

# VICKSBURG COMMUNITY SCHOOLS

## Food Service Food & Nutrition Report

Maureen Ouvry, Director



*Food for Thought*

TO: CHARLES GLAES & THE BOARD OF EDUCATION  
FROM: MAUREEN OUVRY  
DATE: NOVEMBER 8, 2014  
RE: **FOOD & NUTRITION REPORT**

The assistance that Food Service is able to provide to our students is both fundamental and indispensable. 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!

New regulations have had an impact on our program this year. The positive outcome is that our students are consuming more fruits, vegetables and other healthy options and those students are being offered and/or are selecting a wider variety of fruits and vegetables. The new meal pattern has generated positive reactions from parents allowing the cafeteria to serve as an example of healthy choices. However, our program has also experienced an overall decrease in participation in the school lunch program when compared with the previous school year. Decreases were more common within the paid meal category compared to the free or reduced price categories, which mirror national participation trends. During the 2013-2014 school year we experienced a 2% decrease in school lunch participation. In the State of Michigan, school lunch participation was down 8.3%.

Among other findings, since the new regulations began, we have experienced an increase in the average cost to produce a school lunch. An increase in per-meal costs for the fruit, vegetable, entrée and grain components of the meal is evident. Fruits and vegetables are clearly identified as the meal components that have increased the most in terms of average per meal costs. The best way to offset these increased costs to our program is to better utilize USDA foods (commodities). With lower student participation last year, we received fewer commodities. With these changes we are reminded that the commodity consortiums are critical to our success. We are active in our purchase of commodity items.

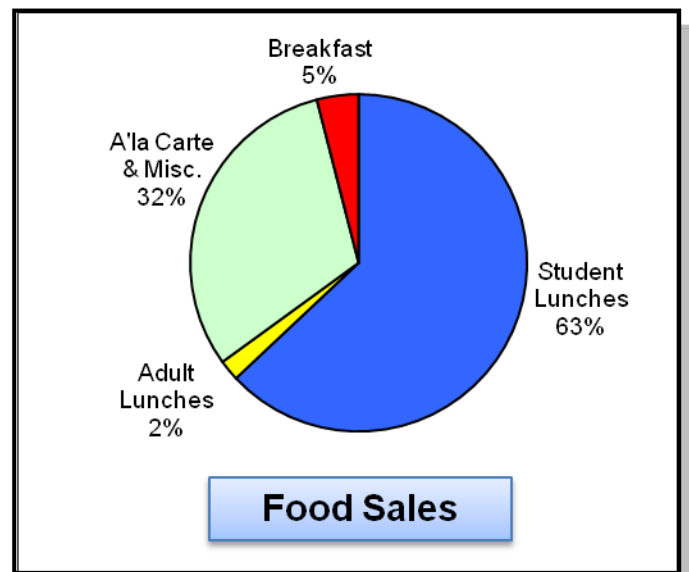
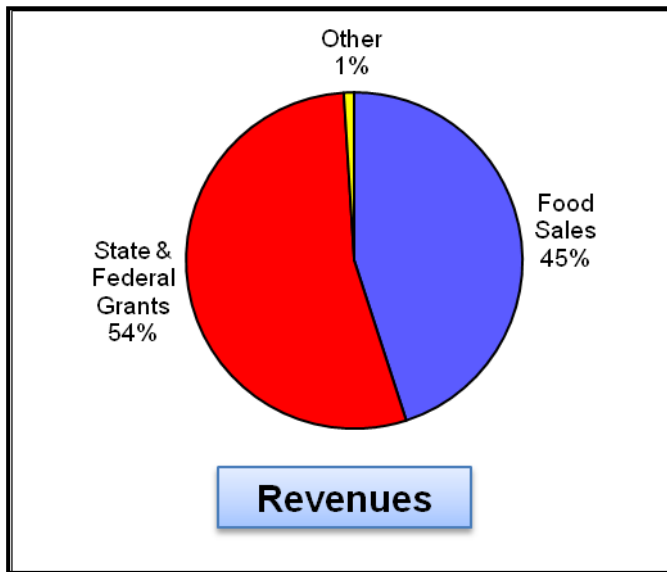
Food Service employees have the opportunity for professional development through our Learn and Earn Program. The annual challenge is for staff to achieve ten professional development credits and perfect attendance. They have the opportunity for credits through independent study, attendance at Kalamazoo 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 100% of our staff participates and brings the benefits into their work environment.

