

School Meal Overview

— For Parents —



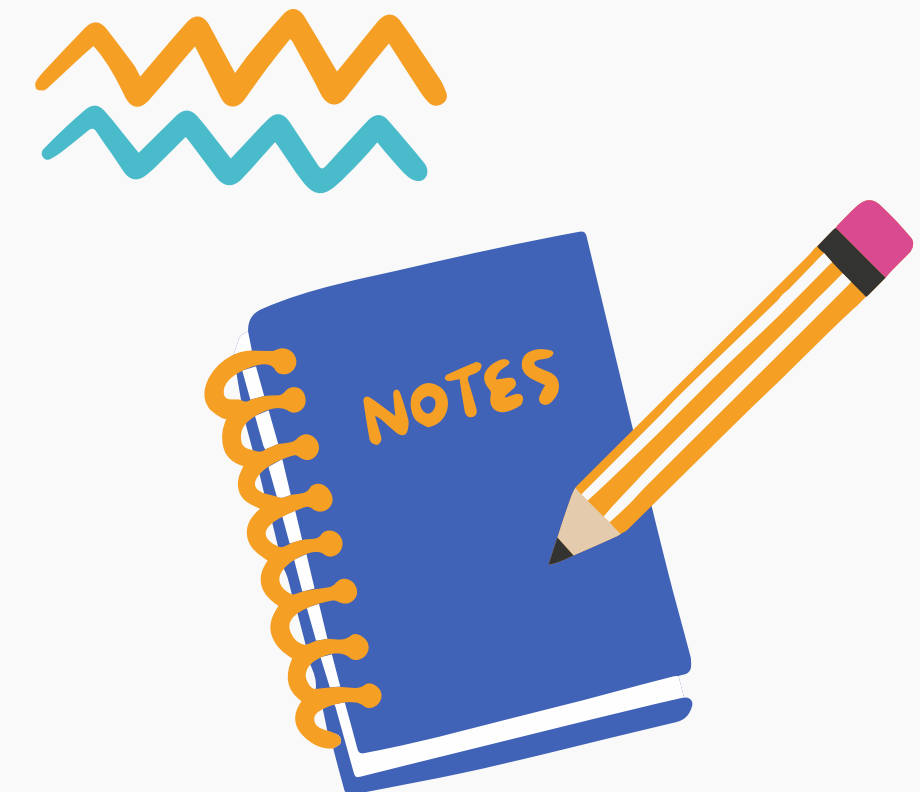
Fullerton School District
Food & Nutrition Services

Presented by: Michael Burns



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The Basics



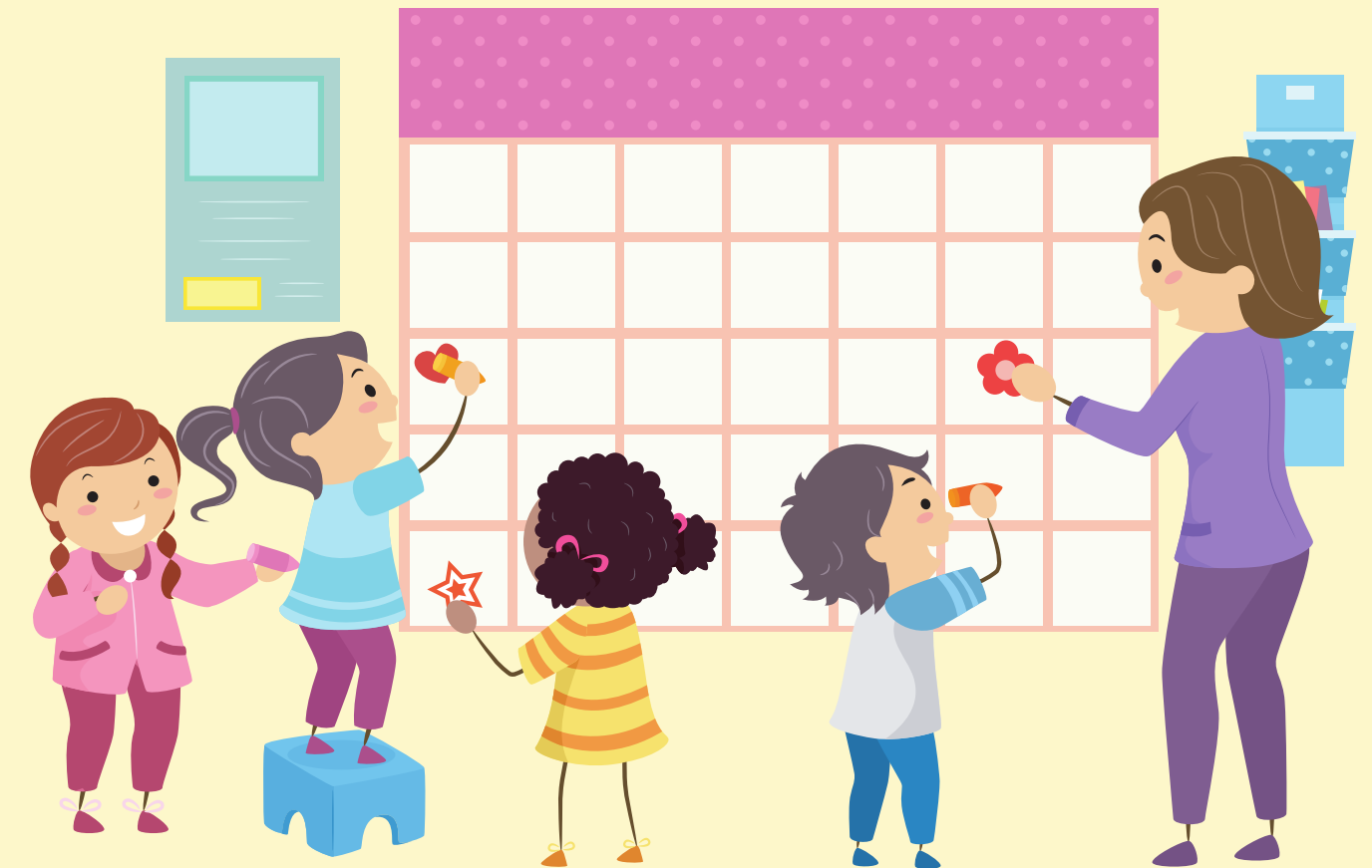
School meals are heavily regulated and monitored

