

Nutrition Services Newsletter

August/September
2015

Helena Public Schools

During the 2014-2015 school year, HSD served:

854,074 Total meals

198,104 Breakfast

644,000 cups milk

650,000+lbs food

45+ different fruit and vegetable varieties

6,300+ student meals during Free Breakfast Week in October

We created a brand new web site that holds a ton in useful information much more than just menus. Check it out

By going to the HSD new site and use the food service link.



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National School Lunch Program today

The National School Lunch Program (NSLP) is a federally funded program operating in over 100,000 schools and daycare centers around the U.S. The goal of the program is to offer low-cost meals to every student. The National School Lunch Act of 1946 was the official beginning of the modern day program. By the end of its first school year, the NSLP had about 7.1 million children participating. In 1980, nearly 27 million children were getting lunches through the NSLP, and by 2012 we reached 31.6 million children participating in the program.

How Does it work?

What does "federally funded" mean? The United States Department of Agriculture (USDA) funds the NSLP by offering a reimbursement for every meal sold as well as providing commodity food products to districts running the program. This is what allows districts to offer meals at a low cost. In exchange, schools participating in the NSLP must follow federal nutrition guidelines and they must offer free or reduced priced meals to children who qualify. The program is regulated by state agencies, and in Washington state, the Office of the Superintendent of Public Instruction (OSPI) is the regulating body.

What is HHFKA?

School lunches must meet meal pattern and nutritional standards set by the USDA. With the Healthy Hunger Free Kids Act (HHFKA) of 2010,

we have seen many changes to the NSLP, both nutritionally and operationally. HHFKA has come at a time when one third of American children are considered either overweight or obese and one quarter are at risk for hunger.

Overarching program goals of HHFKA include improving nutrition, reducing childhood obesity, increasing access to school meals as well as increasing program monitoring and integrity. Nutritional changes for the program are based on *the Dietary Guidelines for Americans*, a set of specific nutrition goals intended to help people choose a diet that promotes overall good health and prevents chronic disease. The current meal pattern focuses on increasing exposure to, and consumption of fruits and vegetables, replacing simple carbs with whole grains and decreasing sodium intake.

With the new requirement for every student to take 1/2 cup fruit or vegetable, operators and parents have expressed concern over increased food waste. In June of this year, Childhood Obesity published research focusing specifically on plate waste before and after HHFKA implementation. Research found that after an increase in plate waste in the first year of the new program (2013), it dropped in 2014 for entrees, fruits and vegetables to below the amount of waste in 2012 (before the program started). Overall, it appears the new standards have increased consumption and reduced the amount of food thrown away.



Food Allergies & Special Dietary Requests

As food allergies and sensitivities seem to be on the rise, it is important to review the resources available to families in Lake Washington School District. We want to make participating in the school lunch program an enjoyable and beneficial experience for all families!

Whether your child avoids certain foods for religious, allergy or other health reasons, we would be happy to work with you on your special dietary requests to the best of our ability!

The nature of the NSLP makes it nearly impossible to provide a district-wide allergen free menu. To offer low-cost and free meals to all children participating in the program, food products come from a variety of sources. Many products sourced for school lunches do contain common allergens such as wheat, dairy and soy. While Nutrition Services uses these items, we also offer a variety of resources to help you identify products of concern. Substitute items are available for students with certain needs as well. We work very close with the district nurses and a full time Dietitian that specializes in school age children.

If your child has special dietary restrictions, please visit the Nutrition Services page for further information. If the information you are looking for is not listed on that page, please feel free to contact Rhonda Crouse at RCrouse@hsd1.org or 406-324-2570. She is happy to discuss your dietary needs.

As HSD is a nut-free district, but it is also important to note that children are free to bring any nut product from home to eat at school. If your child has a life-threatening allergy, make sure that their teacher, school nurse and kitchen staff are aware.

Sodexo Nutrition Services is Hiring!

2-6 hour shifts available starting at \$8.25 -10.00 per hour, depending on experience. AS well as a part time office person.

Have you been looking for a way to get involved in your School District? Are you looking for a part-time job giving you the flexibility to be with you kids before and after school? Are you passionate about kids or child nutrition? Many of the Nutrition Services employees are current parents or started working with us when their kids were in the school district. In fact, almost *all* of our kitchen managers started working with us as a way to earn a little money or get out of the house while their children were in school! If this opportunity sounds interesting to you, please call Nutrition Service at 425-936-1393.

