

## **ARAMARK'S Report to the Urbana School District #116**

### **Healthy choices available for our children in the cafeteria:**

- Milk: The children are served milk from the local purveyor Prairie Farms. 1% White Milk, 1% chocolate milk (not offered during breakfast), and skim milk are offered daily.
- Breakfast at the elementary, consist of a General Mills cereal, 100% fruit juice a breakfast snack and milk. The cereal contains no more then 11 gms of sugar. Why is General Mills Cereal important to our children? General Mills cereal is served in a bowlpak, therefore assuring the Federal and State regulated portions. The cereal is equivalent to 1 slice of bread thus fulfilling the bread and grain requirement. The cereal is also a whole grain i.e. Oats or wheat.
- The Middle School and the High School are offered cold breakfast daily and hot and cold breakfast 3 days a week.
- We serve several **Whole Grain and White Whole Grain** items on the menu. (The hamburger bun, hot dog bun, dinner roll, and the sliced bread, cereal, elementary pizza crust, Tyson's chicken nuggets, just to name a few).
- The homemade pizzas are prepared with a low fat mozzarella cheese.
- Kettle/recipe food offerings were increased on the menu such as spaghetti, chicken noodles, macaroni and cheese are just a few of the heartier meals offered for lunch as well as the Supper programs. The Supper programs are housed at the Middle School and the High School.
- All elementary schools enjoy a Fruit and Veggie bar daily. The bar, has tossed iceberg romaine lettuce mixed salad with a carrot and red cabbage mix, a canned fruit, depending on the day fresh carrot sticks or broccoli, accompanied by french or ranch dressings. This is offered outside of the NSLP. In other words students can have this along with his/her meal.
- The Middle school and the High School offer a variety of chef salads with Wednesday having a salad of the week offered also, fresh apples, fresh oranges or bananas along with different choices of canned fruit packed in pear juice versus the heavy syrup.
- The Middle School offers 2 hot vegetable twice a week and High School offers 2 choices of hot veggies available daily along with a array of cold vegetables choices.. The Elementary has 1 choice of a hot vegetable daily, the daily Fruit & Veggie bar. The vegetable choices may vary from brussels sprouts to California blend or mixed greens just to name a few.

- The Elementary menu offers 4 entrée choices daily. The Middle School offers 5 daily entrees with a monthly menu entrée. The High School offers 6 daily entrees with a monthly menu entrée.

### **Other Food Service Accomplishments**

- We joined forces with the menu committee. We have analyzed the entrée portion of the menu.
- After converting the District to Whole grain products the Menu Committee heard and acted on the need to re-evaluate the whole wheat hamburger & hot dog buns as well as the whole grain chicken patty and whole grain chicken nuggets. The following decisions were based on a nutritional comparison and taste test that was conducted by the members of the District Menu Committee. The results were: To serve whole grain white hamburger & hot dog buns. The Committee decided we would not serve the whole grain chicken patty but serve the chicken patty we served last year. The decision was made to continue serving the whole grain chicken nugget as well as the whole grain pizza crust.
- Working with the Menu Committee we analyzed the Snack bar and ala Carte offerings at the High School and the Middle school. We discontinued the offering of the homemade Brownies on the Ala Carte menu. We made this decision based on the fact brownies have a high fat and sugar content. (see attached)
- I have worked with Aramark's dietician on the menu cycles. We have fine tuned the cycled menu to a process specified by the Food Service contract. (see attached menus)
- Urbana School District is "Nut Free". Although we have seen that so many products are produced in a facility where products containing peanuts/tree nuts are processed. We have eliminated the use of those products and maintained a variety of food choices.
- We are working closely with the District nursing staff to communicate the carbohydrate counts so that the diabetic students can have the proper insulin administered.
- King School has been the first school to participate in The Breakfast in the Classroom program. The program requires a bit more from the teachers but we have seen a major increase in the breakfast participation at King School.
- I spoke to the Middle School Food Classes. I received very good feedback, from the student's point of view about the food service program. Some expressed a dislike for the whole grain items but, after I explained the Healthy benefits of whole grain I think they understood. The students like the salads choices and the sub sandwiches. I took a survey and found that the students like the different daily entrée and vegetable choices, but would like to see pizza back to three days. Hot breakfast seems to be winner, especially biscuit and sausage gravy day. As one student put it our school has smorgasbord of food for lunch.

- This is the third year for the supper program at the HS and the second year at the MS. (attached menu)

### **Ongoing Food Service Goals:**

- ❖ ARAMARK is continuing to work with our purveyors to eliminate or reduce **Trans Fats** in the products we serve. Urbana School District currently does not have a high Trans fat offering as we do not fry any of the food served to the students.
- ❖ ARAMARK has researched and heard the cry to eliminate or reduce the use of iceberg lettuce. ARAMARK is currently trying to reduce the cost of romaine lettuce. We are currently serving an iceberg and romaine lettuce mix. Here in Urbana, my goal is to eventually go iceberg lettuce free.
- ❖ To keep communicating to the students about healthy choices through our participation in the ARAMARK program TYR, Treat Yourself Right at the High and Middle school levels. The program has a monthly newsletter and food label identifiers to direct the student to a healthier choice item. TYR provides different recipes to add to the already healthy choices we are currently serving. The Elementary schools participant in the FUEL program. The FUEL program mirrors the TYR program but geared toward a younger audience.

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