



2019-2020 Back to School Training

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Back to School Meeting 2019-20 SYR



NUTRITION SERVICES STAFF WEBPAGE

Twinriversusd.org/Nutrition



2019-20 STATE AUDIT

- Accountability
- Integrity
- Accuracy
- Support



2019-2020 STATE AUDIT

–Do you think this is a finding?





MENU PRODUCTION SHEETS

— Accuracy

Date:	Age Group Pre-K	Age Group K-6	Age Group 7-8	Adult Meals	Total								
Estimated	35	610	-	5	650								
Actual	30	625	-	4	659								
Lunch													
Beef pepperoni pizza-Plazza(Pk-8)	66	90/cs	1 sl	147	145	2	2	1/8	400	360	0		
Cheese pizza Plazza(K-8)	404	90/cs	1 sl	148	144	2	2	1/8	300	290	4	2	T
Fish patty-on-a-Bun-(7&8)		Recipe	1ea			-2	-3						
Added Chicken strips		150/cs	3ea	165	160				150	140	10	3	T
O-Fresh four way salad mix	692	recipe	1c	38	39.2			1/2	207	204	4	15	T
R-Fresh bagged carrot sticks	5	200/cs	1/4c	38	38			1/4	200	400	4	30	5
Fresh apple slices	28	240/cs	1/2c	35	38			1/2	300	620	4	10	3
Soy milk			8oz	36	36				2x	2c		0	
Tarter-sauce packets	*	200/cs	1ea										
Ranch dressing packets	*	200/cs	2ea		RT				300	600	4	8	5
1% white milk	128	60/cs	8oz	36	36				1	200	100	14	5
Fat Free Chocolate milk	127	60/cs	8oz	36	36				1	900	540	3	5
		Recipe	Svgs	Portion	Temp at	Temp at	Contribution to Meal Pattern	Number	Prepared	A la	Post	T=Tcss	



MENU PRODUCTION SHEETS

– Forecasting

Date:	Age Group Pre-K	Age Group K-6	Age Group 7-8	Adult Meals	Total
9-21-18					
Estimated	14	203	0	3	220
Actual	13	210	0	0	223

PK-8 Menu Production Record	Recipe	Svgs	Portion	Temp	Temp at	Contribution to Meal Pattern					Number	Number	A la	Left	T-Tot
Week One Friday	#	per unit	Size	out of	time of	MMA	G/B	F	V	Milk	Times	Portions	Carte	Overs	S-Sa
Breakfast				Oven	Service	oz.	Svgs	Cups	Cups		Recipe	Prepared	Svgs		
Kelloggs & Gon Mills assort cereal(K-8)	11	96/cs	1 bwl	-	Rt		1				88ea	88	0	2ea	5
Upstale farms yogurt(K-8)	126	48/cs	4oz	-	38°	1					29ea	29	0	1ea	5
Kelloggs nutrigrain bars assort (K-8)	578	96/cs	1ea	-	Rt		1				29ea	29	0	0	0
Small 1gr Muffin BV, Assort (K-8)	133	120/cs	1ea	w/m	w/m		1				30ea	30	0	0	0
English muffin (PK-8)	316	144/cs	half	Hot	w/m		1				11pkgs	132	0	6	6
W/Canacjan Turkey Ham (PK-8)	570	283/cs	2sl	189°	152°	1					.5cs	131	0	0	0
Mandarine Orange cup		96cs	1ea	-	37°			1/2			66ea	66	0	3ea	5
fresh orange slice	37	138/cs	whole	-	36°			1/2			147ea	154	0	0	0
Fruit Option Applesauce cup	132/584	96cs	1/2c	-	40°			1/2			22ea	220	0	2ea	5
1% white milk	128	60/cs	8oz	-	38°					1	1cs	60	0	7ea	5
Von fat white milk	231	60/cs	8oz	-	38°					1	3cs	180	0	13ea	5

Date:	Age Group Pre-K	Age Group K-6	Age Group 7-8	Adult Meals	Total
Estimated	16	339	0	5	360
Actual	15	344	0	0	359

Lunch	Recipe	Svgs	Portion	Temp	Temp at	Contribution to Meal Pattern					Number	Number	A la	Post	T-Tot
			Size	time of	close of	MMA	G/B	F	V	Milk	Times	Weight	Carte	Weight	S-Sa
				Service	Service	oz.	Svgs	Cups	Cups		Recipe	Prepared	Svgs		
beef pepperoni pizza-Piazza(PK-8)	66	90/cs	1sl	195°	149°	2	2			1/8	2cs	180	0	0	0
Cheese pizza Piazza(K-8)	404	90/cs	1sl	195°	145°	2	2			1/8	2cs	180	0	0	0
Fish and chips	192	Bestpe	1ea			2	3								
3-Fresh four way salad mix	692	recipe	1c	-	40°					1/2	20#	123	0	1#	+
3-Fresh bagged carrot sticks	5	200/cs	1/4c	-	40°					1/4	2cs	360	0	23	5
Mandarine Orange cup		96cs	1ea	-	40°					1/2	4cs	360	0	9ea	5
Ranch dressing packets		200/cs	1ea	-	40°					1/2	2cs	200	0	30	5
1% white milk	128	60/cs	8oz	-	38°					1	2cs	120	0	49ea	5
at Free Chocolate milk	127	60/cs	8oz	-	38°					1	5cs	300	0	23ea	5

Salad Bar	Recipe	Svgs	Portion	Temp at	Temp at	Contribution to Meal Pattern					Number	Number	A la	Post	T-Tot
	Number	per unit	Size	time of	close of	MMA	G/B	F	V	Milk	Times	Weight	Carte	Weight	S-Sa
	Pan Size			Service	Service	oz.	Svgs	Cups	Cups		Recipe	Prepared	Svgs		



TEAM LEAD MEETINGS

- Team Lead Meeting- 2nd Tuesday of the month
 - Allows time to prepare MPLH report/ inventory report
- Time 1:15-2:30 pm
 - Meeting will be 1:30-2:30. Allowing the extra 15 min to check staff in
- TL's have up until the meeting to turn in their paper work from the previous month
- At meeting staff will be checked in by Nicola
 - She will have a list of sites that have turned in their paperwork and check off the incoming paperwork
 - She will pass out any packets/information needing to go to the TL's
- All staff overseeing a site will be included in the TL meeting
 - We will have ET/Comp Time sheets at the meeting for the TL's to fill out as needed
- TL's that miss the meetings will need to make up their hours though the ICN website
 - This can be done during their work day on a Wednesday that does not fall on a meeting
- Kim will have a list of sites that need someone to cover the TL to attend the meeting
- Quarterly professional development will be offered to ALL staff (voluntary)
 - Including topics such as: Outlook management, scan and send function on copiers, resume building/interviewing
- Quarterly onsite training with Supervisor and site team
- Monthly "Team Meeting" for sites with a planned topic