August 26	August 27	August 28	August 31
Breakfast Biscuit & Jam with Sausage Muffins, Cereal, UBR Bagels & CC	Breakfast Yogurt Bar Muffins, Cereal, UBR Bagels & CC	Breakfast Breakfast Pizza Muffins, Cereal, UBR Bagels & CC	Breakfast Warm Cherry Strudel Muffins, Cereal, UBR Bagels & CC
Lunch Potato Bar Cheeseburger Turkey Sandwich Chicken Salad Pizza Chicken Nuggets	Lunch Chicken and Waffles Hot Dog Italian Deli Sandwich Tuna Salad Chicken Nuggets	Lunch Chili Fritos Corn Dog Tuna Sandwich Chef Salad Pizza	Lunch Quesada Chicken Sandwich Salad Pizza Chicken Nuggets
Assortment of fresh fruits and veggies	Assortment of fresh fruits and veggies	Assortment of fresh fruits and veggies	Assortment of fresh fruits and veggies

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Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).
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What is Offer vs. Serve?

The HHFKA serving style ensures that balanced meals are offered daily. The Offer vs. Serve rule ensures that children are offered a balanced meal including a minimum of each of five components: protein, complex carbohydrates, fruits, vegetables and milk on a daily basis. Students are required to choose three of the five components, and one of them must be a 1/2 cup of fruit or vegetable.

Fruit & Vegetable Required?

Among the *Dietary Guidelines for Americans 2010* is the recommendation to increase fruit and vegetable consumption. Child eating behavior research tells us there are three major things that influence child acceptance of new foods. They are:

1. Repeated neutral exposures (On average, 8-10 exposures are needed for acceptance of new foods)
 2. Eating with other children
 3. Parent acceptance and enjoyment of a variety of foods
- Offering a wide variety of fruits and vegetables and ensuring that they repeatedly appear on a child's plate will ideally lead to increased fruit and vegetable consumption nationwide.

Meal Prices 2015-2016

Breakfast K-12: \$1.20
Reduced: \$0.00
Lunch K-5 \$2.35
Lunch 6-12: \$2.45
Reduced: \$0.40

Adult Breakfast: \$ 2.00
Adult Lunch: \$ 3.50

Nutrition Services Promotions & Special Events

Nutrition Services hosts at least one fun promotion every month! Parents and students are invited to join in on the celebration and a special treat!



September

Free Breakfast Week

Celebrate back-to-school and start the day off right by creating the new habit to start each day with a good breakfast. We are offering free Breakfast for all students August 31st – September 4th

October

Halloween Spooktacular

A fun play on words to get the kids in the spooky spirit! Favorites include the Mummy Dog, Monster Muffins & Creepy Corn Dogs!

November

Vote & Be Heard

In honor of election month, students are invited to vote on their favorite lunch entrees! Winning entrees will be on the menu in January!

Thanksgiving Feast

Join us for a Thanksgiving feast at school! Offering traditional dishes such as Turkey & Gravy, Candied Yams, Cranberries & a special Pumpkin Cake!

December

Holiday Feast

A warm winter feast — Honey Baked Ham, Mac & Cheese, Green Bean Casserole, & festive Sugar Cookies!

January

You Voted, We Heard You

In true inauguration day fashion, voting results from November's vote will be revealed and the top five menu items will be offered all in one day!

Super Bowl Bash

Gear up for Super Bowl with Huddle-Up Hot Dogs or Quarterback Corn Dogs and Touchdown Tater Tots! Finish your tailgate with a Champion Chocolate Chip Cookie.

February

Valentine's Day Lunch

Celebrate this special day with us! Offerings have included Love-Struck Spaghetti & Meatballs, Melt- My-Heart Grilled Cheese, and of course Chocolate Cake!

February Continued

Lucky Tray Day

A fun week of random prizes! Prizes will be given away every day at lunch to a couple of randomly selected students eating lunch with us!

March

Dr. Seuss' Birthday

We love to celebrate Dr. Seuss' Birthday with a fun Green Eggs & Ham lunch with a birthday treat!

St. Patrick's Day

Get your green on with our all-green offering bar! Paired with some Pot o' Gold Nachos and Rainbow Rice Krispie Treat, and you've got the perfect St. Paddy's Day lunch!

April

April Fool's Day

Serving up fun with this crazy backwards day! Lunch for Breakfast and Breakfast for lunch always gets the kids giggling!