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

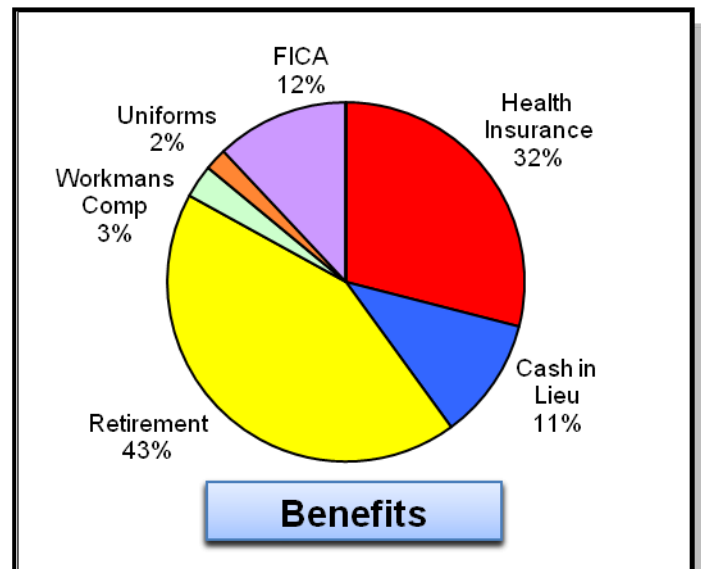
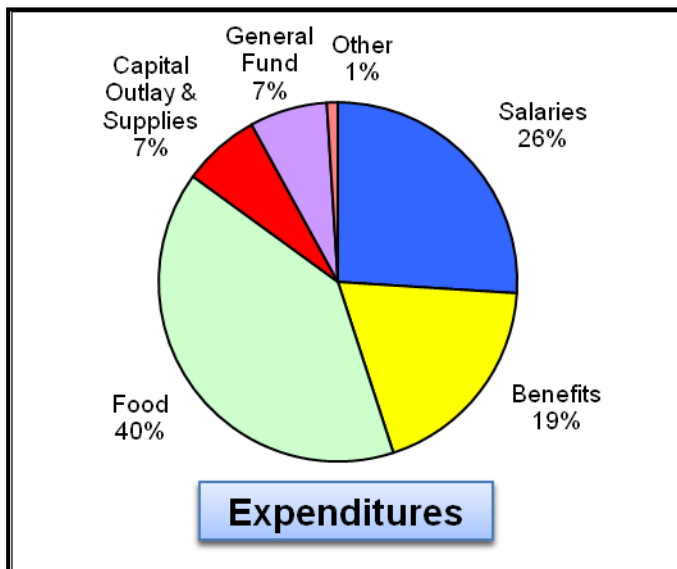
# FOOD SERVICE REVENUE AND EXPENDITURES AT A FIVE-YEAR GLANCE

REVENUE FOR FOOD SERVICE					
	09-10 ACTUAL	10-11 ACTUAL	11-12 ACTUAL	12-13 ACTUAL	13-14 ACTUAL
Food Sales	\$494,670	\$488,607	\$522,014	\$550,641	\$513,182
State & Federal Grants	\$457,110	\$485,406	\$517,785	\$503,613	\$590,895
Other	\$3,345	\$1,906	\$2,592	\$373	\$1,219
<b>TOTAL REVENUES</b>	<b>\$955,125</b>	<b>\$975,919</b>	<b>\$1,042,391</b>	<b>\$1,054,627</b>	<b>\$1,105,297</b>
EXPENDITURES FOR FOOD SERVICE					
	09-10 ACTUAL	10-11 ACTUAL	11-12 ACTUAL	12-13 ACTUAL	13-14 ACTUAL
Salaries	\$279,487	\$284,767	\$279,433	\$299,147	\$289,561
Benefits	\$168,685	\$160,004	\$185,690	\$199,179	\$212,626
Food Supplies	\$406,580	\$415,537	\$421,089	\$388,180	\$442,234
Capital Outlay / Supplies	\$38,630	\$36,652	\$48,699	\$58,763	\$76,811
Other	\$8,506	\$8,378	\$9,056	\$11,004	\$6,251
Indirect Cost Reimbursement to General Fund	0	\$69,077	\$73,462	\$75,547	\$75,000
<b>TOTAL EXPENDITURES &amp; TRANSFERS</b>	<b>\$901,888</b>	<b>\$974,415</b>	<b>\$1,017,429</b>	<b>\$1,031,820</b>	<b>\$1,102,485</b>

