

Policy 533 Wellness requires that the school board be provided an annual report for the district's compliance. **I recommend accepting the 2014-15 Wellness Report**

Becker Public Schools 2014-15 Wellness Report

Date: June 29, 2015

The 2014-15 school year provided additional challenges for the Food Service Department. The food service department tried a new breakfast program that served hot food at all the schools for breakfast 3-5 times per week. The hot breakfast items included breakfast pizza, breakfast tacos, apple streusel sticks, breakfast sandwiches, pancakes, and French toast. The hot breakfast program was successful at the Middle School. The other schools did not see an increase in student breakfast participation during the school year.

Besides the new breakfast program, new regulations went into effect for Competitive (A la Carte) Foods on July 1, 2014. All the products and recipes served to students and staff were reviewed and analyzed. The new nutritional requirements for competitive foods are:

Any Foods sold in schools must:

- Be a "whole grain" rich product or
- Have the first ingredient as a fruit, vegetable, dairy product or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items: <200 calories
- Entrée items: <350 calories

Sodium Limits

- Snack items: <230 mg
- Entrée items: <480 mg

Fat Limits

- Total fat: <35% of calories
- Saturated fat: <10% of calories
- Trans fat: zero grams

Sugar Limits

- <35% of weight from total sugars in foods

2014-15 School Food Service Achievements

- ◆ Students in the Primary, Intermediate, Middle and High School participated in taste testing some new recipe and menu items. 75% of the items tasted were added to the cycle menu.
- ◆ Food Service Director meet with Middle School Student Council several times during the school year to discuss menu offerings and their hot lunch menu preferences.

- ◆ New five-week menu cycle was developed and utilized for the entire school year. Revisions were made based on student feedback and preferences.
- ◆ A meal satisfaction and student preferences survey was conducted with High School Students. The data was used to revise menu offerings for traditional hot lunch meals.
- ◆ A third serving line was added to the High School to increase the daily menu offerings. Some of the menu options were entrée salads, student favorite hot sandwiches, and build your own sandwiches.
- ◆ All the product nutrition facts have been entered into the computerized food service software system, so accurate nutritional analysis could be completed on all the school menus. All the planned lunch menus are in compliance with the Healthy Hunger Kids Free Kids Act nutrient standards.
- ◆ Implemented computerized production records to streamline the cooking process and improved our record keeping process.
- ◆ All the recipes used in the traditional hot lunch program were entered into the food service software and recipes were revised to reflect current cooking methods.
- ◆ Expanded the daily salad bar options for High School Students.
- ◆ Evaluated all the products served in A la Carte to start complying with new Competitive Foods Regulations. Currently all the snack items comply with the new competitive food standards listed above. Only 25% of the entrée items offered in A la Carte meet the new entrée nutritional requirements.

Respectfully Submitted,
Renee Arbogast RDN LD
Food Service Director