

## “WOWser” Wonderland

*'Twas 17 days before Christmas and everyone was thrilled,  
The WOWsers were coming and soon the room would be filled  
With food service workers and delivery drivers,  
Folks from administration, managers and supervisors.*

*No snow, no Santa, no red-nose reindeer,  
No Scrooge, no Grinch. No, none of that here.  
Just the glow of “WOWsers” to really light up the place  
Delighted to hear that they were “first-rate!”*

*We had snowflakes and snowmen, angels and stars,  
Gingerbread men from both near and far.  
Everyone was treated to desserts hot and cold.  
Decked out with garland and ribbons and bows.*

*There was ice cream, hot chocolate, sparkling cider and such,  
Cheesecake and brownies, fruit cobbler, just so much!  
A concert musician with violin and flute  
Performed sweet melodies in a fine black suit.*

*Games and prizes, pins and awards  
Don't think anyone had time to be bored.  
What wonderful people to work with each day  
Then have time to socialize, have dessert and play.*

*Someone thought enough of you to mention your name,  
So with a bundle of pink slips your nomination came.  
“Helped a child who was sick.” “Greeted all with a smile.”  
“Works as a team.” Well, that's just our style.*

*A committee met to consider the facts,  
And decided that you, for your acts,  
Should receive a “thank you” for a job well done,  
And now you know our admiration you've won.*

*So keep in mind your colleagues today  
Who go straight to work without delay,  
Consider all the good each day that they do  
Before, during and after work too.*

*They'd love to see their names written indeed,  
Recognized for the ones they help and feed,  
On a certificate proclaiming “Congratulations to You!”  
And certainly, “We appreciate all that you do!”*



Attendees at the December 8, 2009  
Wowsers Wonderland Ice Cream Social

# The Flywheel

**NOVEMBER AWARD WINNERS** - Miller: **Gabriela Pupo** - Goes above and beyond, always willing to help and does job with a smile. **Kennedy: Anahi Chavez** and **Gracie Camarena** - Started a canned food drive for the less fortunate. **Chemawa: Rebeca Ventura** - Worked and helped out Bev (Fisher) at Sierra. **Ramona: Maxine Garcia** - Helping with dishes, sweeping, washing the dock and walls; **Debbie Taylor** - Assists way beyond the call of duty. Outstanding work!; **Sandi Lindstrom** - Fed students that had given blood after lunch had been served. **Central Kitchen: Humberto Garcia** - Changes water bottle without being asked. **Administration: Joyce Molina** - Helping school with free and reduced lunch eligibility, answering questions and offered ideas; **Cindy Garcia** - Accomplished a large task in a short period of time. Gives her all; **Jennifer Lauzon** - Assisted with intervention rosters going beyond her scope of work.

**DECEMBER AWARD WINNERS** - Magnolia: **Veronica Devine** - Taking the time to help students to the office when they get hurt. **Fremont: Fremont Kitchen Staff** - Working as a team to get things done when time is short. **Miller: Diane Kratz** - Stopped to give a co-worker a ride to work when she saw her walking from the bus stop. **Gage: Gage Kitchen Staff** - Very good site evaluation, excellent food quality and variety and keeping our department standards high. **Victoria: Fabiola Sierra** - Cleaned up after a student got sick; **Fabiola Sierra, Maribel Murillo** and **Sophia Miera** - Brought gifts for the 4<sup>th</sup> grade helper to fill her Christmas stocking. **North: Maria Cervantes** - Made everyone a Christmas corsage to wear during serving. **Chemawa: Renato Bautista** - Grilled patties for the cafeteria on his own time for the students. **Bobby Bonds: Myra Huerta** - Wonderful team worker and always has a smile; **Joann Jimenez** - Greets teachers and children every day. **Harrison: Josie Ronquillo** - Breaking down boxes and helping to serve ice cream to Jr. crew. **Administration: Marietta Nieves** - Handling all the issues with the sites and counts.