SUPERVISOR SITE LIST

ALLISON ELEMENTARY	Johnathan
BABCOCK ELEMENTARY	Johnathan
CASTORI ELEMENTARY	Johnathan
COA MIDDLE SCHOOL (formerly Futures)	Johnathan
CREATIVE CONNECTIONS ACADEMY 6-12	Johnathan
CREATIVE CONNECTIONS ACADEMY K-5	Johnathan
HIGHLANDS HIGH SCHOOL	Johnathan
HILLSDALE ELEMENTARY/WCP HILLSDALE CAMPUS	Johnathan
JOYCE ELEMENTARY	Johnathan
KOHLER ELEMENTARY	Johnathan
MADISON ELEMENTARY	Johnathan
MILES P. RICHMOND	Johnathan
OAKDALE ELEMENTARY	Johnathan
SMYTHE ELEMENTARY	Johnathan
SMYTHE MIDDLE SCHOOL	Johnathan

COA PAVILION ELEMENTARY SCHOOL	Kim
COA PAVILIONS SUPPER PROGRAM	Kim
DRY CREEK ELEMENTARY	Kim
HAGGINWOOD ELEMENTARY	Kim
MOREY AVENUE -KINDER/FIRST 5/HEAD START	Kim
NORTH AVE/KEEMA/VENDING	Kim
NORTHWOOD ELEMENTARY	Kim
ORCHARD ELEMENTARY	Kim
PACIFIC HIGH SCHOOL/PATHWAYS COMMUNITY DAY SCHOOL	Kim
RIO LINDA HIGH SCHOOL	Kim
RIO LINDA PREPARATORY ACADEMY	Kim
VISTA NUEVA HS/NOVA COMMUNITY DAY SCHOOL	Kim
WESTSIDE ELEMENTARY/WCP WESTSIDE CAMPUS	Kim
WOODLAKE ELEMENTARY	Kim

EPIC	Kris
DEL PASO ELEMENTARY	Kris
FAIRBANKS ELEMENTARY	Kris
GARDEN VALLEY ELEMENTARY	Kris
GATEWAY INTERNATIONAL CCSS	Kris
GRANT HIGH SCHOOL	Kris
GRANT HIGH SCHOOL WEST	Kris
HIGHER LEARNING/FUTURES	Kris
JOHNSON ELEMENTARY	Kris
MARTIN LUTHER KING MIDDLE SCHOOL	Kris
NORALTO ELEMENTARY	Kris
NORWOOD JUNIOR HIGH SCHOOL	Kris
REGENCY PARK ELEMENTARY	Kris
RIO TIERRA JUNIOR HIGH SCHOOL	Kris
STRAUCH ELEMENTARY	Kris

COA RAFFERTY CAMPUS	Robyn
COA SKVARLA CAMPUS	Robyn
FOOTHILL HIGH SCHOOL	Robyn
FOOTHILL OAKS ELEMENTARY	Robyn
FOOTHILL RANCH MIDDLE SCHOOL	Robyn
FRONTIER ELEMENTARY/WCP FRONTIER CAMPUS	Robyn
PALMITER, LEO JR/SR HIGH SCHOOL	Robyn
PIONEER ELEMENTARY	Robyn
RIDGEPOINT ELEMENTARY	Robyn
SIERRA VIEW ELEMENTARY	Robyn
VILLAGE ELEMENTARY	Robyn
WOODRIDGE ELEMENTARY	Robyn



WHO TO CONTACT

- Kim

- Staffing questions
- Supper questions
- Preschool questions

- Louise/Christina

- Change in order
- Delivery issues
- Quality/Shorted issues

- Crystal

- Pest Control
- Work orders
- Permits/Health Inspections
- Small wares: scoops, test strips, thermometers

- Chelsie

- Deposits
- Invoice questions



PROFESSIONAL COMMUNICATIONS

- **Email Etiquette**

- Do have a clear subject line. ...
- Do include all details necessary....
- Don't forget your signature. ...
- Do use a professional salutation. ...
- Do proofread your message. ...
- Don't assume the recipient knows what you are talking about. ...
- Do be aware if you using “reply” or “reply all”. ...
- Don't shoot from the lip. Walk away for a while...



EARNING YOU BLUE TAG

- In order to get an award of excellence certificate for a school, an operator cannot have a single major violation or 3 or more violations on any of the 2 routine inspections.***



LEADERSHIP

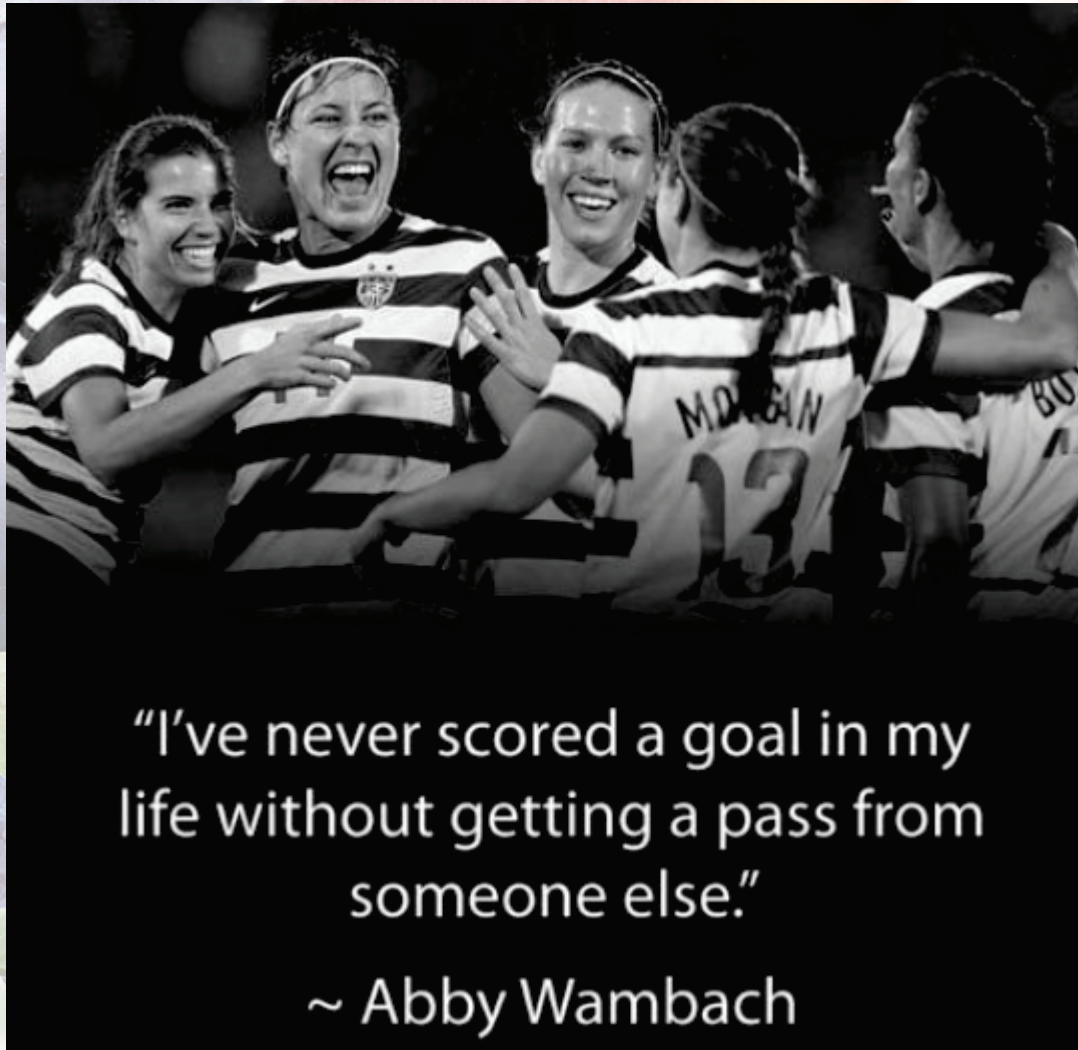
The Differences Between a **BOSS** and a *Leader*

- *Drives others
- *Inspires fear
- *Blames others
- *Says "I"
- *Knows how it's done
- *Depends on authority
- *Uses people
- *Takes credit
- *Commands
- *Says, "Go!"

