# **Child Nutrition**

Bellville Independent School District

### **Child Nutrition Mission Statement and Goals**

"Nourish the body, Nourish the mind with Good Nutrition"

#### Goals:

- To provide high quality nutritious meals to every student that fosters a high level of health, well being and readiness to learn.
- Educate children about nutrition through exposure to school meals in the cafeteria.
- Provide excellence in food quality and service.

## Our Team



## **Child Nutrition Leadership Team**

Child Nutrition Director	Alyssa Werner MS, RD, LD, CDE	1 Year of Service
Child Nutrition Assistant to the Director	Nancy Gardner	11 Years of Service
Bellville High School		
Kitchen Manager	Marsha Killen	11 Years of Service
Assistant Kitchen Manager	Lupe Alvarez	17 Years of Service
Bellville Junior High School		
Kitchen Manager	Amelia Mellard	12 Years of Service
Assistant Kitchen Manager	Donna Jalowy	17 Years of Service
O'Bryant Intermediate School		
Kitchen Manager	Cheryl Hargrave	20 Years of Service
O'Bryant Primary School		
Kitchen Manager	Peggy Calvert	15 Years of Service
Assistant Kitchen Manager	Liz Schrader	25 Years of Service
West End Elementary		
Kitchen Manager	Christy Willingham	3 Years of Service

### **Our District**

### 2019-2020 SY (**119 days**)

- > Total district meals: 197,165
- Average meals per day: 1,656

### 2018-2019 (**170 days**)

- > Total district meals: 280,273
- Average meals per day: 1,648





## **Our District (SY 2019-2020)**

#### Average Meals Per Day

	Lunches	Breakfast	Total
High School	340	85	425
Junior High	295	75	370
OBP	350	145	*495
OBI	200	60	260
WE	75	35	110

#### District Meal Participation Daily Averages

	District Eligibility	Lunch	Breakfast
Free and	990	788	335
Reduced	(45%)	(79%)	(34%)
Paid	1210	468	65
	(55%)	(39%)	(5%)
Total	2200	1257 (57%)	400 (18%)

### Federal Reimbursement Rates SY 2019-2020

### **NSLP Reimbursement**

Free: \$3.41

Reduced Price: \$3.01

Paid: \$0.32

\*Additional \$0.7 per meal for meeting new nutrition standards

### SBP Reimbursement

Free: \$1.84

Reduced Price: \$1.54

Paid: \$0.31

\*Additional \$0.36 per meal for meeting new nutrition standards

### **BISD Meal Prices SY 2019-2020**

High School Lunch	\$3.10
Junior High School Lunch	\$3.10
OBI Lunch	\$2.90
OBP/West End Lunch	\$2.90
Student Breakfast - District Wide	\$1.80
Staff Lunch	\$4.10
Staff Breakfast	\$2.60
Visitor Lunch	\$4.60
Visitor Breakfast	\$3.35



## Food/Cafeteria Revenues and Expenses

#### Revenues: (2019-2020)

#### \$925,883.86

- > \$557,091.61
  - \$420,327.31 (NSLP/SBP reimbursement)
  - \$136, 764.30 (COVID reimbursement)
- > \$363,385.25
  - paid meals, reduced price, adult meals, a
     la carte
- > \$5,407 (vending)

#### Revenues: (2018-2019)

#### \$1,115,974.65

- > \$627,687.25 (NSLP/SBP reimbursement)
- ⇒ \$ 488,287.40 (paid meals, reduced price, adult meals, a la carte)

#### Expenses: (2019-2020)

- > Food/Cafe: \$419, 019.32
  - \$397,716 (food)
    - \$41, 747.97 (COVID)
  - \$21,303.32 (non-food supplies)

- > Other: \$40, 334.56
  - maintenance/repair, state inspections, professional services, travel, ads, other supplies

### **Child Nutrition Policies and Regulations**

As required for participation in the National School Lunch Program (NSLP) to receive reimbursement:

- School meals must made available to all students
- > Free and Reduced-price meals must be provided to students who qualify under federal guidelines
- Law Requirements for nutrition standards:
  - Richard B. Russell National School Lunch Act
    - consistency with latest Dietary Guidelines for Americans
  - Healthy, Hunger-Free Kids Act of 2010
    - New/Updated school lunch and breakfast meal patterns based on IOM recommendations
- Meals must meet meal pattern requirements
  - Specific food groups/components in specific amounts for specific age groups

## Offer Vs. Serve Program

### Benefits:

- Reduce food waste and food cost without jeopardizing nutrition integrity
- Offers variety in menu (multiple entree choices, multiple serving lines)
- Allows students to choose what THEY want to eat (participation)



### **Breakfast Meal Pattern**

### Meal Pattern Requirements:

- Must offer FOUR items (within the 3 components)
- At <u>least</u> THREE items must be selected
  - ONE must be ½ cup fruit or vegetable

