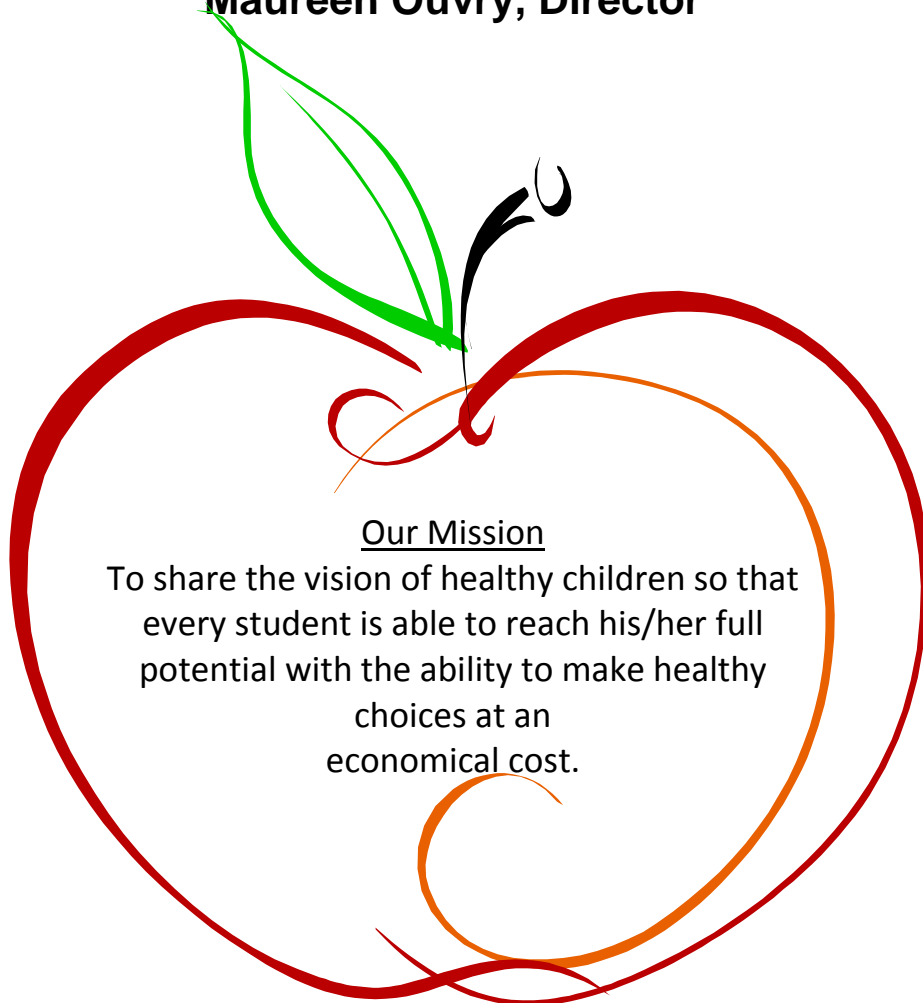


# VICKSBURG COMMUNITY SCHOOLS

## Food Service Food & Nutrition Report

Maureen Ouvry, Director



### Our Mission

To share the vision of healthy children so that every student is able to reach his/her full potential with the ability to make healthy choices at an economical cost.

*Food for Thought*

TO: CHARLES GLAES & THE BOARD OF EDUCATION  
FROM: MAUREEN OUVRY  
DATE: NOVEMBER 11, 2013  
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.

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) and by increasing student lunch prices, which we have not done. 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 75% of our staff participates and brings the benefits into their work environment.