- *Coaches others
- *Inspires enthusiasm
- *Helps to fix it
- *Says "We"
- *Shows how it's done
- *Depends on goodwill
- *Develops people
- *Gives credit
- *Asks
- *Says, "Let's go!"



THANK YOU!!



"I've never scored a goal in my life without getting a pass from someone else."

~ Abby Wambach



<https://www.youtube.com/watch?v=v6SyjCBUvZA>

Overview

- ✓ **Department Goals**
- ✓ **Policies-Personnel Activity Reporting, Code of Conduct & Procurement and Theft**
- ✓ **Administrative Review**

Our Commitments

- Nutrition Services Department mission is to provide students with high quality, nutritious foods that support lifelong healthy eating habits.
- Committed to providing all students access to safe, nutritious, and balanced meals
- We provide students with appealing, nutritious, well-balanced meals that fuel their minds and bodies.
- On a daily basis, students are offered a variety of fresh fruits, vegetables and nutritious snacks.
- Our students are our customers, and we strive to bring them excellent customer service every day.
- Our cafeterias are learning environments that encourage and teach students to make healthy choices not only while in school but for the rest of their lives.

40%

of US school children bring their lunches to school

Every Day

Only
27%

of packed lunches met at least 3 of the 5 NSLP standards.



Lunches were comprised more of packaged foods than anything else.



Children who eat lunches provided by the school meals program are more likely to eat a greater variety of foods—providing nutrients that are often missing from children’s diets.

Dairy Food Group

One cup of low-fat or fat-free milk provides your child with calcium, vitamin D and protein for strong bones and teeth.

Vegetables Food Group

Half a cup of fresh vegetables provides your child with vitamin A for healthy skin and eyes.

Fruits Food Group

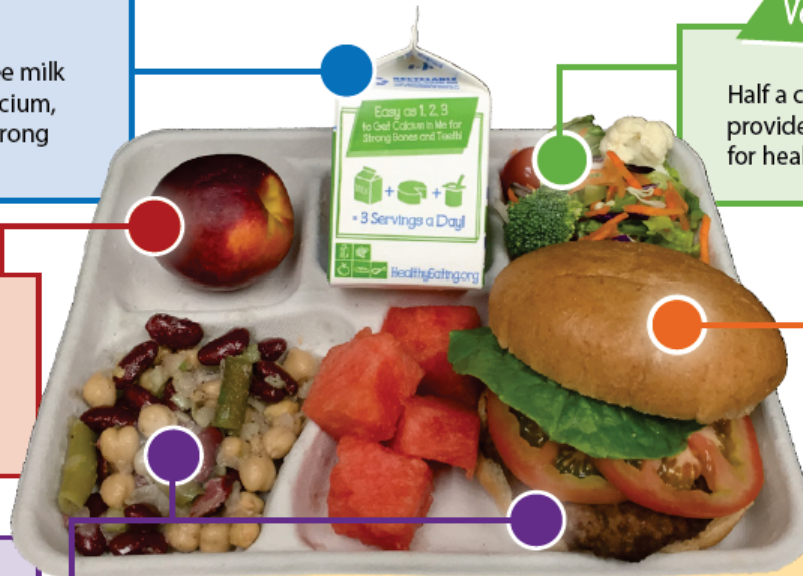
Half a cup of fresh fruit provides vitamins needed to help heal wounds and boost immunity.

Protein Food Group

School lunches always provide foods that are high in protein for strong muscles.

Grains Food Group

At least half of all grain offerings are whole grain, providing a good source of fiber and energy needed for your child to learn and be physically active.



Nearly 75 percent of children do not eat enough dairy, vegetables, fruits and whole grains.^{1,2} The National School Lunch Program provides foods from all five food groups for optimal health. Eating more of these foods will provide children with the vital nutrients they need most.

Twin Rivers USD Nutrition Services

- To provide high quality and nutritious breakfasts and lunches in combination with effective nutrition education programs.
- To prepare meals in a healthy, attractive and appetizing way, while meeting all requirements in accordance with USDA regulations and TRUSD Board approved Wellness Policy.
- To maintain a positive public image by combining personal cleanliness and neatness with friendly and cooperative service.
- To maintain a clean and orderly work area to insure a safe and sanitary environment. To train staff on department's HACCP-based Standard Operating Procedures

"A workplace filled with – and driven by – employees with positive attitudes, vibrates continually to the tune of service excellence and passionate team success."

UNKNOWN

Department Goals

“WHATEVER IT TAKES”

Focus Area 1: Unparalleled Student Achievement

Increase School Breakfast Participation by 5% (86,656 more or 1,819,778 total breakfast meals) over the 2018-2019 school year June 30, 2020.

Twin Rivers Unified School District: *Inspiring each student to extraordinary achievement every day!*



Focus Area 2: Engagement & Outreach

Establish a food recovery procedure and program that aims to reduce food waste at 21 TRUSD elementary sites by June 30, 2020

Twin Rivers Unified School District: *Inspiring each student to extraordinary achievement every day!*



Focus Area 3: Organizational Efficiency & Effectiveness

Successfully close out a School Nutrition Program Administrative Review for the 19-20 school year cycle with fewer than 13 findings from the previous Administrative Review by June 30, 2020.

Twin Rivers Unified School District: *Inspiring each student to extraordinary achievement every day!*



Who Will We Work With This Year?

- Nutrition Services staff
- Site admin
- District Leadership/Communications
- Students
- M&O
- Custodial

Twin Rivers Unified School District: *Inspiring each student to extraordinary achievement every day!*



Actions Steps We Will Take

- Generate staff support
 - Nutrition Services
 - School administrators
- Assess current cafeteria setup
- Train staff & students
- Launch Food Waste/Recovery program
 - Develop a sustainability plan for sites that started last year
- Food Pantry options and support
- Expanding breakfast programing- second chance breakfast & breakfast carts

16



How Will We Monitor Our Goals?

- Monthly analysis;
 - ADP for breakfast by site
 - MPLH
 - Compliance with Food Waste Recovery Program
- 21 Site assemblies are completed
- Work group is established for food waste recovery program
- Working with Auditor to ensure minimal findings are quickly resolved.

Twin Rivers Unified School District: *Inspiring each student to extraordinary achievement every day!*





2019/2020 Program Expansion

Fresh Fruit and Vegetable Program Grant

No Kid Hungry Breakfast Grants

Farm to School

Fresh! Harvest



FFV programs create healthier school environments by providing healthier food choices; expanding the variety of fruits and vegetables children experience, increasing children's fruit and vegetable consumption and will make a difference in a child's diet that impacts their present and future health.