**JANUARY AWARD WINNERS** - Adams: **Guillermina Luna** - Received the “Employee of the Year” at Adams school. **Mark Twain: Virginia Ferris** - Let the students sample a new cereal for “Grab ‘n’ Go,” 3 out of 5 chose the new one. **Taft: Lisa Middleton** - Set up a chart so we could keep track of our daily meals. **Central: Cendis Jennings** - Prepaid \$15 for a student’s lunches! **Sylvia Guzman** - Changed breakfast, snack and register locations with ease. **Sierra: Beverly Fisher** - Returned extra office supplies she did not need from her desk! **University: Alena Kisel** - Extra insight in food presentation, expert at food quality, good and quick worker; **Angel Hernandez** - Angel and his family delivered a delicious meal to a family in need during the holidays. **Ramona: Debbie Taylor** - Working extra hard, positive attitude and quality care for both students and food. **Administration: Jennifer Lauzon** - Finds use for the recycled paper and gave away her own personal white out; **Vickie Gantt** - Participated in this year’s Dr. Martin Luther King, Jr. Community Service; **Joyce Molina** - Helped serve our sites, kids and fellow workers while operation managers were out of the office by answering the sub-line.

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## November, December and January WOW Winners

*Jennifer Lauzon is our new Accounts Payable Clerk coming to us this year from Business Services. She has been drafted into the WOW experience and provides this portion of our newsletter update on our latest WOWers.*

### California School Nutrition Association News

On May 27, 2009 Chapter #14 said Good-Bye to "2008-2009 Board." President: Bonnie Bernreuter; Past-Presidents: Joyce Fisher and Rachel Norfolk; Hospitality Chair: Yvonne White; Ways and Means: Sonja Harrison; Treasurer: Charlotte Hynes; Secretary Theresa White; President-Elect: Barbara Durham-Whitman.

That evening we installed the "New Board for 2009-2010." President: Barbara Durham-Whitman; President-Elect: Diane McLaughlin; Treasurer: Rosa Vargas; Secretary: Joyce Fisher; Ways and Means: Sonja Harrison; Hospitality Chair: Yvonne White.

Our program that evening was Cake Decorating presented by Mickey McDonnell. We had a drawing also for a Wii unit. Bonnie Stevens was the lucky winner.

At Arlington High School in Riverside on August 18, 2009 Barbara Whitman, and several other chapter 14 members set up a table offering Green Bags from the City of Riverside and *Poppy Seeds* magazines from CSNA to offer to staff members attending the meeting for the purpose of promoting membership in our chapter. Barb is seen here showing a *Poppy Seeds* magazine to a prospective new member.



A Board meeting was held on September 2, 2009. Board Members Rosa, Joyce, Barbara and Yvonne assembled the new folders for the first Chapter meeting on September 30, 2009. From *Poppy Seeds Magazine - Winter 2010* Written by Sally Spero, SNS, *Poppy Seeds* Editor

### CSNA Conference

The 57th Annual California School Nutrition Association Conference was held in Santa Clara, California January 28-31, 2010.

The conference was well attended, and very informative. Our first keynote speaker was Dr. Janey Thornton, who represented Secretary of Agriculture Tom Vilsack, who is working with our First Lady Mrs. Michele Obama to provide nutritious meals in all schools.

The conference held other breakout sessions geared to further educate us in the food service field, and to keep us abreast on legislation concerning our business. There were great exhibits, hula lessons, and the President's Hawaiian Luau.

I would like to thank Bonnie Bernreuter, Joyce Fisher, Sonja Harrison, and Yvonne White for attending the conference with me, and to all members of Chapter #14 for your support.

Submitted by Barbara Durham-Whitman, CSNA Chapter 14 President and Cafeteria Supervisor at North High School

At this year's Conference one of our RUSD employees, Bonnie Bernreuter, received recognition and a stipend for Second Place



Bonnie Bernreuter, Normita Rivas, and Marilyn Briggs

Membership Driver Recruiter in 2009. CSNA thanked Bonnie for her commitment and dedication to our professional association.

The CSNA Annual Conference began with a Healthy Edge Workshop, Kitchen Tour in the area, Silent Auction, Exhibitor Showcase and Culinary Demos. Two General Sessions were held. The first was conducted by USDA Deputy Under Secretary for Food, Nutrition and Consumer Services, Dr. Janey Thornton. The second, "Rhythm Power for Team Development" by Kenya Masala, performance Co-Director. Around 30 different Educational Breakout Sessions were available, one of which was presented by seven RUSD Nutrition Services staff members and our Director. They did a magnificent job with their presentation of "WOW" on Sunday morning. They really got the crowd going.

Plus, RUSD was represented by five Riverside County School Nutrition Association "RCSNA" Chapter #14 members. It was a great Conference. Maybe next year we'll see you in Pasadena, January 14-17, 2011.

