

# How School Food Works

- *Buncombe County Schools*  
*School Nutrition*



“USDA is an equal opportunity provider and employer.”



# How It Works

- Programs
- Funding School Nutrition Programs
- USDA Reimbursement
- Meal Requirements
- Partnerships in the Community
- Farm to School
- Nutrition Education = Positive Changes
- Healthier Children

# School Meals - Breakfast

- School Breakfast Program (SBP)
- 12.2 million served daily
- 89,000 schools participate in the SBP
- 2.2 Billion served annually
- Buncombe County's School Breakfast Program
  - 11,015 served daily (42%)
  - 43 sites participate in the SBP

# School Meals – Lunch

- School Lunch Program (SBP)
- 30.6 million served daily
- 100,000 schools participate in the SBP
- 5 Billion served annually
  
- Buncombe County's School Lunch Program
  - 17,494 served daily (66%)
  - 43 sites participate in the NSLP

# EXPENSE CATEGORIES CHILD NUTRITION PROGRAMS: BCS

For every dollar brought into School Nutrition:

- Labor and Benefits 40%
- Food and Supplies 40%
- Direct Costs 13%
- Indirect Costs 4%
- Equipment 1%
- Profit (or loss) 2%



\* \$0.02 Profit is generally put back into the program for new equipment, etc.



# School Meals Reimbursement Rates 2014-15



- **Breakfast:**
- Free: \$1.62-1.93\*
- Reduced Price: \$1.32-1.63\*
- Paid: \$0.28
- **Lunch:**
- Free: \$3.06
- Reduced Price: \$2.66
- Paid: \$0.36
- **BCS Lunch Prices:**
- Elementary: \$2.15
- Intermediate: \$2.20
- Middle and HS: \$2.45
- Extreme: \$2.90

\* Non-severe need & Severe Need

# School Nutrition

Grade Level	Price Per Meal	Labor and Benefits	Food and Supplies	Direct Costs	Indirect Costs	Equipment	Profit-/Loss
K-5	\$2.15	\$0.86	\$0.86	\$0.28	\$0.09	\$0.02	\$0.04
K-8	\$2.20	\$0.88	\$0.88	\$0.29	\$0.09	\$0.02	\$0.04
6-8/9-12	\$2.45	\$0.98	\$0.98	\$0.32	\$0.10	\$0.03	\$0.05
Extreme	\$2.90	\$1.16	\$1.16	\$0.38	\$0.12	\$0.03	\$0.06

# Sales

- A la Carte
- Adult meals
- Catering





# BCS School Nutrition



Source: <http://thatbloomingarden.wordpress.com/2010/07/02/many-small-hands-childrens-garden-part-1/>

- National School Breakfast Program (NSBP)
- National School Lunch Program (NSLP)
- After School Snack Program
- Summer Food Service program (SFSP)
- Child and Adult Care Food Program (CACFP)
- Fresh Fruits and Vegetable Grant (FF&V)
- Nutrition Education
  - School Gardens
  - Taste Tests
  - Nutrition Advisory Councils
  - School Nutrition Association

# School Meals – The Components

- Every school lunch include 5 components:
  1. **Milk** – Fat free or 1%, reduced sugar chocolate milk
  2. **Vegetables** – from jicama to fresh carrots
  3. **Fruit** – Everything from Kiwi to locally grown apples
  4. **Grains** – Whole grain baked goods and brown rice
  5. **Protein** – lean meats, cheeses and legumes

# School meals must meet new federal nutrition standards requiring:

- More fruits and vegetables, including weekly servings of subgroups: leafy greens, red/orange vegetables and legumes (Students must take at least one serving!)
- All grains at least 51% whole grains
- Fat free or 1% milk
- Age-appropriate limits on:
  - Calories
  - Portion Sizes
  - Sodium
  - Fat (<30%) Trans (0%) and Saturated Fats (<10%)
  - Micronutrients: Calcium, Iron, Vitamins C & A

# NSLP Regulations

**National School Lunch Meal Pattern**

Food Components	Grade K - 5	Grade 6 – 8	Grade K – 8	Grade 9 - 12
<b>Milk</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b>	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
<b>Grains</b> <small>-All whole grains-rich beginning School Year 2014-2015</small>	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
<b>Fruits</b>	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
<b>Vegetables (total)</b>	3½ cups/week (¾ cup daily minimum)	3½ cups/week (¾ cup daily minimum)	3½ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¼ cup/wk	¼ cup/wk	¼ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	¼ cup/wk
<b>Minimum – Maximum Calories (kcal)</b> <small>-Weekly average</small>	550 – 650	600 – 700	600 – 650	750 - 850
<b>Saturated Fat (% of total calories)</b> <small>-Weekly average</small>	<10%	<10%	<10%	<10%
<b>Sodium*</b> <small>-Weekly average</small>	≤1230 mg*	≤1360 mg*	≤1230 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving	0 grams / serving