20 Fresh Fruit and Vegetable Program Grants

Every Student receives:

- Mid-morning snack of fresh produce
- Nutrition Education
- 1 Farmers Market event
- Farmers Market Team
- Site receives additional labor



2019-2020 FFVP Grant Schools

D.W. Babcock
Garden Valley
Madison
Pioneer
Allison

Del Paso Heights
Hagginwood
Castori
Sierra
Woodlake

Fairbanks
Johnson
Noralto
Smythe
Woodridge

Frederick Joyce
Kohler Elementary School
Northwood Oakdale
Village



Programs Start September

Our F2S Planning Committee will develop a unified strategy for improving the lives of our students through healthy eating, education, and applied experiences.

Farm to School (F2S)

Objectives:

- Establish a F2S Advisory Team
- Assess our current agricultural/food programs throughout the district
- Create goals to:
 - Increase student cognizance of agriculture, slow foods, and healthy eating
 - Increase student consumption of locally grown produce
 - Engage parents, students, school staff and administration in creating a culture of support and economic sustainability.
 - Strengthen existing F2S relationships with our community partners





Standards of Conduct in Procurement

Ensuring Integrity





What are ethics?

relation or from a
point of view.

Ethics [eth'iks] *n*
moral choices to
value of human
principles that
what is thou



Competition


- Ensuring full and open competition is the basis for procurement rules
- Fairness and integrity encourages competition





What are the Rules?

- SP 09-2015, CACFP 03-2015, SFSP 02-2015, dated November 21, 2014: Written Codes of Conduct and Performance of Employees Engaged in Award and Administration of Contracts
- 2 CFR 200.318-319
- State and local requirements



7 CFR 210.21(c)

- Federal regulations require SFAs to maintain procurement procedures that include a written standards of conduct governing conflicts of interest and the activities of employees engaged in procurement. 7 CFR Section 200.318(c)(1)



What Must be Included?

- **Conflicts of Interest:** Define a conflict of interest and ensure staff with a conflict of interest do not participate in contract-related activities
- **Disciplinary action:** Include disciplinary action for code of conduct violations
- **Gratuities, favors, and gifts:** Ensure applicable staff do not solicit gifts from contractors and address whether staff are allowed to accept gifts of nominal value or not. If gifts are allowed, the code of conduct must include the nominal value
- **Organizational conflicts of interest:** This ensures the ability of the CNP Operator to be impartial if conducting a procurement transaction involving a related organization
- **Statement of Economic Interest:** This ensures that public employees who make or influence governmental decisions submit a Statement of Economic Interest, Form 700, when required



What is a conflict of interest?

- An employee, officer, or agent, any member of his or her immediate family, his or her partner, or an organization which employs or is about to employ any of the parties indicated herein, **has a financial or other interest in or a tangible personal benefit from** a firm considered for a contract.





What does “a financial or other interest in or a tangible personal benefit from” look like?

- The officers, employees, and agents of the non-Federal entity may neither solicit nor accept **gratuities, favors, or anything of monetary value** from contractors or parties to subcontracts.





Unacceptable Gifts and Gratuities



.....

Examples of items that SFA staff generally may accept – even from a contractor – include:

- **Boxes of donuts or other food/non-food items given to SFA employees**
- **Gifts valued at \$20 or less per “source” per occasion;**
- **Gifts based on a personal relationship;**
- **Meals, lodging, transportation, or other benefits that are from your spouse’s employer, provided that the gift was not given or enhanced because of your job at the SFA;**
- **Gifts or discounts available to the general public, to all Government employees, or to all military personnel; and**
- **Free attendance at a conference or similar “widely attended gathering.”**



Ethics in Procurement

- Clear and concise policy
- Leadership endorsement
- Readily available
- Regular improvement
- Training





In Summary

- If it doesn't feel right, it probably isn't
- If it's something that you would cringe to see in a headline, think twice.
- Vendors should not offer, or be expected to provide, unallowable incentives
- Everything has a cost associated with it
- Gifts - Prizes - Meals - Sponsorships - Donations



Theft in the Workplace

- **PART 210—NATIONAL SCHOOL LUNCH PROGRAM**
- **§210.26 Penalties.**
- Whoever embezzles, willfully misapplies, steals, or obtains by fraud any funds, assets, or property provided under this part whether received directly or indirectly from the Department, shall if such funds, assets, or property are of a value of \$100 or more, be fined no more than \$25,000 or imprisoned not more than 5 years or both; or if such funds, assets, or property are of a value of less than \$100, be fined not more than \$1,000 or imprisoned not more than 1 year or both. Whoever receives, conceals, or retains for personal use or gain, funds, assets, or property provided under this part, whether received directly or indirectly from the Department, knowing such funds, assets, or property have been embezzled, willfully misapplied, stolen, or obtained by fraud, shall be subject to the same penalties.



Theft in the Workplace in TRUSD

- All employees must adhere to the following policy and procedures at all times
 - Under no circumstance is food, leftovers, or food designated for disposal to be taken.
 - Each café team member is entitled to one earned meal per day, eaten within the café premises.
 - Up to two items may be purchased per day at half-price for consumption within the café premises.
 - Student workers are entitled to one full meal. These meals are entered into the POS by the Team Leader as an earned meal.
 - All employee transactions must be handled by the Team Leader.
 - Any food sales after the lunch period must be directed to the Team Leader.
 - All backpacks, bags and purses must be kept in designated area as assigned by Nutrition Services



Professional Standards Code

- KEY AREA: 2000
- 2400 Purchasing/Procurement



Administrative Review (AR) Process- School Nutrition Programs

2019-2020 SCHOOL

AR Overview

Strategize for a
successful AR

Be familiar with what is
expected during an AR

- Three year cycle
 - Last AR was 2015-2016 school year
- More in-depth Fiscal Review
- Technical Assistance
- Administrative Review Process

Process

Off-site Assessment Tool

Pre-Review Workshop

On-site Review

Exit Conference



On- Site Review

- Observe Meal Prep
- Standardized Recipes
- Portion Sizes
- Vended Meals

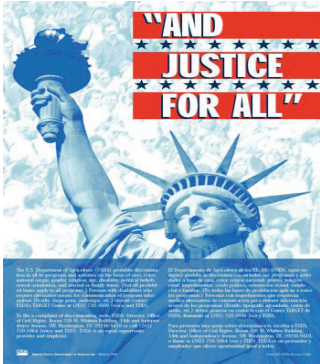
Tips for Success

1. Check Recipes for Accuracy
2. Confirm weekly requirements
3. Post Health Inspections, wellness policy and other required signage
4. Contact vendors

You make a difference in
the lives of children
each day as part of our
Nutrition Service team!

THANK YOU!

TRUSD is an equal opportunity employer and will not discriminate against any employee or applicant for employment (BP 4030). Successful applicants may be employed by the Board of Trustees upon the recommendation of the Superintendent in full cooperation with the Associate Superintendent of Human Resources. The recommendations will be based on the information secured through employment procedures.