Submitted by Bonnie Bernreuter, CSNA Chapter 14 Past President and Nutrition Services Delivery Driver

## Farmers' Market Salad Bars

Salad bar sites have been doing a fantastic job in reducing waste. This makes it more difficult to manage food counts.

Each day our Elementary Kitchen Operators (Cafeteria Supervisors) get food counts from the classroom to help in preparation for the daily meals. Because our Farmers' Market Salad Bar is an alternative to the traditional hot meal, quite often our students change their minds once they come out to the lunch line. I would like to thank all our sites in their efforts to reduce waste in our difficult times that we are faced with.

Here some tips to consider helping prevent waste for fruits and vegetables:

- ⇒ If you have a few veggies left, save them and add to pasta and make a pasta salad.
- ⇒ Mix the green and red apples to make a colorful apple mix.
- ⇒ Make a fruit salad with dried fruit, vanilla yogurt, sliced apples, orange sections and nuts.
- ⇒ Toss together a mix of broccoli, carrots and cauliflower.

Remember, students eat with their eyes, and we talk to the students about eating the colors on the salad bar. So with this in mind, if you have any recipes or innovative ideas to share, drop me an email. I would love to hear from you and any suggestions you may have.

*Priscilla Friend has been the Salad Bar Supervisor for the past three years giving leadership to our sites in the opening of new bars and continuing the process of providing fresh fruits and vegetables every day. She comes to this position after having served as Jefferson's EKO for more than six years.*

### Specialty Promotion Bar Events

November 5, 2009 - **Baked Potato Bar**

December, 2009 - Due to the short month, there was no Promo

January 19, 2010 **Cheeseburger Bar**

February 24, 2010 - **Pizza Bar**  
1<sup>st</sup> time to offer this type of Promo

March 25, 2010 - **Taco Bar**



## European Cuisine

I had a very interesting discussion the other day with a few of our customers that visit the Café during lunch. The question was asked had I ever been to Europe and what did the food taste like? I had the opportunity to travel to Europe when I was in the Air Force and found the Cuisine of Europe to be very diverse and very good.

There are four regions classified to Europe; Eastern Europe, Northern Europe, Southern Europe, and Western Europe. Europe has produced some of the world's best or widely known cuisines. French, Italian, German, and Spanish cuisines have had a direct impact on the development of cuisines around the world. Spain, France, and Italy were the countries I visited and I will focus on them.

French cooking, classified as part of Northern Europe, has become the standard for classical cuisine around the world. Dishes from Russia, China, India, Japan, and even the Americas were adopted by the French and added to their classical Traditions. The south of France is dominated by peppers, eggplant, garlic, and onions. Herbs, including thyme, rosemary, savory, lavender, marjoram, and hyssop, are used in their cooking. A wide variety of fish are also used in soups and stews. The western region of France has a very strong Spanish influence on its cuisine with the use of sweet peppers. Oysters, mussels, and monkfish are among the popular ingredients used in that region's cooking. Perigord is famous for its use of truffles, duck confit and foie gras. Walnuts as a nut and also pressed for oil are important flavor profiles used in southwestern France. Wild mushrooms grow abundantly in this region, especially cepes, and chanterelles. Central France was once part of Italy, and has many cooking similarities. Pasta, goat cheese, filled raviolis, and dishes made of corn, like polenta are an important part of this region's cuisine. Cheese and pork are an important part of the economy. Pigs are fed the whey left over from cheese making. A variety of sausages, pates, and terrines are made in this region.

Italy is a peninsula with a mountainous interior and plenty of coastlines. Italy has many regional cuisines. With culinary traditions from Rome and Athens, a cuisine developed in Sicily is considered the first real Italian cuisine. Italy has two culinary regions, the north and south. Southern Italy has a strong Mediterranean influence. Tomatoes, garlic, olives, olive oil, fresh herbs, and pasta are dominating ingredients in this region's cooking. Cheeses, cured meats and sausage, and seafood are important. In the region of Sicily food is hot and spicy, and the use of pungent herbs like basil, oregano, rosemary, and marjoram, are used to enhance the flavor of many dishes. Herb and nut sauces like pesto are used to dress pastas and meats. Simplicity is central to the Tuscan cuisine. Legumes, bread, cheese, vegetables, mushrooms and fresh fruit are used. Olive oil is made from Moraiolo, Leccino, Frantoio, and Pendolino olives. White truffles from San Miniato appear in October and November. Chilies (*peperoncini*) are seen in Abruzzo where they are called *diavoletti* ("little devils") for their spicy heat. Cornmeal is used for polenta and also plays a significant role in their diet. Ingredients such as zucchini blossoms, fresh zucchini, pumpkin, artichokes, and mushrooms, play an important part in the cooking of southern Italy.