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

### School Age Daily and Weekly

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Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Milk Unflavored or Flavored' 1 percent low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables <sup>3</sup>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Grains<sup>5</sup></b> Whole Grain-Rich or Enriched	7.0-10.0 (1.0) oz. eq.	8.0-10.0 (1.0) oz. eq.	9.0–10.0 (1.0) oz. eq.	9.0–10.0 (1.0) oz. eq.
Nutrient Specifications:	Daily Amou	ınt Based or	n Average 5-	Day Week
MinMax. Calories (kcal)	350-500	400-550	450-600	450-500
Saturated Fat % of total calories	<10	< 10	<10	< 10
Sodium Target (mg)	T1 ≤ 540 mg T2 ≤ 485 mg	T1 ≤ 600 mg T2 ≤ 535 mg	T1 ≤ 640 mg T2 ≤ 570 mg	T1 ≤ 540 mg T2 ≤ 485 mg
<u>Trans</u> Fat	Product nutrition label/manufacturer specification			

must indicate 0 grams of trans fat per serving.

### **Breakfast Meal Pattern**

**Example Elementary School Menu Offered:** 

Grains:

OR

Pop Tarts

Chicken Biscuit OR

Breakfast Muffin OR

Cereal w/ graham crackers

Milk:

1% White

FF Chocolate

Fruits and Vegetables:
Apple Juice
Orange Juice
Sliced Oranges

Minimum Required:
Orange Juice

Orange Juice Chicken Biscuit Maximum Amount Allowed:

**Trans Fat** 

Milk

Orange Juice Sliced Oranges Choice of Grain Entree Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

School	Age Dail	ly and W	eekly	
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Milk Unflavored or Flavored <sup>1</sup> 1 percent low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
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MinMax. Calories (kcal)	350-500	400-550	450-600	450-500
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Product nutrition label/manufacturer specification

must indicate 0 grams of trans fat per serving.

### **Lunch Meal Pattern**

#### Meal Pattern Requirements:

- Must Offer all FIVE components
- ☐ At <u>least</u> THREE must be selected
  - One must be ½ cup fruit or vegetable

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

School	Age Dail	y and W	eekly	
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9–12
Milk Unflavored or Flavored <sup>1</sup> 1 percent low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3% (%) cups	3% (%) cups	3% (%) cups	5 (1) cups
Dark Green	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	1/2 cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Grains <sup>4</sup> Whole Grain-Rich or Enriched	8.0-9.0 (1.0) oz. eq.	8.0–10.0 (1.0) oz. eq.	8.0-9.0 (1.0) oz. eq.	10.0-12.0 (2.0) oz. eq.
Meat/Meat Alternates	8–10 (1) oz. eq.	9–10 (1) oz. eq.	9–10 (1) oz. eq.	10-12 (2) oz. eq.
Nutrient Specifications:	Daily Amou	ınt Based or	n Average 5-	Day Week
MinMax. Calories (kcal)	550-650	600-700	600-650	750-850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	T1 ≤ 1230 mg T2 ≤ 935 mg	T1 ≤ 1360 mg T2 ≤ 1035 mg	T1 ≤ 1230 mg T2 ≤ 935 mg	T1 ≤ 1420 mg T2 ≤ 1080 mg
<u>Trans</u> Fat	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.			

### **Lunch Meal Pattern**

### Example High School Menu Offered:

#### Milk:

1% White FF Chocolate

#### Fruits:

½ cup Fresh Cantaloupe ½ cup Canned Peaches

#### Vegetables:

½ cup Seasoned Corn ½ cup Mashed Potatoes

#### Minimum Required:

½ cup Fresh Cantaloupe Chicken Fried Steak w/ Gravy Dinner Roll

#### Grains:

Dinner Roll

#### Meat/Meat Alternates:

Krispy Chicken Patty Chicken Fried Steak w/ Gravy

### Maximum Amount

#### Allowed:

1% White Milk
½ cup Fresh Cantaloupe
½ cup Canned Peaches
½ cup Seasoned Corn
½ cup Mashed Potatoes
Dinner Roll
Chicken Fried Steak w/ Gravy

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

School	Age Dail	ly and W	eekly	
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9–12
Milk Unflavored or Flavored <sup>1</sup> 1 percent low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3% (%) cups	3% (%) cups	3% (%) cups	5 (1) cups
Dark Green	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Grains <sup>4</sup> Whole Grain-Rich or Enriched	8.0-9.0 (1.0) oz. eq.	8.0–10.0 (1.0) oz. eq.	8.0-9.0 (1.0) oz. eq.	10.0–12.0 (2.0) oz. eq.
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<u>Trans</u> Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