2019-2020 SYR PD CALENDAR

—Annual Calendar

- Professional Standards Tracking
- Available on Staff Webpage

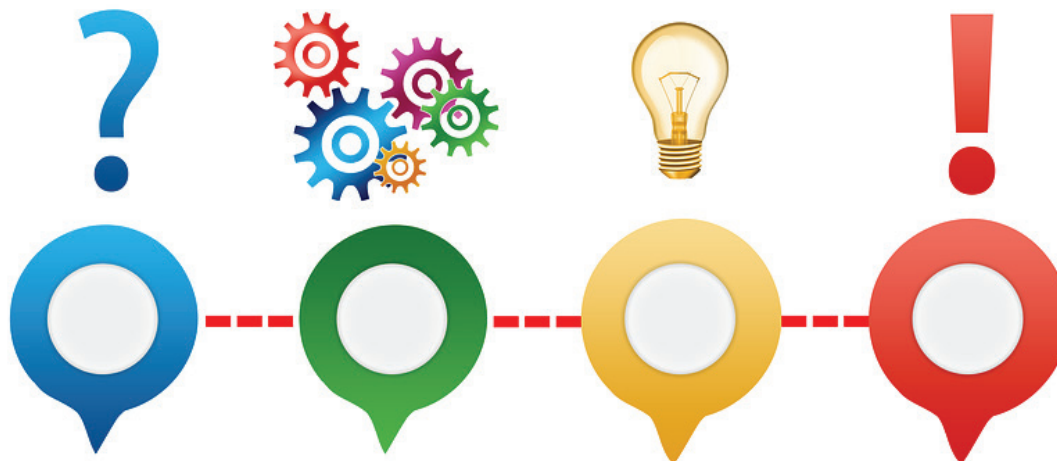




OFF SITE MEETINGS

– Monthly meetings with your supervisor!

- Open up communication***
- Allow for more support at a site level***
- Troubleshooting and Hands On Problem solving***





NUTRITION SERVICES

Uniforms

Cell Phones

Finger Nails



PN/SICK TIME

- 10 days each year
- 7 of the 10 can be for PN time
- PN **MUST** be pre approved
- What is PN?



EMPLOYEE HANDBOOK & HACCP SOP MANUAL

TwinRivers
UNIFIED SCHOOL DISTRICT

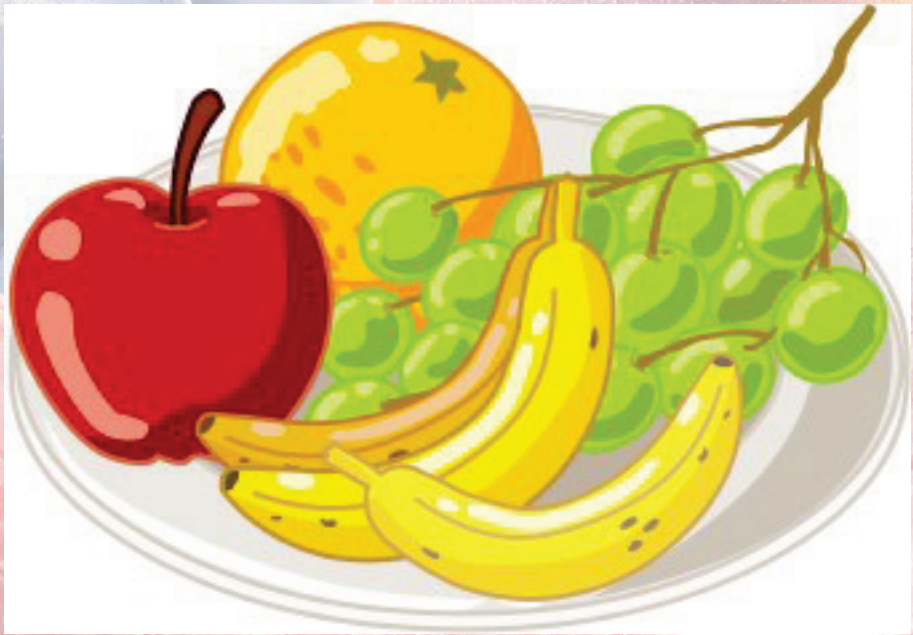
Nutrition
Services
HACCP
SOP Manual

Revised July 2019

JOHNNY PARRATTO



PROPACIFIC FRESH





BIMBO





NUTRITION SERVICES

Universal Alarm Code

1319





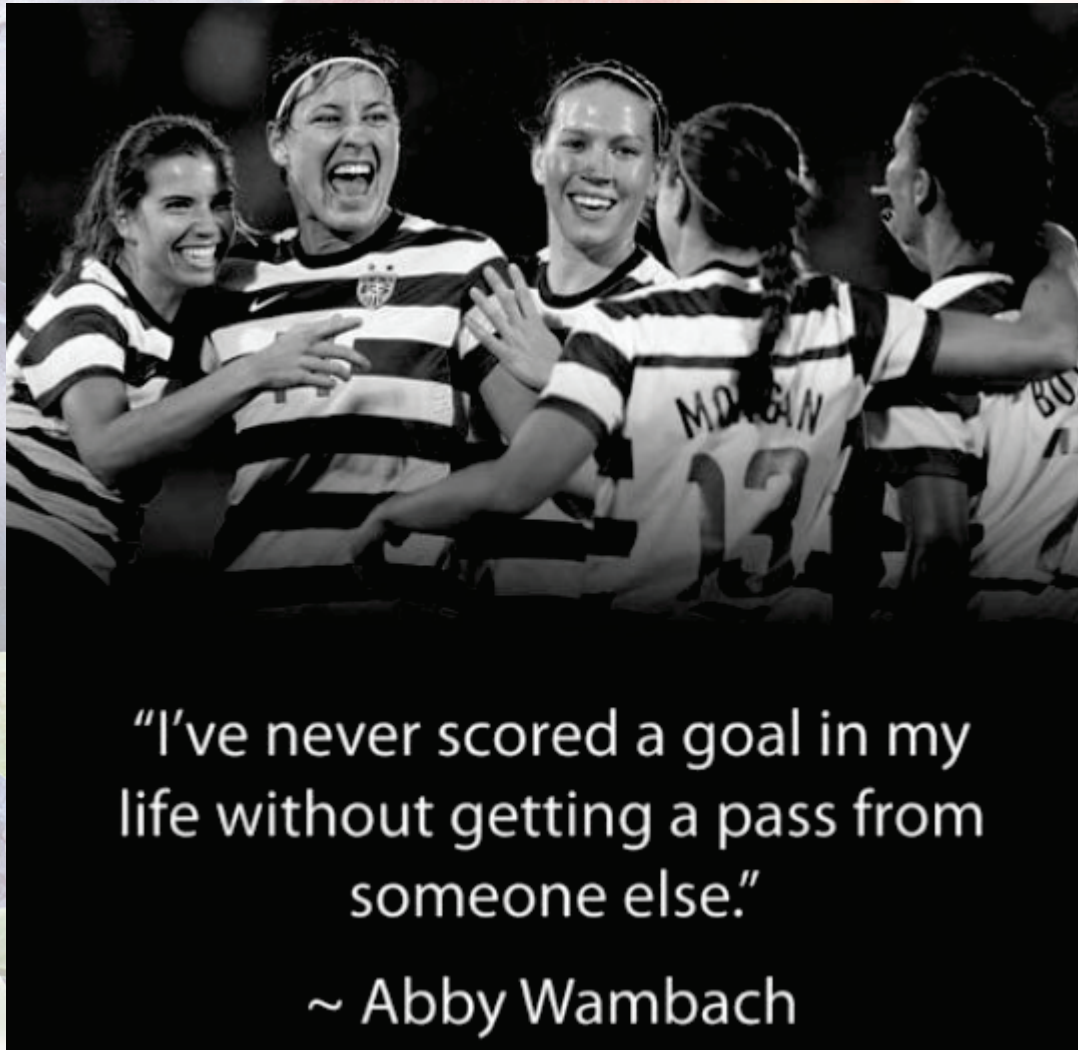
MANDATORY TRAINING

<https://erp.hour-zero.com/epso/servlet/home>





THANK YOU!!