In the north of Italy butter is used and typically replaces olive oil. Tomatoes play a less significant role in their cooking. Cream and cheese are used in sauces and to flavor many dishes. Rice grows well in the north and it appears frequently on the menu. Risotto is very famous and is a specialty in the north of Italy. Fish and seafood figure prominently throughout Italy. Bread thickened soups are

customary as well as cheese fondues called *fonduta*. Italy produces the largest amount of wine in the world and is both the largest exporter and consumer of wine. Only about a quarter of this wine is put into bottles for individual sale. Two-thirds is bulk wine used for blending in France and Germany. Italian style coffee (*caffè*), also known as espresso is made from a blend of coffee beans, often from Brazil. Espresso beans are roasted medium to medium dark in the north, and gets darker moving south. A common misconception is that espresso has more caffeine than other coffee but the opposite is true. The longer roasting period extracts more caffeine.

Located in southwestern Europe, Spain is the third largest European country. Of all the countries in Europe I enjoyed the cuisine of Spain the most!! Climatically it is much drier than the rest of Europe. The climate is very similar to southern California. Its ethnic and cultural heritage is complex. The Romans, and more importantly the Moors who occupied Spain for more than 300 years, brought with them elements of their own cooking which lingered and blended with Spain's culinary heritage. The marriage of Mediterranean and African cooking styles works well together. Imports from the New World included the tomato, potato, sweet potato, vanilla, chocolate, and many varieties of beans, zucchini, and the pepper tribe. There are olives in profusion, vineyards and citrus fruit. Spaniards are very fond of garlic; they love all types of sweet and hot peppers and their beloved "jamon serrano" – cured ham. The golden spice saffron enhances many Spanish foods, paella in particular. Coriander is rarely found in traditional Spanish cuisine but is very popular in Portugal, especially in dishes from Alentejo; some food writers relate the use of these spices to African influences. Saffron is used both to color and to flavor rice dishes, legume stews, and meat casseroles. Cumin seasons some legume stews, sausages, and dishes of meat or fish. Spiced stews made from coriander, chickpeas, lentils, and fresh or dried broad beans. Examples of such legume and bean stews include potaje de garbanzos, potaje de lentejas, fava rica, and favas con coentro. The consumption of broad beans, however, has diminished during the last sixty years. Valencia is a region of tidal flatlands and rice is prepared here in endless styles on a daily basis. Paella is the region's most famous dish. Barcelona was the city I loved the most. It is a window for Catalan cuisine which is substantial and nourishing and is mainly based on a variety of fresh, high-quality seafood, meat, poultry, game, fruit and vegetables. All of the products adapt to the different seasons and the region's cultural and religious traditions, and can come in unusual and delicious combinations: meat and seafood (a genre known as "mar i muntanya"), poultry and fruit, fish and nuts.

Olive oil, aromatic herbs, dried fruit, wild mushrooms and game from the Pyrenees, the *trinity* of olives, grapes and wheat from the hilly heartland, all manner of fruits, vegetables, and nuts from the irrigated lowlands, rice and eels from the river deltas, and a great variety of fish and shellfish are the basis of a cuisine which is one of the happiest expressions of the Mediterranean diet. I hope this quick look at some of the countries I have had the opportunity to visit and taste stirs up your culinary interest and encourages you try cuisines that are different. You will be pleased.

*Keep on Cooking!!*

# The Healthy Dose

*Adeit Asi, R.D., MBA, is our resident Nutritionist and provides several uniquely valuable services to our Department ranging from food/nutrient analysis, menu preparation, and liaison with corporate and university partners to name a few. She was recently honored by Loma Linda University for mentoring dietetic students.*

## Body Mass Index or Quetelet's Index

The Body Mass Index (BMI) or Quetelet's Index is a type of indicator used in calculating body fat. BMI is used to estimate a healthy body weight based on a person's height, which is strongly correlated with total body fat content in adults. It is used as a diagnostic mean to identify weight problems within persons, generally underweight, overweight, obese, or morbidly obese. BMI is calculated by measuring weight (in pounds) and multiplying it by 705 then dividing the product by height (in inches) squared. For example, a woman who weighs 270 pounds and is 68 inches tall has a BMI of 41.0. ( $270 \times 705 = 190,350$  divided by  $4,624$  ( $68$  squared) = 41.0)