\*Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23

# How?

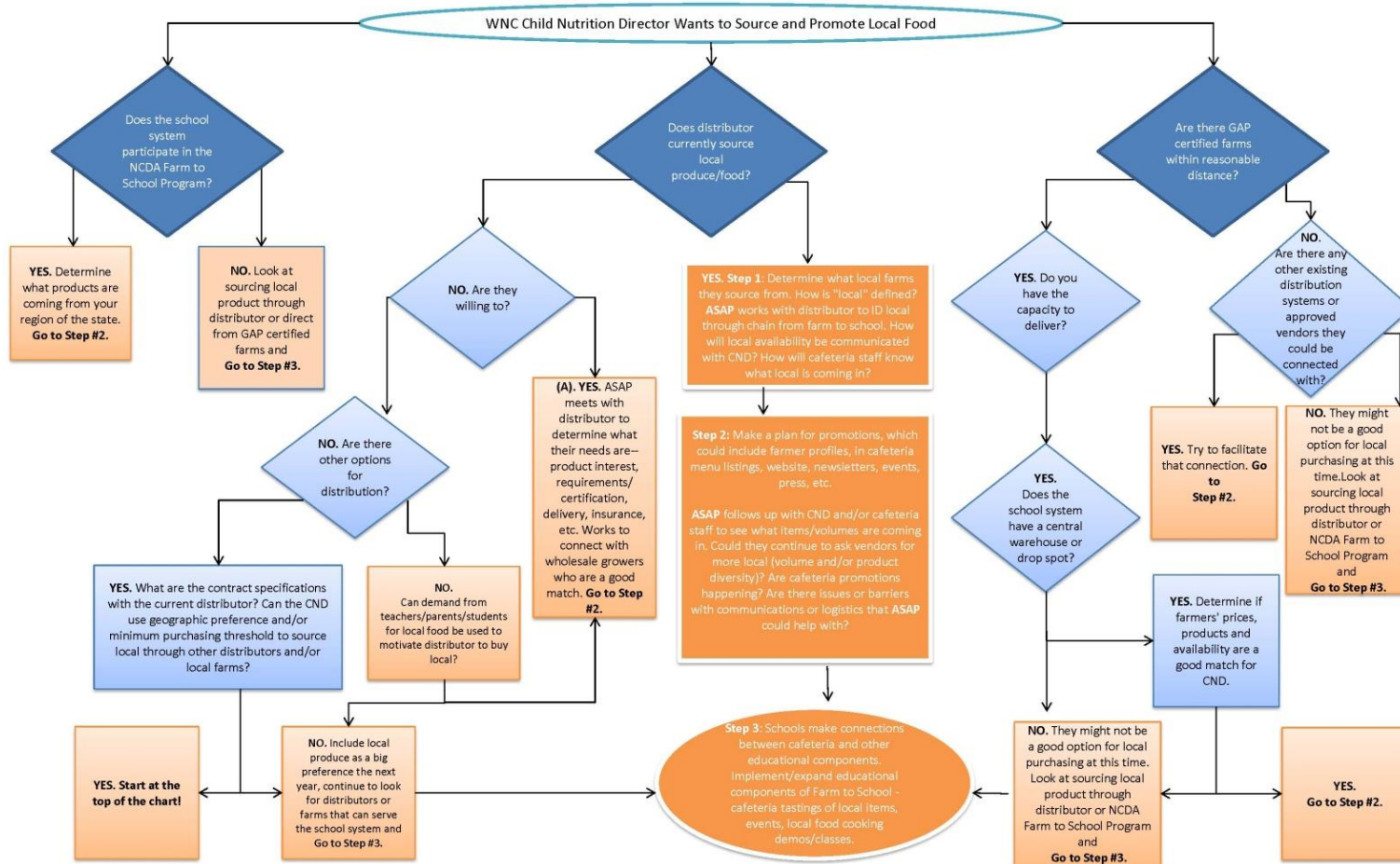
- How do we meet a costly meal pattern?
- How do we limit plate waste?
- How do we encourage students to try new foods?
- How do we teach the **VALUE** of trying new foods and having a variety in the diet?