## WHERE DOES THE MONEY COME FROM?

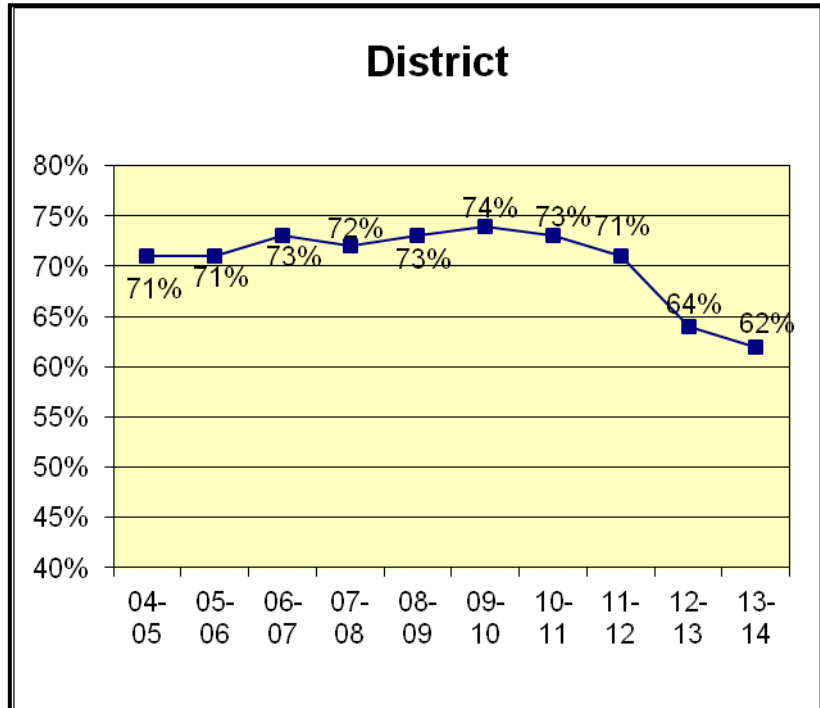


## WHERE DOES THE MONEY GO?



## PERCENTAGE OF STUDENTS SERVED EACH DAY

District	
04-05	71%
05-06	71%
06-07	73%
07-08	72%
08-09	73%
09-10	74%
10-11	73%
11-12	71%
12-13	64%
13-14	62%



### HEALTHY BULLDOG MEAL QUICK BITES 2013-2014

- ✓ We served 62,723 breakfasts. (This is an increase of 1,540 from 2012-2013.)
- ✓ We served 240,667 lunches. (This is a decrease of 12,960 from 2012-2013)
- ✓ 34% of our families qualify for financial assistance.
  - 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.

Breakfast & Lunch  
3 Daily Choices!










# NOVEMBER 2014

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



Peanut Butter & Jelly  
Sandwich Offered Daily  
for Lunch!

