
Food Services



School District of Lancaster



School District of Lancaster

Food Services Department

- WHO ARE WE ?



School District of Lancaster

Food Services Department

The school District of Lancaster food service

- Is a self funded department participating in the NSL (CEP) program.
 - The NSLP program is a program that offers breakfast and lunch to all students. Participation by the students is not **mandatory**.
 - Satellites USDA approved reimbursable school lunches, breakfasts and snacks at no cost to all district elementary and middle schools.
 - Prepares reimbursable breakfast and lunches at the high schools at no cost to the students. Offers A'LA carte items
 - Provides catered meals and snacks to district parent and staff meetings during and after school. Catering menu available on the intranet.
 - Offers separate bagged lunches for field trips and field days.
 - Provides contracted Breakfast, Lunch and Snacks to La Acadamia and the Lancaster Rec Center.
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Food Services Department

- Partners with the Lancaster Rec to provide no cost meals to all District students during the summer months.
 - Serve approx. 9,000 lunches and 4,500 breakfasts daily.
 - 17-18 SY served 1,530,000 lunches and 635,000 breakfast all at no cost to the students.
 - The Food Service Department has 5 leadership and 61 staff members
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What is a reimbursable
school lunch?

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The USDA requires all schools that are participating in the NSLP to abide by the following guidelines to qualify as a reimbursable meal

- Offer 5 food groups daily of which the student chooses a minimum of three, one of the three **must** be from the fruit or vegetable group.
 - The whole meal must also fall within the USDA nutrition guidelines.
 - The nutritional guidelines are based on grade level groups K-5, 6-8 and 9-12.
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What are the USDA guidelines?

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USDA approved lunches must meet the following guidelines:

	Grades K-5	Grades 6-8	Grade 9-12
Protein	1oz/day 8-10 wk	1oz/day 9-10 wk	2oz/day 10-12 wk
Fruits	½ cup/day	½ Cup/day	1 cup/ day
Vegetables	¾ cup/day	¾ cup/day	1 cup/day
Bread	1oz/day 8-9 wk	1oz/day 8-10 wk	2oz/day 10-12 wk
Milk	8oz 1% or lower Flavored skim only	8oz 1% or lower Flavored skim only	8oz 1% or lower Flavored skim only
Calories	550-650	600-700	750-850

Weekly requirement for dark green, red orange, legumes and starchy vegetables. All grades Offer both fruit and vegetable amounts student must take ½ cup of one or the other for reimbursable meal.

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USDA approved breakfasts must meet the following guidelines:

Grades K-5

Grades 6-8

Grade 9-12

Protein	0	0	0
Fruits	1 cup/day	1 Cup/day	1 cup/day
Bread/grains	1oz/day 7-10 wk	1oz/day 8-10 wk	1oz/day 9-10 wk
Milk	8oz 1% or lower Flavored skim only	8oz 1% or lower Flavored skim only	8oz 1% or lower Flavored skim only
Calories	350-500	400-550	450-600

All of the weekly bread/grain servings must be whole wheat. The grade ranges are new as are the calorie ranges. Proteins can only be substituted after the daily bread/grain minimum is met.

Dietary Specifications

- **Daily requirement**

- 0 Trans fat

- **Weekly average requirements**

- Calories
 - Sodium
 - Saturated fat
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Dietary Specifications

- **Avg. weekly calorie ranges**
 - Minimum and maximum established over course of week

GRADES	BREAKFAST (kcal)	LUNCH (kcal)
K-5	350-500	550-650
6-8	400-550	600-700
9-12	450-600	750-850

Dietary Specifications



- Avg. weekly sodium requirement
 - Intermediate targets
 - SY 2014-2015
 - K-5 \leq 1230mg
 - 6-8 \leq 1360mg
 - 9-12 \leq 1420mg

Dietary Specifications

- **Weekly saturated fat requirement**
 - Limit saturated fat
 - Less than 10 percent of total calories
 - Same as current regulatory standard
 - No total fat standard
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- **HOW DOES IT WORK?**



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Food Services Department

- The food service budget is funded primarily through state and federal reimbursements based on meals served and the districts eligibility percentages.
 - CEP (Community Eligibility Program) is a program established by the USDA NSL that uses reimbursement percentages that are based on the district's Directly Certified Students and requires that **all** students be served meals at no cost to them.
 - a. The percentages were established 1 year ago using the District's Direct Certification (67%) and a 1.6 multiplier and will remain the same for four years. They are: 100% free
 - b. Based on the above, food service's reimbursement was about \$3.37 for every lunch and \$1.95 for every breakfast served regardless of the age group.
 - The \$3.37 and \$1.95 must cover all food costs, labor, transportation, utilities, and equipment repair and or replacement within the Food Service Department.
 - We do not receive "free" government food. All food items are purchased the same as any other school district in the state of Pennsylvania and we are invoiced accordingly.
 - A small percentage of income is generated through catering and a'la carte sales
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School District of Lancaster

Food Services Division

What is a Satellite Meal ?

- JP McCaskey and McCaskey East are the only 2 schools within the School District of Lancaster that have full working kitchens, for this reason the remaining schools use pre-packaged food items.
 - The meals items are received at JP and then distributed as breakfast or lunches to each school every morning.
 - Each school has their own walk in refrigerator, ovens, hot holding and cold units. The meals are heated 30-40 minutes before serving at each school.
 - Through partnerships with local vendors a weekly assortment of **FRESH** fruits and vegetables are served daily at lunch time.
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