Spring Baseball

Get into the spring swing with this baseball inspired lunch! Homerun Hot Dogs and Grand Slam Subs are the big HIT!

May

Cinco de Mayo

A delicious Mexican celebration with south-of-the-border specialties, including a Cinnamon Churro!

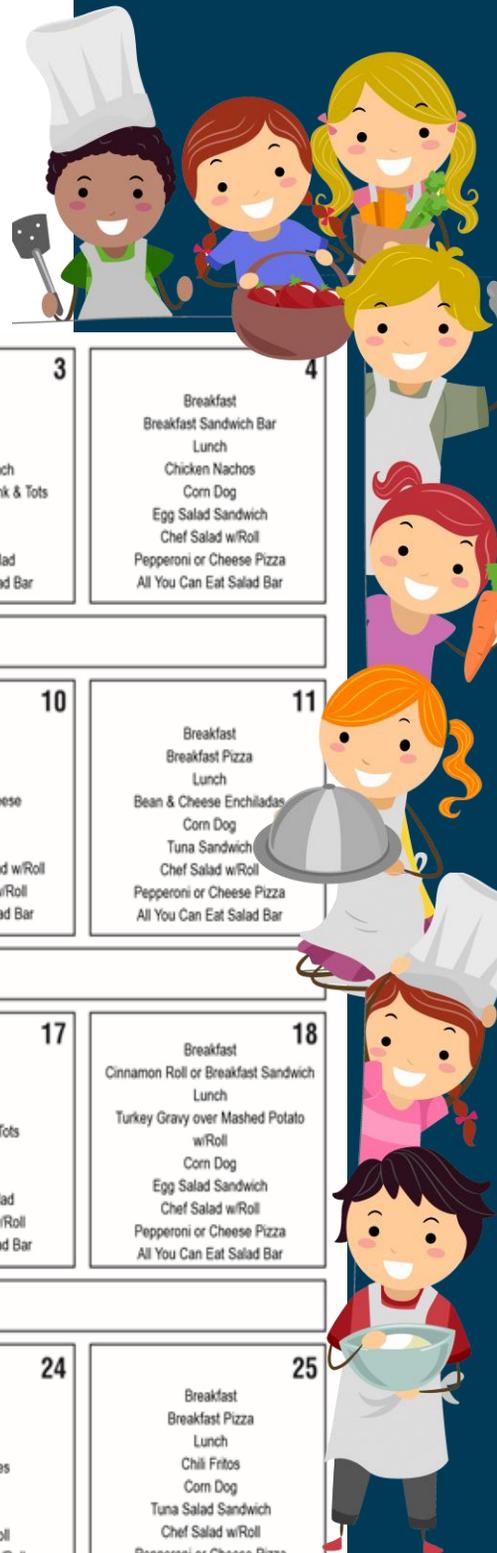
June

School BBQs

Dust off the grill and break out the sunglasses! Participating sites celebrate the start of summer with these all-school BBQs complete with watermelon and lemonade!

September 2015

Helena School District Elementary Schools K-5



Elementary Breakfast - \$1.20
Elementary Lunch - \$2.35
Secondary Breakfast - \$1.20
Secondary Lunch - \$2.45
Adult Breakfast - \$2.00
Adult Lunch - \$3.50
Reduced Breakfast - \$.30
Reduced Lunch - \$.40

1
Breakfast
French Toast or Waffles
Lunch
Italian Meatball Sub
Corn Dog
Peppi Pizza Salad w/Roll
Ham & Cheese Sandwich
Chicken Nugget w/Roll
All You Can Eat Salad Bar

2
Breakfast
Eggs or Sausage w/Toast
Lunch
Chicken Parmesan w/Breadstick
Hamburger/Cheeseburger
Turkey & Cheese Sandwich
Crispy Chicken Salad w/Roll
Sausage or Cheese Pizza
All You Can Eat Salad Bar

3
Breakfast
Yogurt Bar
Lunch
Breakfast for Lunch
Pancakes, Sausage Link & Tots
Hot Dog
American Sub
Chicken Taco Salad
All You Can Eat Salad Bar

4
Breakfast
Breakfast Sandwich Bar
Lunch
Chicken Nachos
Corn Dog
Egg Salad Sandwich
Chef Salad w/Roll
Pepperoni or Cheese Pizza
All You Can Eat Salad Bar