### **Our Menus**

Elementary Breakfast Junior High/High School Breakfast

Elementary Lunch

JH Brahma Cafe JH On the Go

HS Mama's Line HS Pizza Line HS Chicken Express HS Burger Bar











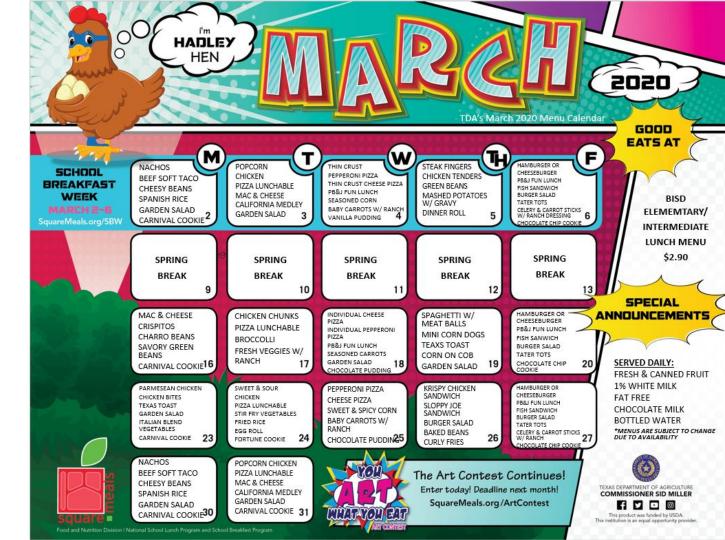






### **Elementary**

- > 3 week cycle
- 2 entree choices daily
- 2 fruit choices daily (fresh and canned)
- 2 vegetable choices
  - beans once a week



## **Junior High**

#### **Brahmas Cafe**

- > 3 week cycle
- > 2 entree choices daily
- 2 fruit choices daily (fresh and canned)
- > 2 vegetable choices
  - beans once a week

#### On the Go

- ➤ 2 week cycle
- 2-3 entree choices daily
- 2 fruit choices daily (fresh and canned)
- 2 vegetable choices
  - beans once a week



## **High School**

#### Mama's Line

- > 3 week cycle
- 2 entree choices daily
- 2 fruits (fresh and canned)
- > 2 vegetable choices
  - o beans once a week

#### Pizza Line & Chicken Express

- > 2 week cycle
- > 2-3 entree choices daily
- > 2 fruits (fresh and canned)
- ➤ 2 vegetables
  - beans once a week

#### Burger Bar

- Build Your Own Burger Daily
- ➤ 2 fruits
- 2 vegetables
  - beans once a week



## Smart Snacks (A La Carte)

- Foods and beverages sold outside the NSLP and SBP that meet the nutrition standards established by Healthy, Hunger-Free Kids Act
  - A la carte items
  - Snack bars
  - Vending machines
- To qualify as a Smart Snack
  - Grain product that contains 50% or more WG
  - First ingredient a fruit, vegetable, dairy or protein
  - Combination food that contains at least ¼ cup of fruit and/or vegetable
  - o 100% juice or low-cal and no-cal beverage
  - Meets the nutrient standards for calories, sodium, sugar, and fats

#### **Examples**:

Cheez Its (Wholegrain)

Bug Bites Cinnamon Graham Crackers

Goldfish

Kettlecorn

Chips - variety of baked and reduced fat

Ice Cream

Switch Juice - OBI/JH/HS

Gatorade (G2) - JH/HS

Diet Sodas - HS





## **Special Meals & Events**

Meal Tasting at the High School

Convocation Staff Breakfast at High School

Grandparents Lunch at West End

Grandparents Breakfast at OBP & OBI

National School Lunch Week in October

Thanksgiving Meal at all campuses

1160 Thanksgiving meals served across district











## **Our Students**









## **COVID Emergency Feeding**

- > 47, 982 meals served
- > Reimbursement rates
  - \$2.20 for breakfast, \$3.43 for lunch
- Had to continue to follow NSLP Meal Pattern Requirements
- > Week 1
  - Served sack meals out of OBI
  - Had volunteers take meals out to Industry
- Week 2-5
  - Moved to Junior High and West End Kitchens
  - Served 5 days
    - hot meals 3 days and sack meals 2 days
- Week 6-11
  - Moved to High School and West End
  - Served 3 days
    - Hot meals 3 days and sack meals for next day
- Volunteers from all schools and athletic department helped hand out meals
- CN Team did amazing!





## **COVID Emergency Feeding**









### 2020-2021 SY Preview

#### New Safety Approaches in response to COVID

#### Staggering lunch times

 Less students going through the line at one time

#### Narrowing menu

 In hopes to make lunch line run quickly and smoothly

#### Adjusting procedures in lunch line

- Spacing markers
- Students only allowed to go through line once
- No self serve
- Will pre-plate Pre-K meals

#### Spacing students

Every other seat

#### Contactless transactions

 Smart tag cards can be used for scanning at our Point of Sale

#### Disposables

- Styrofoam trays
- Items not trayed up on the line will be pre-portioned and must be covered

### Curbside meal pick up at HS

- Virtual learners
- Students requiring to stay home for quarantine or illness

#### COVID Emergency Menu and Protocols



# Thank you BISD leaders for your support!

















# Questions?