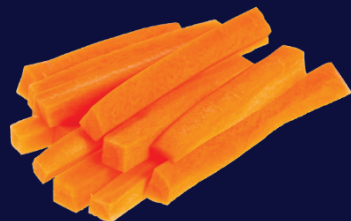
"I've never scored a goal in my life without getting a pass from someone else."

~ Abby Wambach

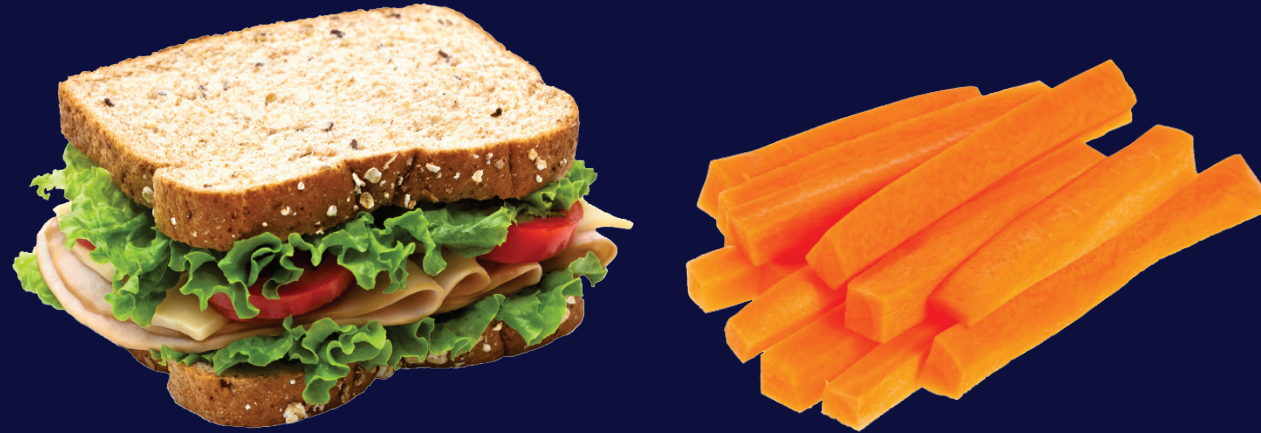
The Planned Meal (Grades K-5)

SAMPLE LUNCH MENU 1 – Elementary School Lunch Menu

Food and Amount	Component
Turkey (1 ounce) and cheese (1 ounce) sandwich	Meat/meat alternates (MMA), 2 oz eq
whole-wheat bread (2 slices) with	Grains (G), 2 oz eq
lettuce (¼ cup) and tomato (⅛ cup)	Vegetables (V), ¼ cup
Carrot sticks (½ cup)	Vegetables (V), ½ cup
Fresh red apple (½ cup)	Fruits (F), ½ cup
Milk choice (1 cup)	Milk (M), 1 cup

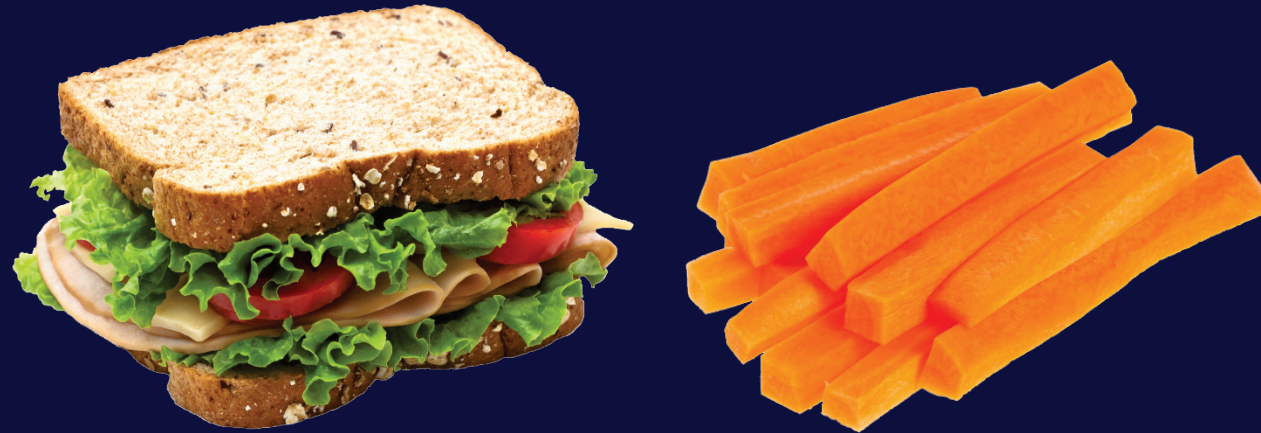


Student Selects



Reimbursable Meal?

Student Selects

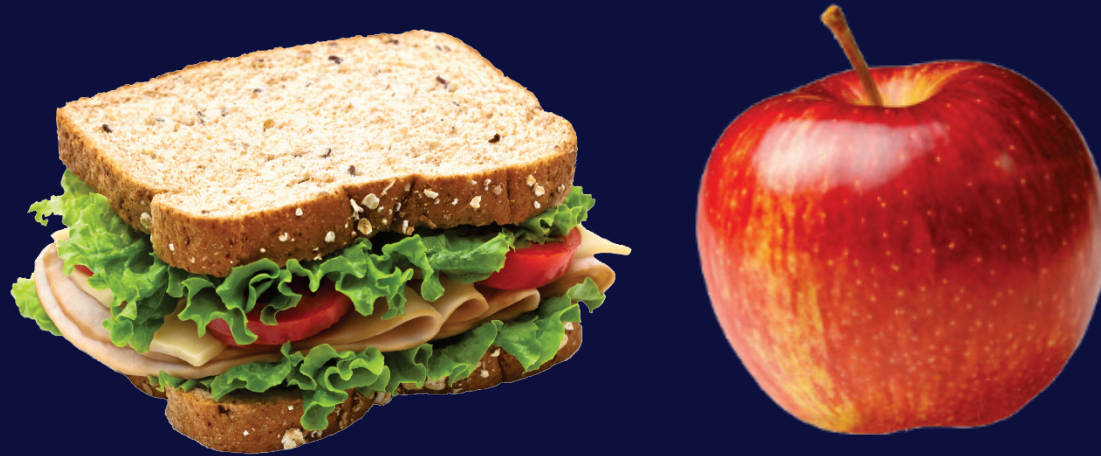


Reimbursable Meal?