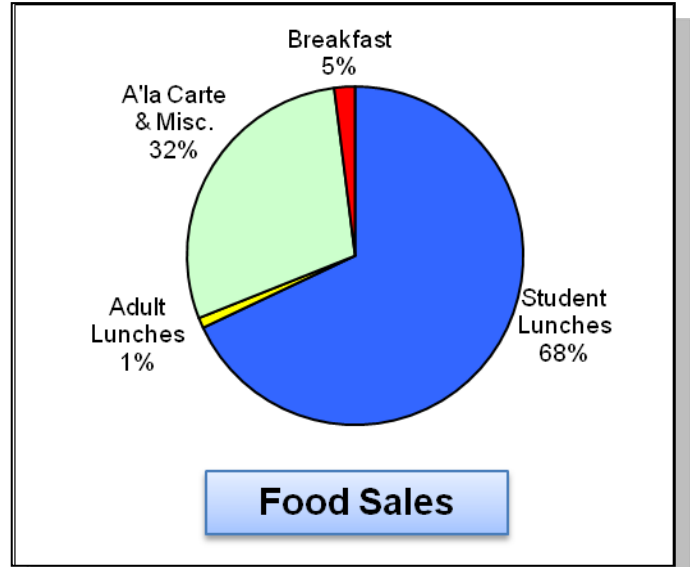
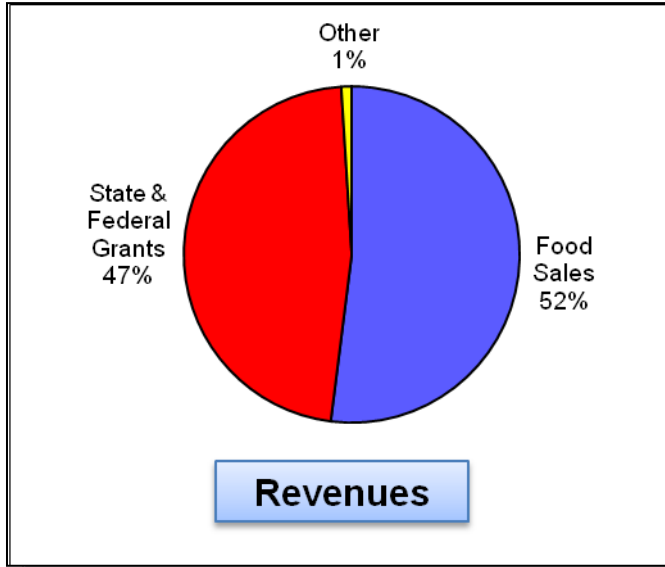
We made capital improvements to our Food Service kitchens and equipment totaling \$44,960. A total renovation to our High School a la carte area, renamed "Bulldog Express", included flooring, cabinets, and paint. The high school kitchen received a new combi-oven. It has the capabilities of cooking with steam which enhances our healthier way of preparing food. These improvements are our "ground zero" and directly affect our ability to serve our students.

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

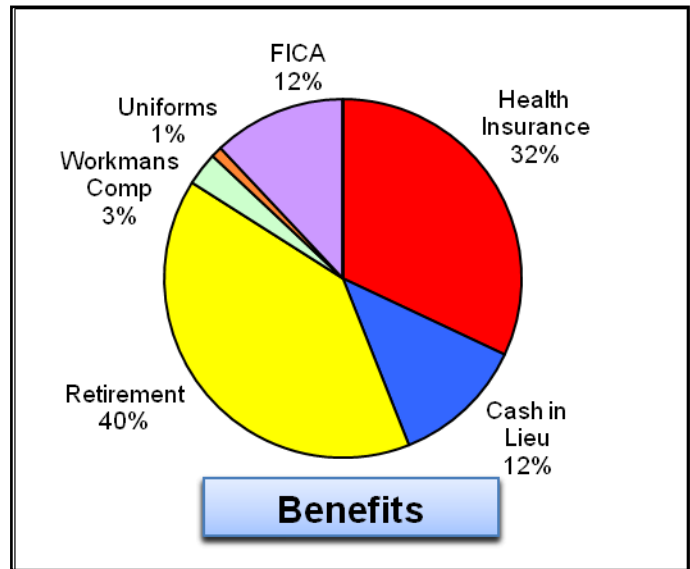
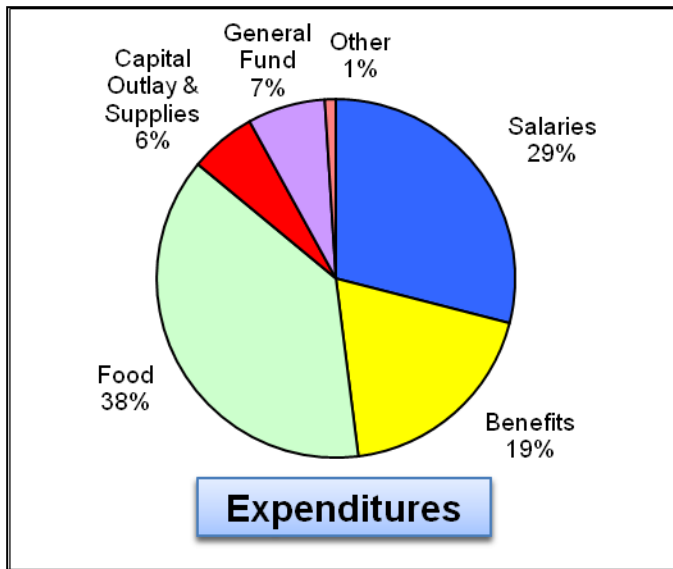
**FOOD SERVICE  
REVENUE AND EXPENDITURES  
AT A FIVE-YEAR GLANCE**