7
Labor Day
NO SCHOOL

8
Breakfast
French Toast or Waffles
Lunch
Mozza Bread Sticks w/Marinara
Corn Dog
Peppi Pizza Salad w/Roll
Ham & Cheese Sandwich
Chicken Nuggets w/Roll
All You Can Eat Salad Bar

9
Breakfast
Sausage Link w/Biscuit or Pancake
Lunch
S Chicken over Rice
Hamburger or Cheeseburger
Turkey & Cheese Sandwich
Crispy chicken Salad w/Roll
Sausage or Cheese Pizza
All You Can Eat Salad Bar

10
Breakfast
Yogurt Bar
Lunch
Happy Mac & Cheese
Hot Dog
Italian Sub
Fun Charlie Tuna Salad w/Roll
Chicken Nuggets w/Roll
All You Can Eat Salad Bar

11
Breakfast
Breakfast Pizza
Lunch
Bean & Cheese Enchiladas
Corn Dog
Tuna Sandwich
Chef Salad w/Roll
Pepperoni or Cheese Pizza
All You Can Eat Salad Bar

14
Breakfast
Pastries/Muffins
Lunch
Ravioli's w/Roll
Chicken Patty Sandwich
American Sub
Chef Salad w/Roll
Pepperoni or Cheese Pizza
All You Can Eat Salad Bar

15
Breakfast
French Toast or Waffles
Lunch
Tacos w/Salsa
Corn Dog
Ham & Cheese Sandwich
Chicken Nuggets w/Roll
Peppi Pizza Salad w/Roll
All You Can Eat Salad Bar

16
Breakfast
Eggs or Sausage w/Toast
Lunch
Twisted Dog
Hamburger or Cheeseburger
Turkey & Cheese Sandwich
Crispy Chicken Salad w/Roll
Sausage or Cheese Pizza
All You Can Eat Salad Bar

17
Breakfast
Yogurt Bar
Lunch
Grilled Cheese & Tots
Hot Dog
Italian Sub
Chicken Taco Salad
Chicken Nuggets w/Roll
All You Can Eat Salad Bar

18
Breakfast
Cinnamon Roll or Breakfast Sandwich
Lunch
Turkey Gravy over Mashed Potato
w/Roll
Corn Dog
Egg Salad Sandwich
Chef Salad w/Roll
Pepperoni or Cheese Pizza
All You Can Eat Salad Bar

21
Breakfast
Pancake Heaven
Lunch
Pretzel & Cheese Sauce
Chicken Patty Sandwich
American Sub Sandwich
Spinach Salad w/Roll
Pepperoni or Cheese Pizza
All You Can Eat Salad Bar

22
Breakfast
French Toast or Waffle
Lunch
Chicken Nugget Potato Bowl
Corn Dog
Ham & Cheese Sandwich
Peppi Pizza Salad w/Roll
Chicken Nuggets w/Roll
All You Can Eat Salad Bar

23
Breakfast
Sausage Link w/Biscuit or Pancake
Lunch
Potato Bar (Taco Meat, Cheese & S/C)
Hamburger or Cheeseburger
Turkey & Cheese Sandwich
Crispy Chicken Salad w/Roll
Sausage or Cheese Pizza
All You Can Eat Salad Bar

24
Breakfast
Yogurt Bar
Lunch
Chicken & Waffles
Hot Dog
Italian Sub
Tuna Salad w/Roll
Chicken Nuggets w/Roll
All You Can Eat Salad Bar

25
Breakfast
Breakfast Pizza
Lunch
Chili Fritos
Corn Dog
Tuna Salad Sandwich
Chef Salad w/Roll
Pepperoni or Cheese Pizza
All You Can Eat Salad Bar

28
Breakfast
Pastries/Muffins
Lunch
Cheese Quesadilla w/Rice
Chicken Patty Sandwich
American Sub
Chef Salad w/Roll
Pepperoni or Cheese Pizza

29
Breakfast
French Toast or Waffle
Lunch
Hot Meatball Sub
Corn Dog
Ham & Cheese Sandwich
Peppi Pizza Salad w/Roll
Chicken Nuggets w/Roll

30
Breakfast
Eggs or Sausage w/Toast
Lunch
Chicken Parmesan w/Breadstick
Hamburger or Cheeseburger
Turkey & Cheese Sandwich
Crispy Chicken Salad w/Roll
Sausage or Cheese Pizza