YES

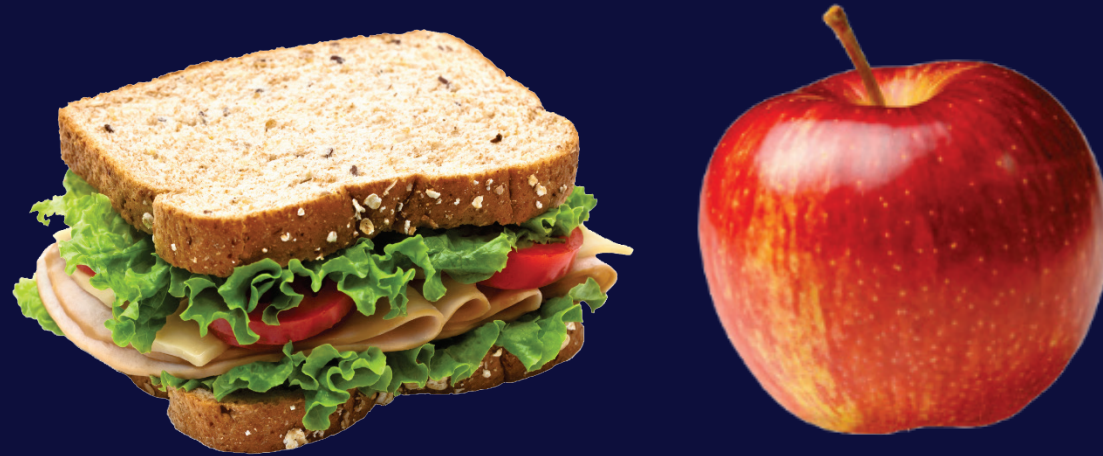
Contains minimum required serving of
3 full components (MMA, G and V)

Student Selects



Reimbursable Meal?

Student Selects

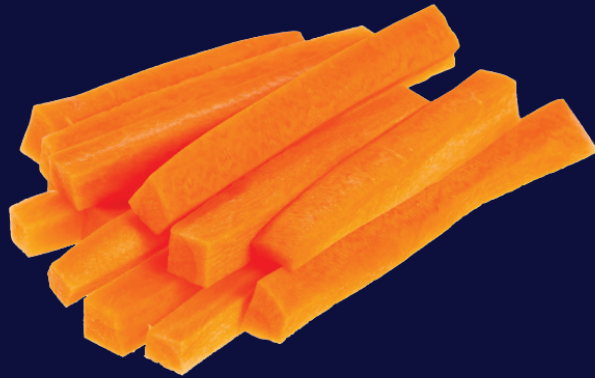


Reimbursable Meal?

YES

Contains minimum required serving of
3 full components (MMA, G and F)

Student Selects



Reimbursable Meal?

Student Selects

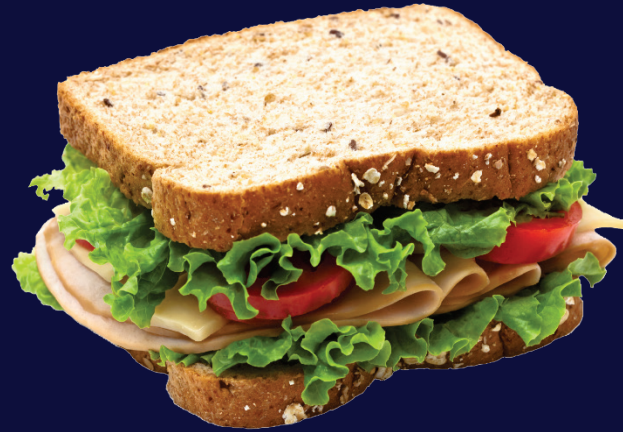


Reimbursable Meal?

YES

Contains minimum required serving of
2 full components (F and M) and
includes **½ cup of V**

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains minimum required serving of **3 full components** (MMA, G and M) but **missing at least ½ cup of F or V** (lettuce and tomato is ¼ cup)

The Planned Meal (Grades 6-8)

SAMPLE LUNCH MENU 2 – Middle School Lunch Menu

Food and Amount	Component
WGR pasta (½ cup) with	G, 1 oz eg
meat sauce (with 1 ½ ounces cooked meat) and ¼ cup tomato sauce	MMA, 1 ½ oz eq V ¼ cup
Whole-grain roll, 1 ounce	G, 1 oz eg
Romaine garden salad (1 ½ cups) *	V, ¾ cup *Leafy greens credit as half of volume served
Fresh fruit cup (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains minimum required serving of **3 full components** (G, MMA and M) but **missing at least ½ cup of F or V** (tomato sauce is ¼ cup)

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

YES

Contains minimum required serving of
3 full components (G, MMA and V)

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains minimum required serving of **2 full components** (G and MMA) but **missing at least ½ cup of F or V** (tomato sauce is ¼ cup)

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

YES

Contains minimum required serving
of **3 full components** (V, F and M)

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

YES

Contains minimum required serving of
3 full components (G, F and M)

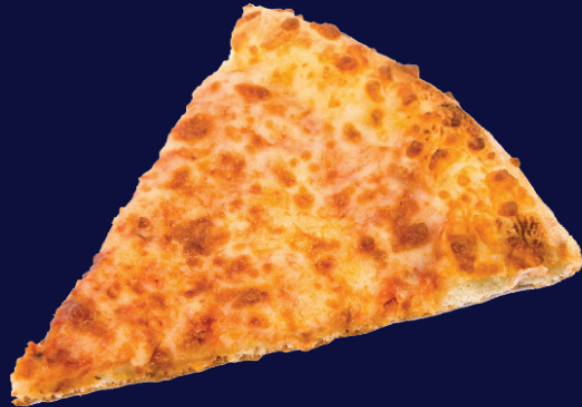
The Planned Meal (Grades 9-12)

SAMPLE LUNCH MENU 3 – High School Lunch Menu

Food and Amount	Component
Cheese pizza	MMA, 2 oz eq, G, 2 oz eg
Broccoli florets (½ cup) with low-fat dip	V, 1 cup
Corn (½ cup)	
Cantaloupe wedges (½ cup)	F, 1 cup
Red grapes (½ cup)	
Milk choice (1 cup)	M, 1 cup



Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains minimum required serving of **3 full components** (MMA, G and M) but **missing at least ½ cup of F or V**

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

YES

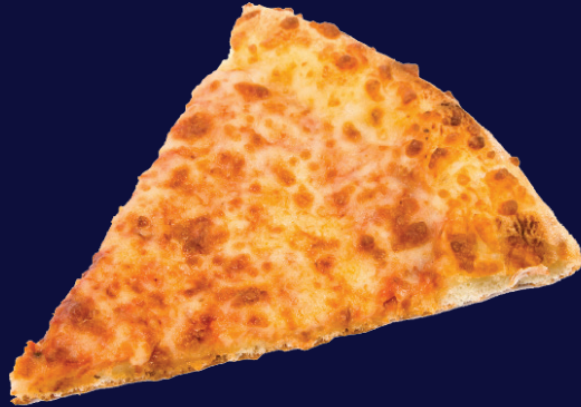
Contains minimum required serving of
3 full components (MMA, G and M)
and includes **½ cup of V**

Student Selects



Reimbursable Meal?

