysis
  - Maintain personnel records
  - Federal and state filings
  - Production record analysis
  - Financial analysis
  - Inventory tracking
  - Co operative & District bids for the dept.
  - Processing of free and reduced applications



# How Do We Decide What To Serve?

- Hungry students cannot learn. It is important for the students to want to eat what we offer, not just for it to look “healthy” on the menu
- We offer healthy varieties of kids’ favorites  
It is not nutrition unless it is eaten
- We follow USDA guidelines as well as look at current trends, past participation, and requests from students and parents
- We try a new item on the menu two to three times.  
Production records are reviewed for participation on the days the new item is served

# What's Happening On Our Lunch Lines

- Our school meals are healthier than ever
- We serve whole grains
- Lean protein
- Low fat and fat free milk
- We are participating in farm to school with Long Island grown vegetables, and purchase locally grown whenever possible
- We are serving more fresh vegetables and fruits than in previous years
- More students are participating in the HS than in the past three years





# School Lunch Is Fun And Healthy

We have fun days like

- Bell ringer day
- Guess that vegetable (or fruit)
- Taste test days
- Incorporate on our menus events going on in the buildings such as:
  - Global Language Week
  - International Food Day
  - Apple Crunch Day



# Fun Stuff During Lunch



# We Are Striving To Continually Improve Our Program

- Offer the healthiest options we can
- Introduce new foods (taste tests)
- Employee Training (food prep, procedures and customer service)
- Update equipment to allow increased variety on our menus



# Brussel Sprout Guess Day



# Bell Ringer Day and Kale Guess Day

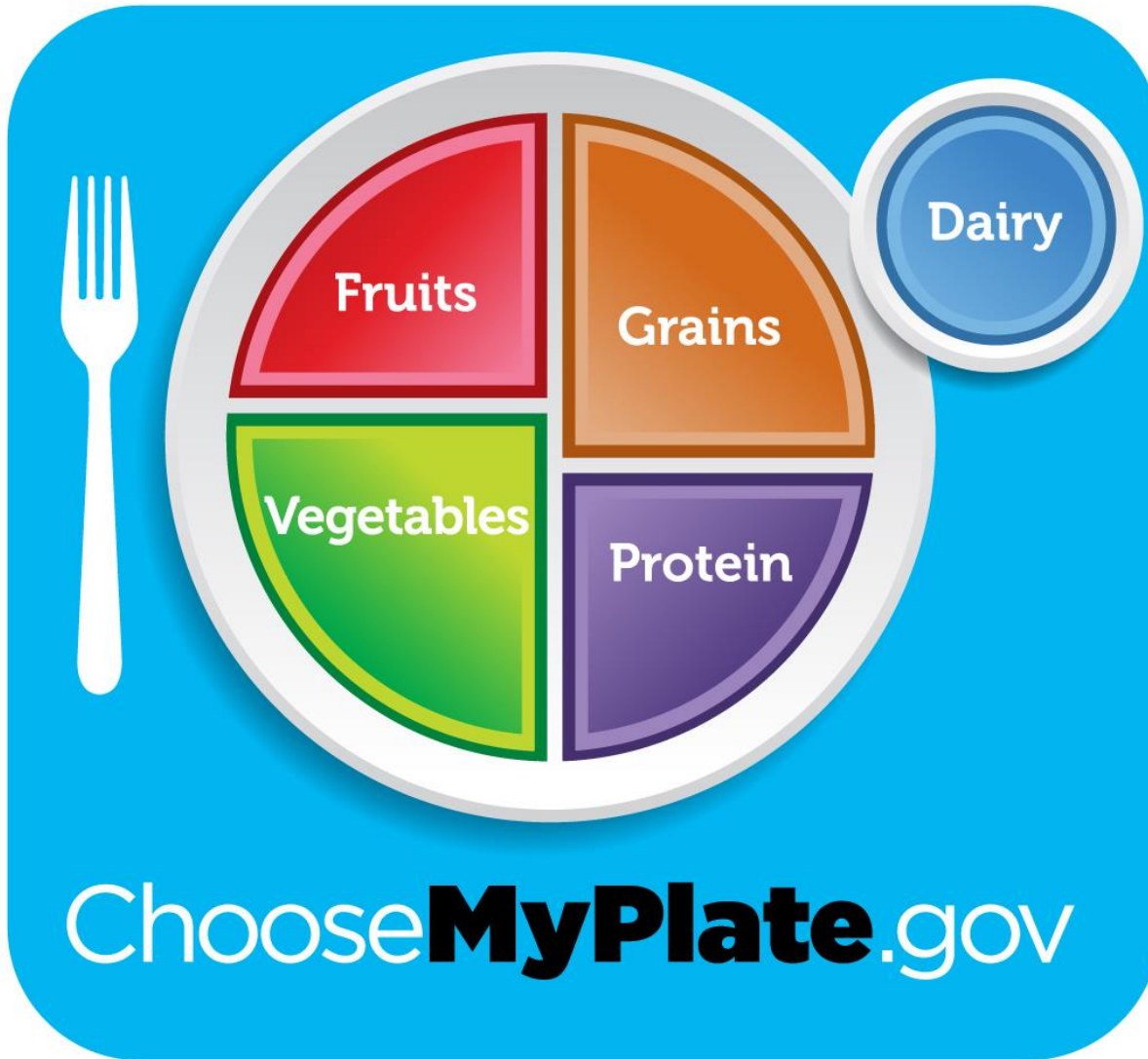


# Apple Crunch Day



# HS Equipment





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