- Federal level
 - United States Department of Agriculture (USDA)
- State level
 - California Department of Education (CDE)
- Local level
 - Orange County Department of Health
 - Food & Nutrition Services, Fullerton School District
 - Wellness policy

The Basics

CA Universal Meals

- Beginning in School Year (SY) 2022–23, California became the first state to implement a statewide Universal Meals Program for school children.
- Each K–12 student will have access to one free breakfast and one free lunch each school day while in attendance.





School Meal Program at FSD



SY 2023-2024

- School Breakfast Program
 - National School Lunch Program
 - CACFP At-Risk After-School Meals
 - Supper
 - Snack
 - Seamless Summer Feeding Option
- 
- 



Meet the staff Behind the Serving Line

- Over **85** FNS team members
- **58** certified in Food Safety Management
- **1** FNS office
- **1** central production kitchen & warehouse
- **20** serving sites

Get to know the
staff that serves
your kids their
meals!



Volume & Speed



LUNCH
TIME

- Over **6,500** lunches/day
- Over **2,000** breakfasts/day
- Only 15 minutes to feed **200-300+** students per serving session, but relatively short wait lines (< 8 minutes is our goal)
- Meal accommodations for medical reasons only

How Does FSD Afford Free Meals?

- Just like a restaurant, our revenue is based on participation (sales). For reimbursable meals we serve, we receive federal and state monies.

Current Rate (2023-2024) for FSD

Breakfast = **\$ 2.50**

Lunch = **\$ 4.35**

Supper = **\$ 4.25**

Snacks = **\$ 1.17**

- A reimbursable meal must meet all nutritional requirement established by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), Public Law 111-296





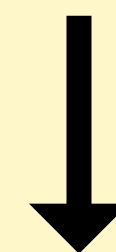
United States Department of Agriculture

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk ^f (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{g h}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg)	≤ 540	≤ 600	≤ 640
<i>Trans</i> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

What's in a School Breakfast?

Fruits



Grains



Milk



Breakfast – Offer vs. Serve

DID YOU KNOW?

Students must take a complete breakfast meal for the meal to be reimbursable

What's a complete breakfast meal?

- 3 different food items
 - One must be 1/2 cup of fruit





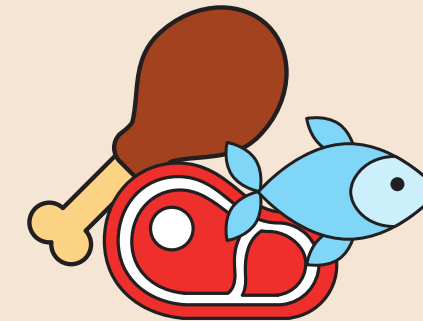
United States Department of Agriculture

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c d}	½	½	¾
Additional Vegetables to Reach Total ^c	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Interim Target 1 (mg) ^h	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ^h	≤ 1,110	≤ 1,225	≤ 1,280
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

What's in a School Lunch?

Meat/Alt.



Grains



Vegetables

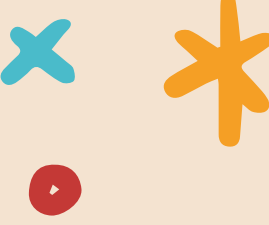


Fruits



Milk





Lunch – Offer vs. Serve

DID YOU KNOW?

- Students must take a complete lunch meal for the meal to be reimbursable
- Second meals are not reimbursable



What's a complete lunch meal?

- 3 different food items
 - One must be 1/2 cup of fruit or vegetable



How Are The Meals Chosen?



Students taste testing and approving

- **Student preference**
- Vendors' food availability
- Price
- Equipment
- Kitchen space
- Labor
- Schools' needs
- Speed of service
- Federal and state regulations



How Is the Food Made?

Cutting grass-feed beef for birria

- Central kitchens
 - Kettles, 60 and 100 gallons
 - Combi ovens
- 50% of meals are scratch-made
 - Breakfast
 - Lunch
- Local California foods
 - Beef
 - Chicken
 - Fruit and vegetables



Cuban black bean cooked in kettle



Resources

- **Food & Nutrition Services Website:**

- www.ausd.us

- **CDE Website:**

- www.cde.ca.gov

- **USDA Website:**

- www.fns.usda.gov





Thank You!