# Food Budget

- Total: \$6,000,000 per year
- \$1,150,000 Fresh Produce (19%)
- *DoD Fresh Fruit and Vegetable Program* and *FairShare* allocated from entitlement/commodity dollars (based on participation)
- *Marvin's Produce* (Taylors SC) – 15-20% is designated local
- *Farm to School* - Influencing eating habits, nutritional education, community involvement



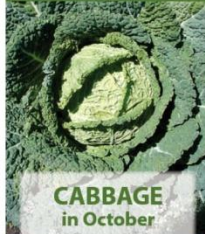
This diagram illustrates the process for determining local procurement options (which are not mutually exclusive) for your school system and how ASAP can help.



Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project). Visit [www.growing-minds.org](http://www.growing-minds.org) for more Farm to School resources.

# School Menu Templates

get  
Local  
@school



**CABBAGE**  
in October

Cabbages thrive in cool weather, so many farmers grow them in the spring or fall.

In WNC cabbage can be grown in the summer because it is cooler in the mountains.



## Menus for October 2014

**Buncombe County Elementary Schools**  
Offered Daily At Breakfast: 1% or Skim Milk  
Offered Daily At Lunch: Fresh Fruit and 1% or Skim Milk  
All Apples are Appalachian Grown  
Check [www.buncombe.k12.nc.us](http://www.buncombe.k12.nc.us) for additional Local Offerings  
Menu Subject to Change Based on Availability



**Local Produce For October**  
Apples  
Cabbage  
Cucumbers  
Green Leaf Lettuce  
Green Peppers  
Tomatoes  
Yellow Squash



Monday, October 6	Tuesday, October 7	Wednesday, October 8	Thursday, October 9	Friday, October 10
<b>BREAKFAST 6</b> Breakfast Omelet w/Whole Grain Tortilla Black Beans and Salsa Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 6</b> Steeped Ice Asian Glazed Chicken w/Whole Grain French Fries Steamed Broccoli Ginger Glazed Carrots Pineapple Tabbis	<b>BREAKFAST 7</b> WG Bagel and Cream Cheese Tater Tots Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices or Apple and Eve  <b>LUNCH 7</b> Crispy Chicken Nugget Zesty BBQ Sandwich Brazil Beef Steamed Wedges Coleslaw Green Peas Cinnamon Apple Sauce Cup	<b>BREAKFAST 8</b> Ham and Cheese Biscuit Tomato Slices Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 8</b> Tender Cheese Sandwich Turkey Burger Cauliflower Steak w/ Dip Tomato Basil Soup Mixed Fruit Cup	<b>BREAKFAST 9</b> Breakfast Pizza Tater Tots Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 9</b> Garden Salad Naches w/ Cheese Sauce* Spicy Fries Baby Carrots w/ Ranch Steak Fries	<b>BREAKFAST 10</b> Muffin or Mini-Crout Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices or Fruit  <b>LUNCH 10</b> Baked Spaghetti with Garlic Red Hot Pasta Pizza Baby Carrots w/ Ranch dip Garden Salad Steak Fries

## Families Making the Connection

### Celebrate National Farm to School Month!

**Farm to School**  
Farm to School connects schools (pk-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health, and nutrition education opportunities, and supporting local and regional farmers. To learn more visit [www.farmtoschool.org](http://www.farmtoschool.org).



- Local Apple Cabbage Slaw**
1. In a large bowl combine: 4 cups of chopped local cabbage, 2 cups unpeeled chopped local apples, 1 large grated carrot
  2. In a small bowl combine: 1/2 cup mayonnaise, 1 tablespoon local honey or brown sugar, 1 tablespoon lemon juice
  3. Pour dressing over salad and mix well. Enjoy!



Sources: [www.ncag.gov](http://www.ncag.gov), [www.Growing Minds.org](http://www.Growing Minds.org)