Student Selects

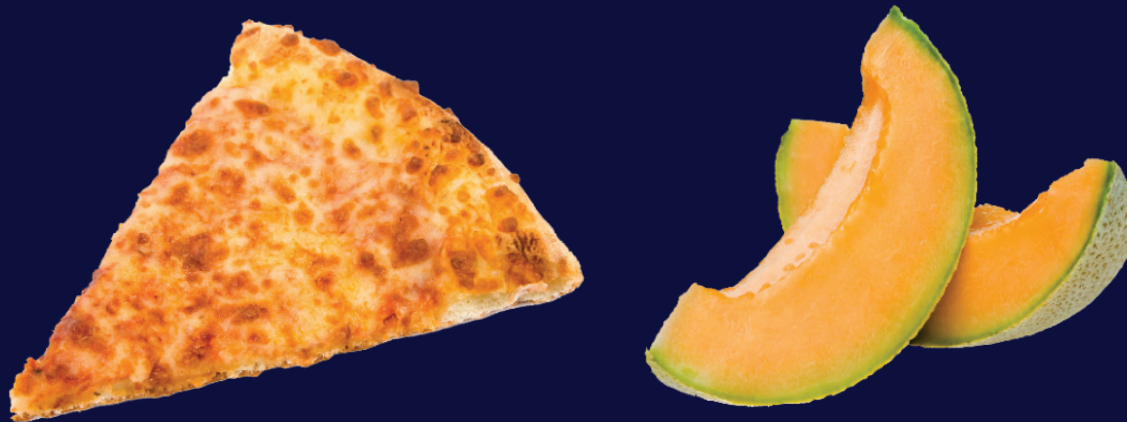


Reimbursable Meal?

YES

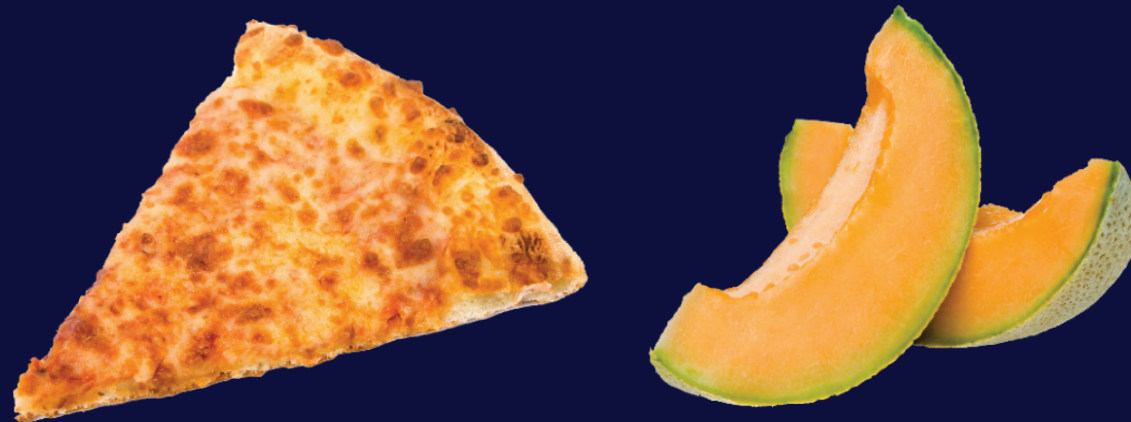
Contains minimum required serving of
2 full components (MMA and G) and
includes **½ cup of F**

Student Selects



Reimbursable Meal?

Student Selects

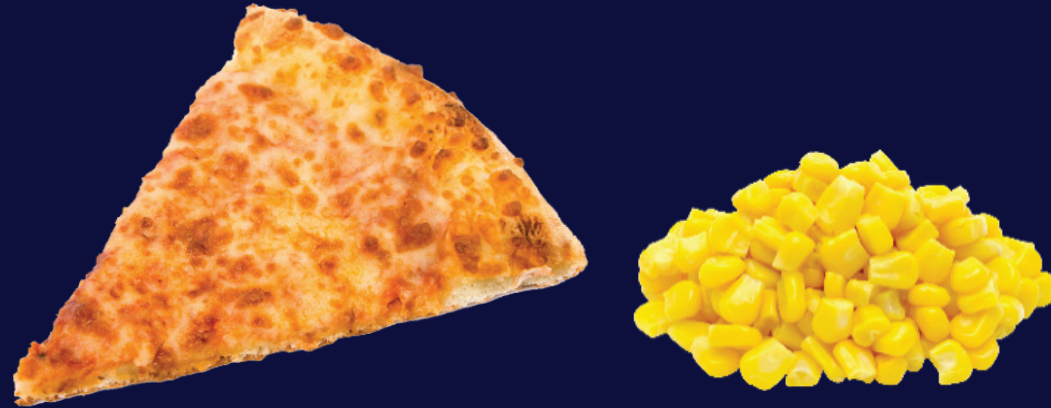


Reimbursable Meal?

YES

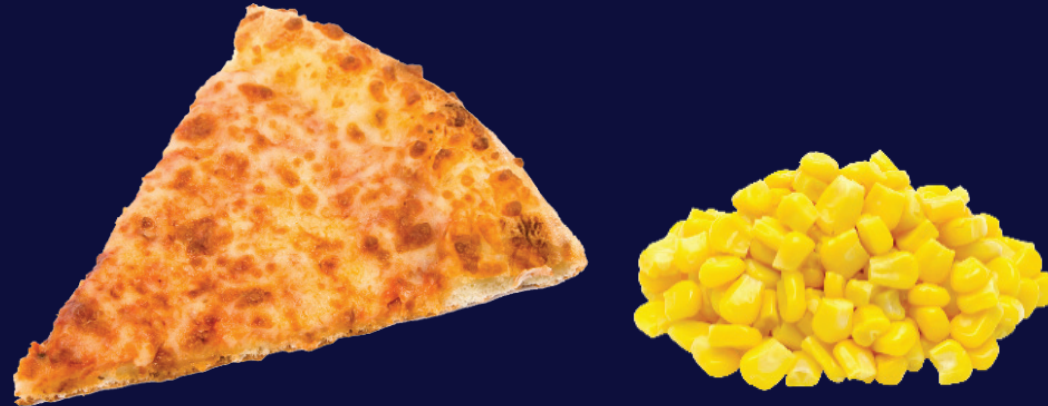
Contains minimum required serving
of **2 full components** (MMA and G)
and includes **½ cup of F**

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

YES

Contains minimum required serving of **2 full components** (MMA and G) and includes **½ cup of V**

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains $\frac{1}{2}$ cup of V but contains only
1 full component (F)

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains minimum required serving of only
2 full components (F and M)

Student Selects



Reimbursable Meal?

Student Selects



Reimbursable Meal?

NO

Contains $\frac{1}{2}$ cup of F and $\frac{1}{2}$ cup of V but contains only **1 full component** (M)