BMI under 18.5 is classified as underweight, 18.5 to 24.9 is normal, 25 to 29.9 is overweight, 30 to 39.9 is obese, and 40 or more is morbidly obese. Being overweight puts a strain on your heart, which can lead to serious health problems such as heart disease, high blood pressure, sleep apnea, type 2 diabetes, gallbladder disease, stroke, osteoarthritis, certain cancers, and varicose veins. Furthermore, obesity has a direct link to mortality. According to Centers for Disease Control and Prevention (CDC), "From 1979–1981 to 1997–1999, annual hospital costs related to obesity among children and adolescents increased, rising from \$35 million to \$127 million. Diseases associated with obesity account for 27% of the increase in medical costs."

BMI's biggest weakness is that it does not consider individual factors such as bone or muscle mass. Because muscle weighs more than fat, people who are unusually muscular may have a high BMI. In addition, it is better for elderly to have a BMI between 25 and 27, because a fairly higher BMI (more than 25) may help protect the elderly from osteoporosis.

Doctors may use other methods to determine whether a person is overweight. Examples are the waist circumference and waist-to-hip ratio measures (indicator or predictors). In addition to maintaining a healthy weight, other factors influence health, such as; smoking, genetic, present health problems, diet, and physical activity.

More than 300,000 lives could be saved in the United States each year if everyone stayed at a healthy weight. Your BMI alone cannot predict your health risk, but most experts say that a BMI greater than 30 (obesity) is unhealthy. The best recommendation is to not exceed a BMI of 25 by avoiding substantial weight gain during adulthood. No matter what your BMI value is; healthy lifestyle, healthy eating habits, and exercise can help reduce the risk of heart disease and diabetes. **Stay healthy!**

## COST CONTAINMENT AT NUTRITION SERVICES

*Submitted by Lynn Cashman, Accounting Supervisor*

There are many names for this process: expense reduction, "belt-tightening", financial control. They all mean the same thing; to discover where there is a good chance of finding money that is essentially going down the drain or in the trash, and stopping that from happening. We all have had to do this at home with our very own money; finances get tight and we start looking, paying attention, discovering. "Hey wait a minute; there's only 3 garments in this load of laundry!" And then, there's always the difficult task of enforcing not too much soap and fabric softener either. Good luck for those of you with teens! We holler at those in the household who turn the air conditioning cold enough to hang meat. And, of course, we either try to make just the right amount of food for that evening meal, OR be sure that any leftover can be used as a second, or beginnings of another meal. After all, it only spends once at home, and it only spends once here too. And the goal here is to find money that can continue to pay salaries, and keep people in their jobs.

However, if you don't start looking and asking questions, you won't find anything. And an important component of this kind of searching is information, also called data. So, that's what we have been doing. Looking, observing, wondering, asking questions, getting data, then, reviewing and analyzing, and asking more questions.

We asked "How much product is sitting on pantry shelves or in freezers, unused?" So, thank you all for participating in the dreaded process called "Inventory". Nobody, anywhere, likes to do inventory. That's a fact. But any organization that wants to control its costs does an inventory. So, that being said, you must know that nearly every organization does that hated inventory. This process helps us to buy only what we need, when we need to buy, allowing cash to stay in the bank, earning interest, to help pay future bills. The inventory process teaches us to always, always, always look in the pantry while we are making our grocery shopping list (prepare our order) before we go to the store; just like we do at home.

We asked "How many servings does each Elementary site request for each type of meal? Then, the next reasonable question was, "Ok, how many of those meals get eaten?" When we saw that the valiant efforts at trying to have a somewhat accurate meal count, with the goal of never, ever being under, we asked ourselves "what if we make only 25 possible meals, a 5 week cycle menu?" Then, we could see how many kids eat each certain meal at each site. Then we could take that data and somewhat reliably predict how many will eat that same meal on another day. So that is what we are doing. Soon we will add the component of which season the meal was served in, to help determine better winter and summer meal counts. In the meantime, leftovers have been greatly reduced, saving LOTS of money that did indeed go in the trash, and many of those leftovers are being used in a second meal. This process has taught us, on the front end, to be much more efficient in our food ordering process and so we order less in the first place. On the back end of this process, it forces us to use our leftovers, just like we do at home.

