

VICKSBURG COMMUNITY SCHOOLS

Food Service Food & Nutrition Report

Maureen Ouvry, Director



Food for Thought

Vicksburg Community Schools

Maureen Ouvry
Food Service Director

TO: CHARLES GLAES & THE BOARD OF EDUCATION
FROM: MAUREEN OUVRY
DATE: NOVEMBER 12, 2012
RE: **FOOD & NUTRITION REPORT**

The assistance that Food Service is able to provide to our students is both fundamental and indispensable. Starting the year with a state mandated price increase, we saw a drop in our participation. While finances can be a bit of a balancing act for many households, the school meals program continued to be vital as we served over 300,000 nourishing meals during the year! Promoting a healthy eating lifestyle, school meals continue to be fresh, economical, and value packed!

We continue to receive exemplary inspections from our county health department. This is a direct reflection of our ServSafe® certified staff. Last year we received accolades from two five-year audits. The nutrition review was an audit that assured Vicksburg Community Schools was offering the proper nutrition. The Michigan Department of Education performed a Coordinated Review Effort (CRE). This audit verifies that our Vicksburg students are receiving the correct financial assistance and that state and federal reimbursements are completed appropriately. The state auditor observed our department's administrative and kitchen practices and found them to be well managed. These audits are a testament that each meal is balanced, tasty, and safe.

Food Service employees have the opportunity for professional development through our Learn and Earn Program. The annual challenge is for staff to achieve ten professional development credits and perfect attendance. They have the opportunity for credits through independent study, attendance at Kalamazoo Area School Nutrition Association meetings and conference attendance. The success of this program has been demonstrated time and again through the exceptional performance of our staff. An impressive 70% of our staff participates and brings the benefits into their work environment.

We made capital improvements to our Food Service kitchens and equipment totaling \$22,429. A major buckle in the floor in the Indian Lake Elementary kitchen prompted a significant reconstruction upgrade to this kitchen just weeks before the first day of school. This also necessitated an investment of new ovens for this building. These improvements are our "ground zero" and directly affect our ability to serve our students.

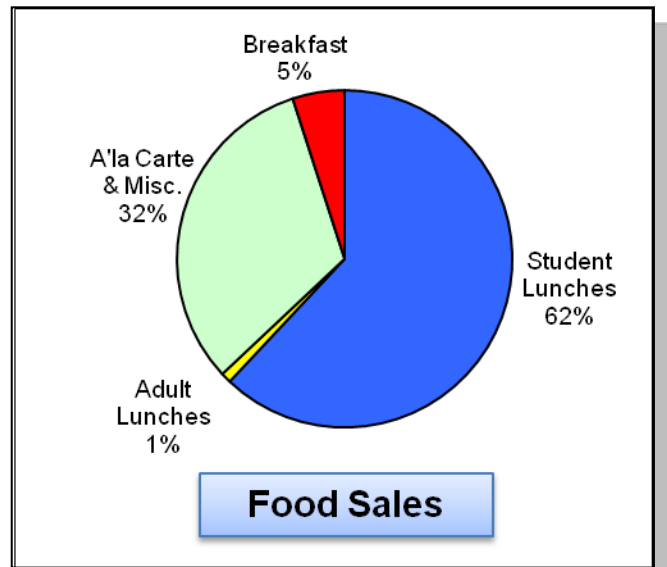
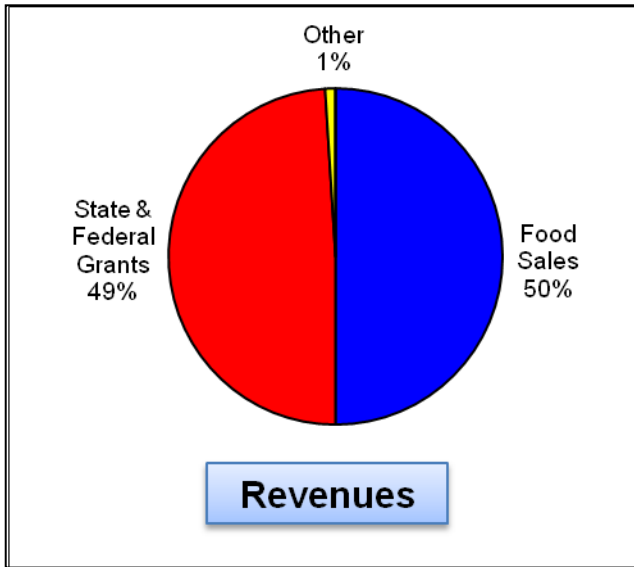
For a second year, healthy meals were prepared for the Summer Feeding Program. Through partnership with our local community we were able to provide meals to children that may not have had the opportunity for a nutritious meal.