<b>REVENUE FOR FOOD SERVICE</b>					
	<b>08-09 ACTUAL</b>	<b>09-10 ACTUAL</b>	<b>10-11 ACTUAL</b>	<b>11-12 ACTUAL</b>	<b>12-13 ACTUAL</b>
Food Sales	\$546,372	\$494,670	\$488,607	\$522,014	\$550,641
State & Federal Grants	\$427,524	\$457,110	\$485,406	\$517,785	\$503,613
Other	\$3,964	\$3,345	\$1,906	\$2,592	\$373
<b>TOTAL REVENUES</b>	<b>\$977,860</b>	<b>\$955,125</b>	<b>\$975,919</b>	<b>\$1,042,391</b>	<b>\$1,054,627</b>
<b>EXPENDITURES FOR FOOD SERVICE</b>					
	<b>08-09 ACTUAL</b>	<b>09-10 ACTUAL</b>	<b>10-11 ACTUAL</b>	<b>11-12 ACTUAL</b>	<b>12-13 ACTUAL</b>
Salaries	\$300,721	\$279,487	\$284,767	\$279,433	\$299,147
Benefits	\$180,303	\$168,685	\$160,004	\$185,690	\$199,179
Food Supplies	\$438,435	\$406,580	\$415,537	\$421,089	\$388,180
Capital Outlay / Supplies	\$64,353	\$38,630	\$36,652	\$48,699	\$58,763
Other	\$7,250	\$8,506	\$8,378	\$9,056	\$11,004
Indirect Cost Reimbursement to General Fund	0	0	\$69,077	\$73,462	\$75,547
<b>TOTAL EXPENDITURES &amp; TRANSFERS</b>	<b>\$991,062</b>	<b>\$901,888</b>	<b>\$974,415</b>	<b>\$1,017,429</b>	<b>\$1,031,820</b>

## WHERE DOES THE MONEY COME FROM?

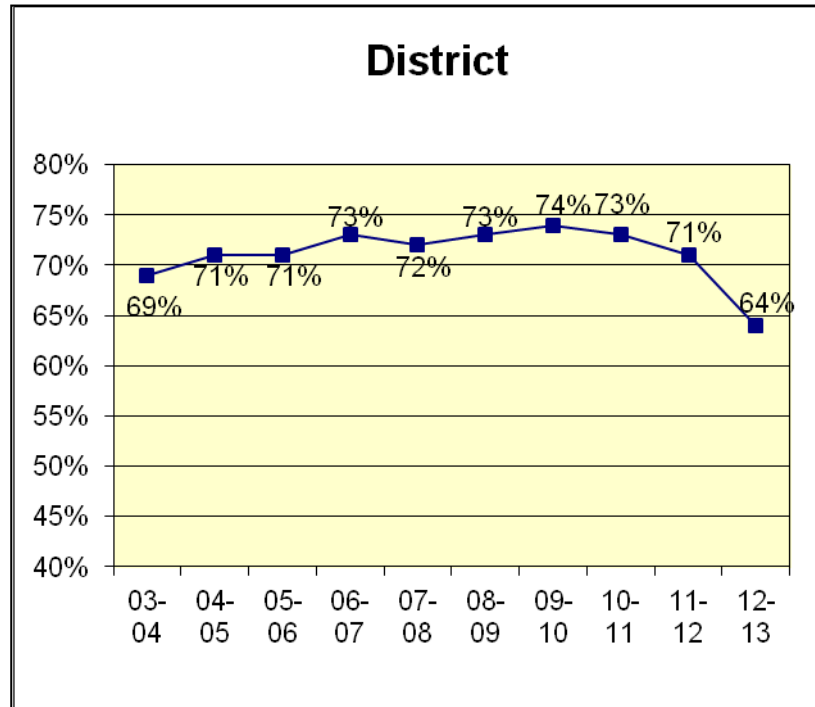


## WHERE DOES THE MONEY GO?



## PERCENTAGE OF STUDENTS SERVED EACH DAY

District	
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%
12-13	64%



### HEALTHY BULLDOG MEAL QUICK BITES 2012-2013

- ✓ We served 61,183 breakfasts. (This is an increase of 2,966 from 2010-2011.)
- ✓ We served 253,627 lunches. (This is an increase of 8,419 from 2011-2012)
- ✓ 32% 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.

Breakfast & Lunch  
3 Daily Choices!