Monday, October 13	Tuesday, October 14	Wednesday, October 15	Thursday, October 16	Friday, October 17
<b>BREAKFAST 11</b> Chicken Biscuit Baked Beans Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 11</b> Rainbow Trout Crispy Chicken Nuggets Roll Garden Salad Whipped Potatoes Fresh Broccoli w/ Dip Mixed Fruit Cup	<b>BREAKFAST 12</b> Egg & Cheese Muffin Sandwich Tater Tots Tomato Slices Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 12</b> Seasoned Fruit and Yogurt Salad Crispy Chick Fil'd Sandwich Seasoned Green Beans Baby Carrots w/ Dip Steamed Cabbage Sliced Peaches	<b>BREAKFAST 13</b> Breakfast Pizza Tater Tots Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 13</b> Turkey and Cheese Melt Meat Loaf Mac and Cheese Baked Sweet Potatoes Fresh Cabbage Coleslaw Apple Sauce Apple and Eve Juice	<b>BREAKFAST 14</b> Breakfast Pizza Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices or Fruit  <b>LUNCH 14</b> Beef and Cheese Sliders Hot Diggity Dog Mac and Cheese Baked Sweet Potatoes Garden Salad French Fries Peanut-Cape Frits	<b>BREAKFAST 15</b> Breakfast Pizza Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices or Fruit  <b>LUNCH 15</b> Cheesy Mutt Sticks w/ Marinara Pasta & Pizza Crisp Cal Sweet Potato Fries Garden Salad Whole Kernel Corn Apple Sauce
Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
<b>BREAKFAST 1</b> Chicken Biscuit Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Baked Beans Assorted Juices 1% or Skim Milk  <b>LUNCH 1</b> Hot Ham & Cheese Crispy Chicken Sandwich Garden Salad Sweet Potato Bites Baked Beans Coleslaw Peanut Sauce	<b>BREAKFAST 2</b> Sausage Biscuit Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Sweet Potato Fries Assorted Juices 1% or Skim Milk  <b>LUNCH 2</b> Biscuits & Burgers Corn Poppers Fresh Tomato Cucumber Salad w/ dip Tater Tots Mixed Fruit Fresh Fruit Hot Dog Free Super Sub	<b>BREAKFAST 3</b> Breakfast Pizza Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Tater Tots Assorted Juices  <b>LUNCH 3</b> Seasoned Fruit & Yogurt Salad Chicken Wings and Roll Garden Salad Great Northern Beans Whipped Potatoes Steamed Broccoli Strawberry Banana Apple Sauce	<b>BREAKFAST 4</b> Sausage Pancake on a Stick Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Tater Tots Assorted Juices  <b>LUNCH 4</b> Hammy Sausage Tater Tots and Roll Red Hot Beans Baby Carrots w/ Ranch Whole Kernel Corn Tater Tots 100% Fruit Juice Slush (Rips)	<b>BREAKFAST 5</b> French Toast or Mini Pancakes Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices or Fruit  <b>LUNCH 5</b> Mini Cheese Ravioli w/ Garlic Red Hot Pasta & Pizza Seasoned Green Beans Garden Salad Fresh Broccoli w/ Dip Sliced Peaches
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
NO SCHOOL	NO SCHOOL	<b>BREAKFAST 8</b> Ham and Cheese Biscuit Tomato Slices Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices 1% or Skim Milk  <b>LUNCH 8</b> Tender Cheese Sandwich Turkey Burger Cauliflower Steak w/ Dip Tomato Basil Soup Crispy Fries Mixed Fruit Cup	<b>BREAKFAST 9</b> Breakfast Pizza Tater Tots Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices  <b>LUNCH 9</b> Garden Salad Naches w/ Cheese Sauce* Spicy Fries Baby Carrots w/ Ranch dip Garden Salad Sliced Peas	<b>BREAKFAST 10</b> Muffin or Mini-Crout Oatmeal Bar Yogurt w/BB muffin Whole Grain Cereal Assorted Juices or Fruit  <b>LUNCH 10</b> Baked Spaghetti with Garlic Red Hot Pasta & Pizza Baby Carrots w/ Ranch dip Garden Salad Sliced Peas

# Taste Tests

- Seasonal Taste Tests
- Cafeteria Based
- Nutrition Education
- Peer influences!





# Fresh Fruits and Vegetable Grant



- Emma and Johnston Elementary Schools
- Nutrition Education Program for k-5: Fruit and vegetable lesson plans
- Aims to expose children to a variety of fruits and vegetables, influencing consumption and overall health
- Marvin's Produce: Local and Global selections
- \$50-75 per student per school year

# Produce Fairs 2015

- Marvin's Produce
- Bid Specifications
- Try a variety!





# Nutrition Advisory Councils

- Peer led groups in the schools
- Taste Tests
- Nutrition education



# Plate Waste

- Offer vs. Serve
- Variety
- Nutrition Education



# School Gardens and Composting



<http://beyondweather.ehe.osu.edu/>



<http://www.unspoiled.org/curbside-composting-vs-big-trash/>

# We Share the same goals

- Well balanced nutritious meals for children
- Creating healthy eating habits for life
- Creating healthy exercise habits for life
- Adults and peers act as role models and influence what kids eat and their activity levels
- Encourage healthy eating and lifestyles at school and at home

# Parents: Advancing good nutrition for all children

- Review the cafeteria menu with students to help them plan a balanced meal and choose local foods
- Join your children for lunch or breakfast in school
- Review the school's Wellness Policy
- Communicate any concerns or special diets your children may have
- Visit websites –  
<http://www.buncombe.k12.nc.us>
- <http://asapconnections.org/>



# Thank You