We remain focused on healthy children that are ready to learn.

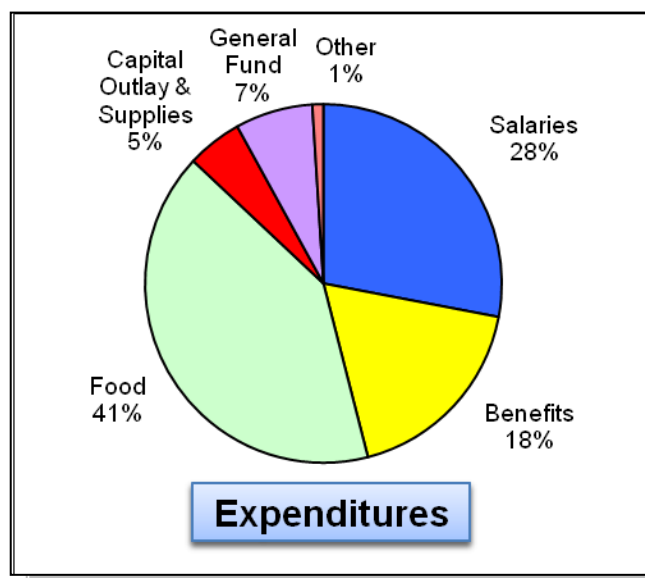
**FOOD SERVICE
REVENUE AND EXPENDITURES
AT A FIVE-YEAR GLANCE**

REVENUE FOR FOOD SERVICE					
	07-08 ACTUAL	08-09 ACTUAL	09-10 ACTUAL	10-11 ACTUAL	11-12 ACTUAL
Food Sales	\$580,520	\$546,372	\$494,670	\$488,607	\$522,014
State & Federal Grants	\$377,675	\$427,524	\$457,110	\$485,406	\$517,785
Other	\$15,039	\$3,964	\$3,345	\$1,906	\$2,592
TOTAL REVENUES	\$973,234	\$977,860	\$955,125	\$975,919	\$1,042,391
EXPENDITURES FOR FOOD SERVICE					
	07-08 ACTUAL	08-09 ACTUAL	09-10 ACTUAL	10-11 ACTUAL	11-12 ACTUAL
Salaries	\$283,246	\$300,721	\$279,487	\$284,767	\$279,433
Benefits	\$158,368	\$180,303	\$168,685	\$160,004	\$185,690
Food Supplies	\$422,357	\$438,435	\$406,580	\$415,537	\$421,089
Capital Outlay / Supplies	\$34,451	\$64,353	\$38,630	\$36,652	\$48,699
Other	\$2,587	\$7,250	\$8,506	\$8,378	\$9,056
Indirect Cost Reimbursement to General Fund	0	0	0	\$69,077	\$73,462
TOTAL EXPENDITURES & TRANSFERS	\$901,009	\$991,062	\$901,888	\$974,415	\$1,017,429

WHERE DOES THE MONEY COME FROM?

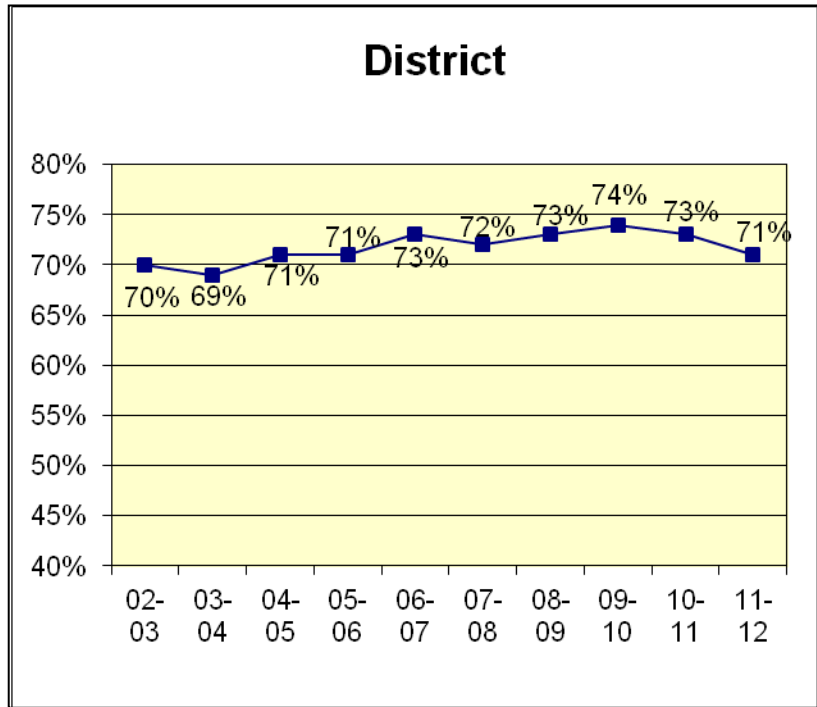


WHERE DOES THE MONEY GO?