No, it might not be as easy as it was before, but do we want easy, or do we want to keep jobs? We can tell by your efforts that you are all as eager as we are to find ways to cut costs in order to have everybody be here next year at this time.

# Pics and News Page

## CSNA Conference in Santa Clara



### Attendees

Back: Joyce Fisher and Bonnie Bernreuter  
 Front: Yvonne White, Barbara Durham-Whitman and Sonja Harrison

## Presenters of "WOW! Come Let Us Show You WOW!"



Priscilla Friend, Rebecca Murphy, Vickie Gantt, Rodney Taylor, Adleit Asi, Gail Grimsley, Kirsten Roloson, and Ryan Douglas



Anahi Chavez  
 EKO at Kennedy



Guillermina Luna  
 CWII at Adams

## Classified Employees of the Year



Mr. and Mrs. Ronnie (Evelyn) Cardiel were married Saturday, January 16, 2010. Evie is one of our Food Service Workers and can usually be seen in Chef Ryan's Café.

## Riverside Unified School District Nutrition Services

### Farmer's Market Salad Bar 5 Year Anniversary Celebration

Friday, April 16, 2010  
 9:30 - 11:00 a.m.  
 Emerson Elementary School

**Please Contact Rodney Taylor  
 or Adleit Asi for More Information  
 (951) 352-6740  
 Extensions 82801 or 82809**

Our nationally recognized program has become a model in the Farm to School industry of providing nutrition education activities that promote life long healthy eating habits. From our first Farmer's Market Salad Bar Opening at Jefferson Elementary in April, 2005 to our final one at Castle View Elementary in November, 2009 we have provided over 1 million students with fresh fruits and vegetables every day.



Castle View was the last school to open a Farmers' Market Salad Bar on November 12, 2009 making a total of 29.



**Riverside Unified School District  
Nutrition Services**

6050 Industrial Avenue  
Riverside, CA 92504  
Phone: 951-352-6740  
Fax: 951-778-5712

***“Come Let Us Show You WOW”***

*The Nutrition Services Department is comprised of food and nutrition professionals that are dedicated to students’ health and well being. We support their ability to learn by promoting good nutrition and proper life-long healthy eating habits.*

**Board of Education**

Lewis J. Vanderzyl, President  
Tom Hunt, Vice President  
Gayle Cloud, Clerk  
Kathy Y. Allavie, Member  
Charles L. Beaty, Ph.D., Member

Richard L. Miller, Ph.D., Superintendent

***“The Flywheel” - building a stronger organization  
one turn at a time!***

**We’re on the Web**

[www.rusd.k12.ca.us/ourdistrict/nutritionservices](http://www.rusd.k12.ca.us/ourdistrict/nutritionservices)

**From the Director’s Chair**

*Rodney Taylor, has been the Director of Nutrition Services for the past 7 years. In addition to bringing the nationally recognized Farmers’ Market Salad Bar to the district, he has been honored several times for his work in school food nutrition and featured in trade publications. Most recently, he received the Con Agra Foods 2009 Innovator Award.*

**UNDERSTANDING NUTRITION SERVICE’S BUDGET WITHIN A SCHOOL DISTRICT**

Given the turbulent fiscal circumstances in the state of California, and the affects that it has had on school district budgets, I thought it’s a good time to explain how school nutrition programs work within a school district.

To understand how nutrition programs work within a school district, you must know that the Nutrition Department is self-sufficient, and has its own budget (Fund 13), which is separate from the district’s general fund budget.

So what does that mean? It means that Nutrition Services is capable of controlling its own financial destiny, by generating enough revenue to cover expenses. Revenue is received from the state and federal (USDA) governments, as well as funds generated through cash sales (paid meals, catering, contract sites etc...).

Federal regulations mandate that for any school district that participates in National School Lunch Program (NSLP), funds generated by the Nutrition Services Department can only be used for the child nutrition program. Simply put, you cannot comingle cafeteria funds with the general fund dollars.

Nutrition Services is run pretty much like any other small business, and must generate enough revenue to cover it’s expenses, or like a business will be forced to raise prices, cut cost, and/or layoff staff. Fortunately, we have been able to cover our expenses. More importantly, we have been able to continue to grow our business through contracting out our services to outside agencies.

I hope this concise explanation has been useful in your understanding of the nutrition program. Feel free to drop me a line if you have any questions.

“ Balancing the budget is like going to heaven. Everybody wants to do it, but nobody wants to do what you have to do to get there.”

Phil Gramm - U.S. Senator, Texas