Monday	Tuesday	Wednesday	Thursday	Friday	GRAB 'N GO BREAKFAST! <i>includes fruit &amp; milk</i>
<i>Classic Choices:</i> Chicken Nuggets	Zesty Pizza	Hot Dog	Mini Pancakes with Yogurt	Chicken Patty Sandwich	<div>Good Morning! Let's eat!</div> <div>Monday: Breakfast Pizza</div> <div>Tuesday: Sunrise Sandwich</div> <div>Wednesday: Scrambled Eggs</div> <div>Thursday: Muffin with String Cheese</div> <div>Friday: Bagel with Cream Cheese</div> 
3 <b>#1 FaVOrite!</b> <b>Italian Dunkers</b> Cheesy Breadsticks with Marinara Sauce Veggie Crunchers Fruity Fruit Juice Milk	4 Popcorn Chicken ☁...Steamy...☁ Whole Grain Rice Broccoli Trees Tropical Tidbits Chocolate Milk	5 Flap Jack Pancakes Sausage Links Hash Browns Fresh Orange Smiles Milk	6 <i>Fresh from the Garden!</i> <b>SALAD BAR</b> Egg, Cheese ...and lots more! ½ Sandwich Chocolate Milk 	7 Whole Grain Pizza Bagel Golden Corn Watermelon Chunks Milk 	
10 <b>Late Start Day!</b> Corn Dog on a Stick Glazed Carrots Pick-A-Fruit Chocolate Milk	11 <b>All-American Hamburger</b> Stars & Stripes Fries Cinnamon Apples  State Cookies Patriotic Prize Milk	12 <i>Flatbread Pizza</i> PB Crunchers Cup of Strawberries Wiggle Giggle Gelatin Chocolate Milk	13 <b>Macho Grande'</b> Lots of Nachos! Beef, Cheese Lettuce & Tomato Black Bean & Corn Salsa "Made from Scratch" Cinnamon Rolls Milk	14 "In the Zone" Calzone Corn Niblets Rosy Applesauce Chocolate Milk	
<div>HERE'S ANOTHER REASON TO CHOOSE WHOLE GRAINS! <p>They help you think more clearly. Your brain needs a steady supply of energy to concentrate and focus. Whole grains release their glucose into your system <b>SLOWLY</b>, helping you stay mentally alert and ready to think <b>LONGER</b>.</p></div>					
<div>LOW BALANCE E-MAIL NOTICE <i>Would you like to receive an automated e-mail if your student's account balance is running low?</i> Send an e-mail request to: <a href="mailto:mouvry@vicksburgschools.org">mouvry@vicksburgschools.org</a> Be sure to include the name(s) of your child(ren)!</div>					

Single Student Breakfast: \$1.25

View Student Accounts at [SendMoneyToSchool.com](http://SendMoneyToSchool.com)

Single Student Lunch: \$2.50

Breakfast & Lunch  
3 Daily Choices!



# NOVEMBER 2014



Peanut Butter & Jelly  
Sandwich Offered Daily  
for Lunch!

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

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<b>Classic Choices:</b> Chicken Nuggets	<b>Zesty Pizza</b>	<b>Hot Dog</b>	<b>Mini Pancakes with Yogurt</b>	<b>Chicken Patty Sandwich</b>	
<b>17</b> Low-Fat Fruity Yogurt Whole Grain Bagel P.B. Crunchers Big Red Apple Chocolate Milk	<b>18</b> <b>Twin Tacos</b> <i>(Hard or Soft Shell)</i> Beef, Cheese Lettuce & Tomato Orange Wedges Milk	<b>19</b> <b><i>Playground Fun!</i></b> Chicken Hula Hoops Four Square Fries Hop Scotch Fruit Puddles of Pudding Milk	<b>20</b> <b>HEALTHY HARVEST</b> Roast Turkey Mashed Potatoes Oven-Fresh Roll Harvest Dessert Milk	<b>21</b> <b>Deli Deluxe Sub Sandwich</b> Pickle Spear Sweet Thing Tots Yummy Banana Chocolate Milk	<i>Good Morning! Let's eat!</i>
<b>24</b> <b>South of the Border</b> <b>Quesadillas</b> Steamy Rice Cowboy Salsa Baked Cinnamon Apples Chocolate Milk	<b>25</b> <b>Aunt Jemima® Waffles</b> Breakfast Patty Hash Browns 100% Orange Juice Milk	<b>26</b> <b>Stuffed Crust Pizza</b> Great Green Beans Pick-A-Fruit Chocolate Milk	<b>27</b> <b>HAPPY THANKSGIVING!</b>  <b>NO SCHOOL</b> <b>NO SCHOOL</b>		<b>Monday:</b> <b>Breakfast Pizza</b>
					<b>Tuesday:</b> <b>Sunrise Sandwich</b>
					<b>Wednesday:</b> <b>Scrambled Eggs</b>
					<b>Thursday:</b> <b>Muffin with String Cheese</b>
					<b>Friday:</b> <b>Bagel with Cream Cheese</b>

## 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](http://www.vicksburgcommunityschools.org)

Single Student Lunch: \$2.50

USDA is an equal opportunity provider and employer.