PERCENTAGE OF STUDENTS SERVED EACH DAY

District	
02-03	70%
03-04	69%
04-05	71%
05-06	71%
06-07	73%
07-08	72%
08-09	73%
09-10	74%
10-11	73%
11-12	71%



HEALTHY BULLDOG MEAL QUICK BITES 2011-2012

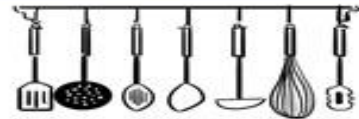
- ☑ We served 58,217 breakfasts. (This is an increase of 3,633 from 2010-2011.)
- ☑ We served 245,208 lunches.
- ☑ 34% of our families qualify for financial assistance.
 - 10% increase from 2007
 - The percentage has doubled since 2002 when 17% qualified.
- ☑ Our lunches reached 1/3 of our students' recommended daily nutritional allowances.
- ☑ Our breakfasts reached 1/4 of our students' recommended daily nutritional allowances.

On the 5th day of December, 2011 our elementary school menu was audited by the State of Michigan for nutrient content.

LUNCH MENU: Monday, December 5

FROM THE KITCHEN OF:

VICKSBURG COMMUNITY SCHOOLS



MAIN ENTREE OPTIONS:

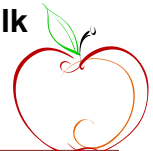
1. Home-Style Deli Pizza Sub
(Open-Face, Whole-Grain Bun topped with Sauce, Cheese, and Pepperoni)
 2. Chicken Patty Sandwich
 3. Peanut Butter & Jelly Sandwich
- Cosmic Potatoes *(Stars, Moon, and Sun Shaped Mashed Potatoes)*
 Applesauce or Fresh Orange Slices
 Pudding Cup
 1% Low-Fat or Skim Milk

Shopping List :

Serves 700 Lunches

(Total Cost: \$910.55)

- | | |
|---------------------------------------|------------------------------|
| 41 Dozen – Whole-Grain Sub Buns | 6 Cups - Jelly |
| 62 Pounds Low-Fat Mozzarella Cheese | 168 Pounds – Cosmic Potatoes |
| 8 Gallons – Pizza Sauce | 14 Gallons – Applesauce |
| 16 Pounds – Pepperoni | 400 – Fresh Oranges |
| 12 Dozen – Whole-Grain Hamburger Buns | 21 Gallons – Pudding Mix |
| 150 – Chicken Patties | 36 Gallons – 1% Low-Fat Milk |
| 7 Loaves – Whole-Grain Sandwich Bread | 8 Gallons – Skim Milk |
| 6 Cups – Peanut Butter | 7 Gallons - Ketchup |



	State of Michigan <u>Target Nutrients</u>	Vicksburg Community Schools <u>Actual Nutrients</u>
Calories	664 kcal	699 kcal
Fat	30% of Cals	29% of Cals
Sodium	1520 mg	1400 mg
Fiber	7 g	8.36 g
Iron	3.5 mg	4.58 mg
Calcium	286 mg	407 mg

Breakfast & Lunch
3 Daily Choices!









NOVEMBER 2012



Peanut Butter & Jelly
Sandwich Offered Daily
for Lunch!

Maureen Ouvry, Food Service Director (Telephone: 321-1031)

