



# Our Core Beliefs

The Food Service Department is proud to be an **active partner** in the School District of Lancaster's educational team. We have chosen to participate in a **federally funded program** that gives us the opportunity to provide **ALL** of our students nutritious and **USDA compliant meals** at no charge.

It is our belief that **all students should have access** to high quality meals served in sanitary conditions that provide the nourishment required for optimal growth of body, mind and nutritional habits while **providing the highest level** of customer service to both our external and internal customers.

# WHO ARE WE?

November 7, 2018

*Office of Food Services*



# Our Program

- Is a completely self-funded department that participates in the National School Breakfast Program (NSBP), National School Lunch Program (NSLP) and the Afternoon Snack Program under the Community Eligibility Program (CEP).
- Is a program that offers reimbursable breakfasts, lunches and snacks to all students under CEP free of charge in all schools.
- Satellites USDA approved reimbursable school lunches, breakfasts and snacks to all SDoL elementary and middle school students.
- Prepares reimbursable breakfasts and lunches at the high schools at no cost to our students and offers à la carte items for purchase.
- Provides catered meals and snacks to District parent/guardian meetings and staff meetings during and after school. A catering menu is available on the District intranet site and the Food Service web page.
- Offers separate bagged lunches for field trips and field days.



# Our Program

- Provides contracted Breakfast, Lunch and Snacks to La Academia Charter School students and the Lancaster Recreation Center (LRC).
- Partners with the LRC to provide meals to all District students during the summer months at no cost to student.
- Serves approximately 9,000 lunches and 4,500 breakfasts daily.
- Annually serves approximately 1,530,000 lunches and 635,000 breakfasts to all students at no cost.
- Provides all services stated above with 5 leadership and 70 staff members.

# Our Campus Staff



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# Our Satellite Staff



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Office of Food Services



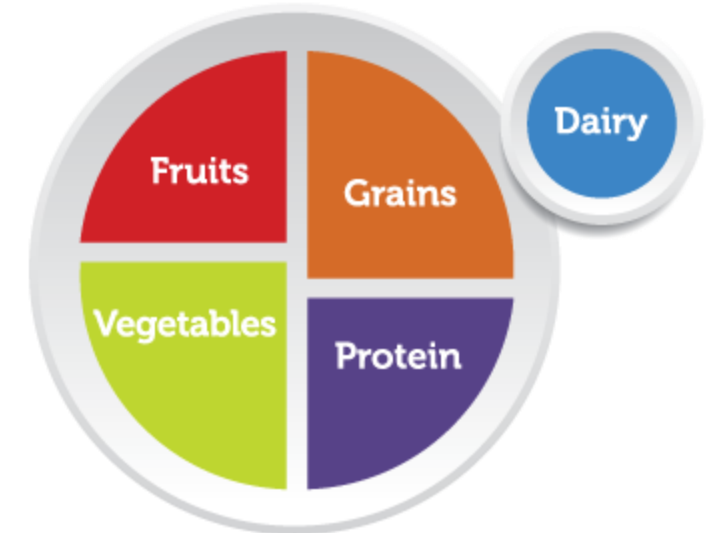
# What is a reimbursable school lunch?



# USDA Requirements

The USDA requires all schools that are participating in the National School Lunch Program 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 weekly nutrition guidelines.
- The nutritional guidelines are based on grade level groups K-5, 6-8 and 9-12.



# What are the United States Department of Agriculture (USDA) guidelines?

# USDA Federal Guidelines

USDA approved **lunches** must meet the following:

	Grades K-5	Grades 6-8	Grades 9-12
Protein	1 oz. /day for 8-10 weeks	1 oz. /day for 9-10 weeks	2 oz. /day for 10-12 weeks
Fruits	½ cup /day	½ cup/day	1 cup/ day
Vegetables	¾ cup /day	¾ cup/day	1 cup/day
Bread	1 oz. /day for 8-9 weeks	1oz/day 8-10 wk	2oz/day 10-12 wk
Milk	8 oz. 1% or lower Flavored skim only	8 oz. 1% or lower Flavored skim only	8 oz. 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 offered both fruit and vegetable amounts. Student must take ½ cup of one or the other for reimbursable meal.

# USDA Federal Guidelines

USDA approved **breakfasts** must meet the following:

	Grades K-5	Grades 6-8	Grades 9-12
Protein	0	0	0
Fruits	1 cup /day	1 cup /day	1 cup /day
Bread/grains	1 oz. /day for 7-10 weeks	1 oz. /day for 8-10 weeks	1 oz. /day for 9-10 weeks
Milk	8 oz. 1% or lower Flavored skim only	8 oz. 1% or lower Flavored skim only	8 oz. 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.

# USDA Federal Guidelines

- ❑ Daily requirement
  - 0 Trans fat
- ❑ Weekly average requirements
  - Calories
  - Sodium
  - Saturated fat

# USDA Federal Guidelines

- **Average 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

# USDA Federal Guidelines

## Average Weekly Sodium Requirement

### Beginning School Year 2014-2015

- K-5 less than 1230 mg
- 6-8 less than 1360 mg
- 9-12 less than 1420 mg



# USDA Federal Guidelines

## **Weekly saturated fat requirement**

- Limit saturated fat
  - Less than 10 percent of total calories
- Same as current regulatory standard
  - No total fat standard



# HOW DOES IT WORK?



# Reimbursement & Funding

- The Food Service budget is funded primarily through state and federal reimbursements based on meals served and the District's eligibility percentages.
- CEP (Community Eligibility Program) is a program established by the USDA that uses reimbursement percentages that are based on the District's directly certified students. Currently all students are reported as free. For more information on CEP please reference the link on the Food Service Web Site home page.
  - Based on the above, food service's reimbursement was about \$3.86 for every lunch and \$2.24 for every breakfast served regardless of the age group.
- The above reimbursement 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 Pennsylvania and we are invoiced accordingly.
- A small percentage of income is generated through catering and à la carte sales.

# Meal Preparation

## What is a Satellite Meal & Why Do We Do It ?

J.P. McCaskey and McCaskey East High School buildings are the only schools in SDoL with enough designated space to operate a full working kitchen.

J.P. McCaskey



# Meal Preparation

The remaining schools have little to no space available for daily production and storage of 400-900 breakfast and lunches.



**BURROWES**



**HAND**

# Meal Preparation

Every day the satellite meal items are received at J.P. McCaskey, separated into portions and distributed as breakfast or lunches to each school the next morning.



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# Meal Preparation

Each school has its own walk-in refrigerator, ovens, hot holding and cold units. The meals are heated 30-40 minutes before serving at each school.





# Meal Preparation

We are currently piloting a salad or sandwich offering at the Satellite Secondary Schools creating more meal choices for the students.



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# Meal Preparation

Through partnerships with local vendors, a weekly assortment of **FRESH** fruits and vegetables are served daily at lunch time.

## McCaskey Campus



# Meal Preparation



## Satellite

# What's on this Web Site?

- Monthly menus for all schools and grade levels
- Interactive information for students, parents and administration, including allergens, carb counts, ingredients and meal photos
- Government regulations including nutritional guidelines and CEP (Community Eligibility Provision) information
- Catering and Birthday treat menus
- Listing of summer meal sites