# NOVEMBER 2013



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! includes fruit & milk
<i>Classic Choices:</i> Chicken Nuggets	Zesty Pizza	Hot Dog	Mini Pancakes with Yogurt	Chicken Patty Sandwich	<p><i>Good Morning! Let's eat!</i></p>  <p><u>Monday:</u> Breakfast Pizza</p> <p><u>Tuesday:</u> Scrambled Eggs</p> <p><u>Wednesday:</u> Fresh Baked Cinnamon Roll</p> <p><u>Thursday:</u> Muffin with String Cheese</p> <p><u>Friday:</u> Sausage Biscuit Breakfast Sandwich</p>
<p><b>4 #1 Favorite!</b> <b>Italian Dunkers</b> Cheesy Breadsticks with Marinara Sauce Veggie Crunchers Fruity Fruit Juice Milk</p> <p><i>Late Start</i></p> <p><b>11 Early Release Day</b> <b>All-American Hamburger</b> Stars &amp; Stripes Fries Cinnamon Apples State Cookies Patriotic Prize Milk</p> 	<p><b>5</b> Popcorn Chicken ☁...Steamy...☁ Whole Grain Rice Broccoli Trees Tropical Tidbits Chocolate Milk</p>	<p><b>6</b> Flap Jack Pancakes Sausage Links Hash Browns Fresh Orange Smiles Milk</p>	<p><b>7</b> <i>Fresh from the Garden!</i> <b>SALAD BAR</b> Egg, Cheese ...and lots more! ½ Sandwich Chocolate Milk</p> 	<p><b>8</b> Whole Grain Pizza Bagel Golden Corn Watermelon Chunks Milk</p> 	
	<p><b>12 Macho Grande'</b> <i>Lots of Nachos!</i> Beef, Cheese Lettuce &amp; Tomato Black Bean &amp; Corn Salsa "Made from Scratch" Cinnamon Rolls Milk</p>	<p><b>13</b> <i>Flatbread Pizza</i> Glazed Carrots Pick-A-Fruit Chocolate Milk</p> 	<p><b>14</b> <i>Playground Fun!</i> Chicken Hula Hoops Four Square Fries Hop Scotch Fruit Puddles of Pudding Milk</p>	<p><b>15</b> Corn Dog on a Stick PB Crunchers Cup of Strawberries Wiggle Giggle Gelatin Chocolate Milk</p> 	

## HERE'S ANOTHER REASON TO CHOOSE WHOLE GRAINS!



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 **SLOWLY**, helping you stay mentally alert and ready to think **LONGER**.



### 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](mailto: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](http://SendMoneyToSchool.com)

Single Student Lunch: \$2.25

**Breakfast & Lunch  
3 Daily Choices!**








# NOVEMBER 2013



**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 &amp; milk</i>
<i>Classic Choices:</i> Chicken Nuggets	Zesty Pizza	Hot Dog	Mini Pancakes with Yogurt	Chicken Patty Sandwich	
<b>18</b> Low-Fat Fruity Yogurt Whole Grain Bagel P.B. Crunchers Big Red Apple Chocolate Milk	<b>19</b> <b>Twin Tacos</b> <i>(Hard or Soft Shell)</i> Beef, Cheese Lettuce & Tomato Orange Wedges Milk	<b>20</b>  Chicken & Gravy Fresh Baked Biscuit Crunch-A-Bunch of Veggies Lunch Bunch Grapes Chocolate Milk	<b>21</b>  Roast Turkey Mashed Potatoes Oven-Fresh Roll Pumpkin Bars Milk	<b>22</b> Deli Deluxe Sub Sandwich Pickle Spear Sweet Thing Tots Yummy Banana Chocolate Milk	 <p><i>Good Morning! Let's eat!</i></p> <p><b>Monday:</b> Breakfast Pizza</p>
<b>25</b>  Mini Quesadillas Steamy Rice Cowboy Salsa Baked Cinnamon Apples Chocolate Milk	<b>26</b> Aunt Jemima® Waffles Breakfast Patty Hash Browns 100% Orange Juice Milk	<b>27</b> Stuffed Crust Pizza Great Green Beans Pick-A-Fruit Chocolate Milk	<b>28</b> <b>HAPPY THANKSGIVING!</b>  <b>NO SCHOOL</b> <b>NO SCHOOL</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.

**Thursday:**   
Muffin  
with String Cheese

**Friday:**  
Sausage Biscuit  
Breakfast Sandwich

**Single Student Breakfast: \$1.25** Visit Our Website at [www.vicksburgcommunityschools.org](http://www.vicksburgcommunityschools.org) **Single Student Lunch: \$2.25**

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