

Policy 533 Wellness requires that the school board be provided an annual report for the district's compliance. **I recommend accepting the 2015-16 Wellness Report:**

Breakfast Highlights

- Implemented a new breakfast program for the Kindergarten students who now come to breakfast in the cafeteria as a class. All breakfast menu items are offered to all students to increase efficiency in serving them.
- Breakfast menus at the Primary and Intermediate Schools were changed to more cold breakfast options including muffins, breakfast breads, breakfast rounds, and cereal options.
- Breakfast menu at the Middle School was modified to provide more choices including hot options, breakfast breads, cereal, cheese, grab and go breakfast items, and yogurt daily.
- High School breakfast was completely redesigned to a grab and go concept. Breakfast is offered 15 minutes prior to school starting in the hallway by the Bulldog entrance and then again between first and second block at the end of the senior hallway.
- Piloted a second breakfast cart the last month of school between first and second block. This was successful and we provided breakfast to an additional 35-45 kids per day.
- Primary School breakfast participation increased significantly due to all kindergarten students eating breakfast as a class.
- Intermediate School serves on average 48 students per day, which is an increase of 8 students per day from the 2014-15 school year.
- Middle School serves on average 35 students per day, which is an increase of 11 students per day from the 2014-2015 school year.
- High School participation increased significantly. We served 60-70 students before school and 80-90 students between first and second block for a total of 140-160 total breakfast meals. While serving with 2 breakfast carts, we served 200-210 breakfasts per day. In the 2014-2015 school year the High School averaged 5 breakfasts per day.

Lunch Highlights

- Intermediate School salad bar was changed to allow students to take as much fresh fruit and vegetables that they will eat.
- Intermediate School had at least three and often four cold vegetable and two fruit choices daily on the salad bar.
- Middle and High School had additional daily fresh produce options on the salad bar.
- District wide menus contain more fish entrees than in previous years. Although these days are among the lowest days of average participation, this is a strategy to include more variety in the menus.

2015-2016 Becker Schools Nutrition and Wellness Report

- District wide there was an increased use of whole muscle chicken products, instead of the pressed and formed chicken products. When the menu states chicken chunks, this is a whole muscle product. The only pressed and formed chicken menu items are the chicken patty on a bun and chicken nuggets.
- Primary, Intermediate and Middle School has an average of chicken menu items three times per week. High School has a daily chicken option due to the number of entrée items served and which items are student favorites.
- Continue to utilize five-week cycle menus, with revisions based on student feedback and preferences.
- Continue to review and evaluate the blend of scratch cooking and convenience items utilized on the district menus.
- Completed taste tests in all the schools to increase product acceptance.
- High School had build your own burrito and sandwich concepts introduced and those have become popular menu choices.
- Four meetings were held with High School students to discuss menu selections, taste test new items, and discuss student preferences.
- Continue to reduce the amount of sodium in the district menus. Below is a table demonstrating current levels. We are working towards the 2017-18 standards that restrict sodium even more than current district levels.

	Sodium Regulation	2015-16 Sodium Levels
K-5 Primary	<1,230 mg	942.5 mg
K-5 Intermediate	<1,230 mg	931.9 mg
6-8	<1,360 mg	1,136.2 mg
9-12	<1,420 mg	1,194.3 mg

Ala Carte Highlights

- Moved the High School Ala Carte from the North Commons to the Concession Stand resulting in a significant increase in sales.
- Students are purchasing more juices, chips, cookies, jerky, fruit roll ups and water from Ala Carte.
- Experienced a decrease in High School staff sales due to new location of Ala Carte.
- Continue to work towards meeting the Smart Snacks nutritional requirements for entrée items.
- Middle School has experienced increases in juice and snack item purchases. Also began offering a smaller juice option for this age group. Currently 55% of Middle School Ala Carte sales come from snack items.
- Students are purchasing and consuming more whole grain cookies in the Middle School and the High School.

2015-2016 Becker Schools Nutrition and Wellness Report

Food Service Participation Data

Information from the School Nutrition Association indicates that districts nationwide are experiencing a decrease in participation; Becker Public Schools is no exception to this. The largest decline has been seen at the Middle School over the last two years, which is impacting the overall average daily participation statistics. The average Middle School participation in the 2014-15 and 2015-16 school years has been 58% and 55% respectively. Prior to 2014-15 school year Middle School participation was 68% of the students consuming lunch. It is important to note that High School participation has remained consistent at 60% for the last three school years. Intermediate and Primary Schools are consistent at 70-71% of the students eating school provided lunch for the last two years. It is worth noting that Primary School participation has increased from 67% participation in 2013-2014 school year to 71% participation in the 2015-2016 school year. Below is a summary of the overall district participation in the National School Lunch Program.

School Year	Number of Enrolled Students	Number of Meals Served	Percentage of Students Served	Average Daily Meals
2012-2013	2,765	337,877	72%	1,989
2013-2014	2,795	310,035	66%	1,860
2014-2015	2,790	306,210	64%	1,774
2015-2016	2,823	305,021	62%	1,764

Wellness Update

There are new USDA requirements for the district's wellness policy. This policy was discussed and reviewed with parent involvement at the Nutrition and Wellness meeting. There are still numerous revisions that need to be made to bring the districts policy to bring it into compliance with the regulation including looking at all district wellness goals, conducting assessments regarding student wellness and involvement from staff, parents, community members, and students. There were some district wellness activities including a Middle School Wellness Day, High School had a walk to increase awareness on mental health issue, and the 5th grade had a Kindness Retreat.

Respectfully Submitted,

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