Monday	Tuesday	Wednesday	Thursday	Friday	GRAB 'N GO BREAKFAST! <i>includes fruit & milk</i>
<i>Classic Choices:</i> Hot Dog	Chicken Nuggets	Pizza	Grilled Chicken Patty Sandwich	Toasted Cheese Sandwich	
29 <i>Hot! Hot! Hot!</i>  Hot Ham & Cheese Sandwich Sweet Things Tots Fancy Fruit Pudding Cup Milk	30 Twin Tacos <i>(Beef & Cheese Hard or Soft Shell)</i> Mexicana Rice 100% Fruit Juice Chocolate Milk 	31 Halloweenie Hot Dog Nachos w/Cheese Goblin Vegetables Monster Fruit Ghostly Milk	1 Home-Style Pizza Sub Cucumber Wheels Select-A-Fruit Chocolate Milk	2 No School 	<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>Good Morning! Let's eat!</i></p>  </div> <p>Monday: Breakfast Pizza</p> <p>Tuesday: Blueberry Pancakes</p> <p>Wednesday: Fresh Baked Cinnamon Roll</p> <p>Thursday: Bagel with Cream Cheese</p> <p>Friday: Just Baked Biscuit with Sausage Gravy</p>
5  Low Fat Fruity Yogurt BIG Soft Pretzel P.B. Crunchers Fresh Orange Smiles Chocolate Milk	6 All-American Hamburger Stars & Stripes Fries Cinnamon Apples State Cookies Patriotic Prize Milk 	7 Aunt Jemima Waffles (2) Sausage Links Hash Browns 100% Orange Juice Chocolate Milk	8 Nacho Grande' <i>Chicken, Cheese Lettuce & Tomato</i> Fresh Baked Cinnamon Roll Lunch Bunch Grapes Milk	9 Deli Basket Hearty Sub Sandwich Pickle Spear Sweet Things Tots Red Delicious Apple Chocolate Milk	
12 Late Start- Early Release Day Stuffed Crust Pizza Glazed Carrots Chilled Fruit Cup Milk	13 <i>Ooh la la!</i> French Toast Slices Sausage Patty Hash Browns Orange Wedges Chocolate Milk	14 South of the Border Cheese Quesadilla Served with Black Bean & Corn Salsa Rosy Applesauce Milk	15 HEALTHY HARVEST Roast Turkey Mashed Potatoes & Gravy Fresh Baked Roll Pumpkin Pie Chocolate Milk	16 Chicken Parmesan Chicken Patty <i>with Marinara & Mozzarella</i> Curly Noodles Dark Greens Salad Chilled Fruit Cup Milk	

LOW BALANCE E-MAIL NOTICE

Would you like to receive an automated e-mail if your student's account balance is running low?

Send an e-mail request to: mouvry@vicksburgschools.org Be sure to include the name(s) of your child(ren)!

Single Student Breakfast: \$1.25

View Student Accounts at SendMoneyToSchool.com

Single Student Lunch: \$2.25

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write: USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Breakfast & Lunch
3 Daily Choices!








NOVEMBER 2012



Peanut Butter & Jelly
Sandwich Offered Daily
for Lunch!

Maureen Ouvry, Food Service Director (Telephone: 321-1031)

Monday	Tuesday	Wednesday	Thursday	Friday	GRAB 'N GO BREAKFAST! <i>includes fruit & milk</i>
<i>Classic Choices:</i> Hot Dog	Chicken Nuggets	Pizza	Grilled Chicken Patty Sandwich	Toasted Cheese Sandwich	
19 Sweet & Smokey BBQ Rib Sandwich Golden Corn Baked Beans Milk	20 Macaroni & Cheese Sausage Links Crunch-A-Bunch of Veggies Pick-A-Fruit Chocolate Milk	21 Popcorn Chicken Quinoa <i>with Sweet & Sour Sauce</i> Steamy Broccoli Tropical Tidbits Milk	22 HAPPY THANKSGIVING!  No School No School		<p><i>Good Morning! Let's eat!</i> </p> <p>Monday: Breakfast Pizza</p> <p>Tuesday: Blueberry Pancakes </p> <p>Wednesday: Fresh Baked Cinnamon Roll</p> <p>Thursday:  Bagel with Cream Cheese</p> <p>Friday: Just Baked Biscuit with Sausage Gravy</p>
26 Pleasin' Cheesy Pizza Great Green Beans Chilled Fruit Cup Chocolate Milk 	27 Flap Jack Pancakes Breakfast Patty Hash Browns 100% Orange Juice Milk	28 Chicken Tacos Black Bean & Corn Salsa Baked Apples Chocolate Milk	29 <i><u>Mama Mia!</u></i> Spaghetti & Meatballs Dark Greens Salad Garlic Toast Peach Cup Milk	30 Corn Dog On a Stick Sweet Things Tots Lunch Bunch Grapes Wiggle Giggle Gelatin Chocolate Milk	

TURKEY JOKES

- Q:** What kind of music did the Pilgrims like?
A: Plymouth Rock!
- Q:** What did the turkey say before he was roasted?
A: Boy! I'm stuffed!
- Q:** Why was the turkey sent to the principal's office?
A: Because he used FOWL language!
- Q:** Is turkey soup good for your health?
A: Not if you're the turkey!



SAFE TURKEY FACTS

- There are three safe ways to thaw your turkey: in the refrigerator, under cold water, or in the microwave. *Do not thaw your turkey on the kitchen counter!*
- At room temperature, bacteria can grow rapidly on the turkey. When the outside portion of the bird begins to thaw, bacteria can multiply to dangerous levels producing toxins that cannot be destroyed by cooking.

Single Student Breakfast: \$1.25 Visit Our Website at www.vicksburgcommunityschools.org **Single Student Lunch: \$2.25**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write: USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.