

Fresh from California

Menu Planning Support Session

May 18, 2022

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CENTER FOR
ECOLITERACY

CALIFORNIA FOOD
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California Food for California Kids is an initiative of the Center for Ecoliteracy





LunchAssist PRO

Professional Development
and Resource Hub

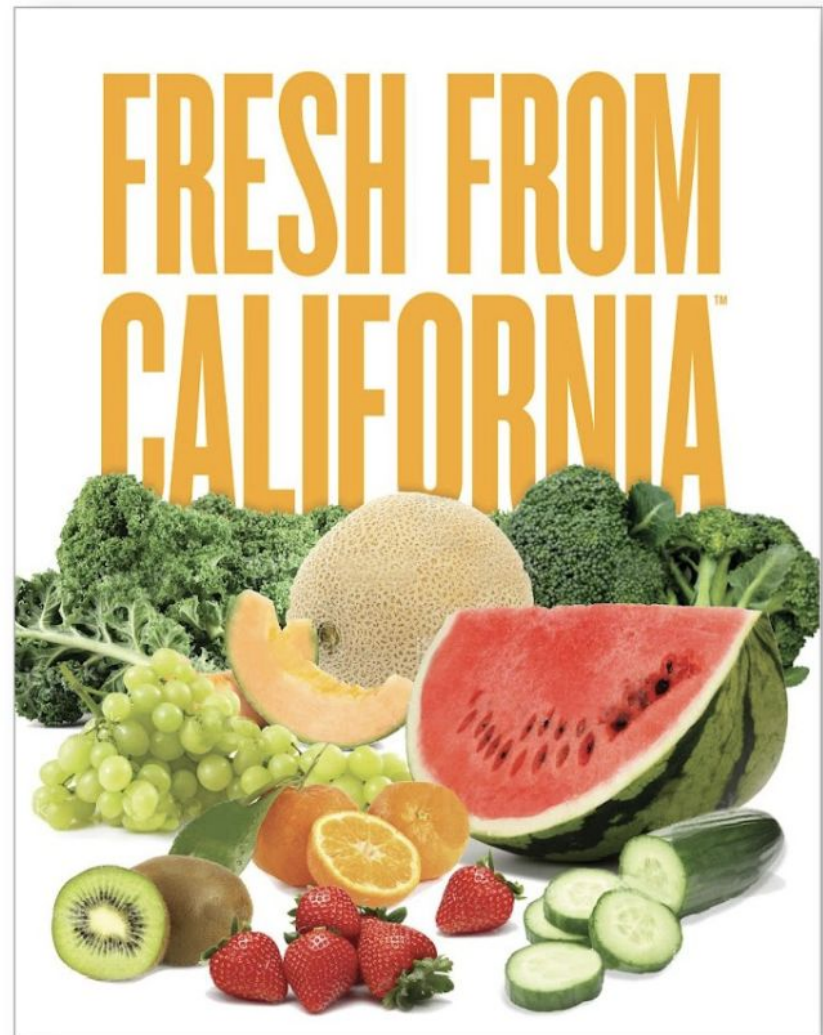


session 3 | agenda

- fresh from california
- specialty crops
- salad bars
- resources
- discussion

offerings

- **Menu Planning Support.** Online group sessions providing best practices for menu planning and substitutions, recipe development, and nutrition analysis with a Registered Dietitian.
- **Marketing Materials.** Beautifully designed promotional banners and posters for your cafeterias offered in both English and Spanish.
- **Media Support.** Media training and outreach to promote your district's Farm to School program.



are you:

- currently offering salad bars,
- bringing them back next school year, or
- interested in offering salad bars for the first time?

specialty crops

fresh from ca

fruits & veggies in focus

- avocado
- broccoli
- cantaloupe
- cucumber
- grapes
- kale
- kiwi
- strawberries
- tangerines
- watermelon



salad bars

making a comeback

salad bars

benefits

- reduce food waste
- introduce new flavors, textures, and foods
- increase consumption of fruit and veggies
- meet veggie subgroup requirements
- offer customizable lunch tray options
- advance plant forward initiatives
- practice scratch cooking



salad bars + covid safety

CDC gave the okay, but check with your county

- CDC [guidance](#) for school nutrition professionals:
 - no evidence to suggest handling or consuming food is associated with COVID-19
 - very low risk of transmission from surfaces and shared objects
 - no need to limit food service approaches to single use items and packaged meals
 - recommend physical distancing and ventilation wherever possible
- contact county for local requirements



salad bars

a solid sustainability strategy

what is sustainability?

A sustainable community is usually defined as “one that is able to satisfy its needs and aspirations without diminishing the chances of future generations.” This is an important moral exhortation. It reminds us of our responsibility to pass on to our children and grandchildren a world with as many opportunities as the ones we inherited.

Fritjof Capra

Co-Founder, Center for Ecoliteracy



food waste vs. food loss

“wasted food” describes food that was not used for its intended purpose

- **food waste** = plate waste
 - food served but not consumed
 - spoiled food
 - *waste considered inedible*
- **food loss** = unused product from agricultural sector
 - unharvested crops



how many pounds of edible food
goes uneaten **each year** in the U.S.?

90 billion pounds of food



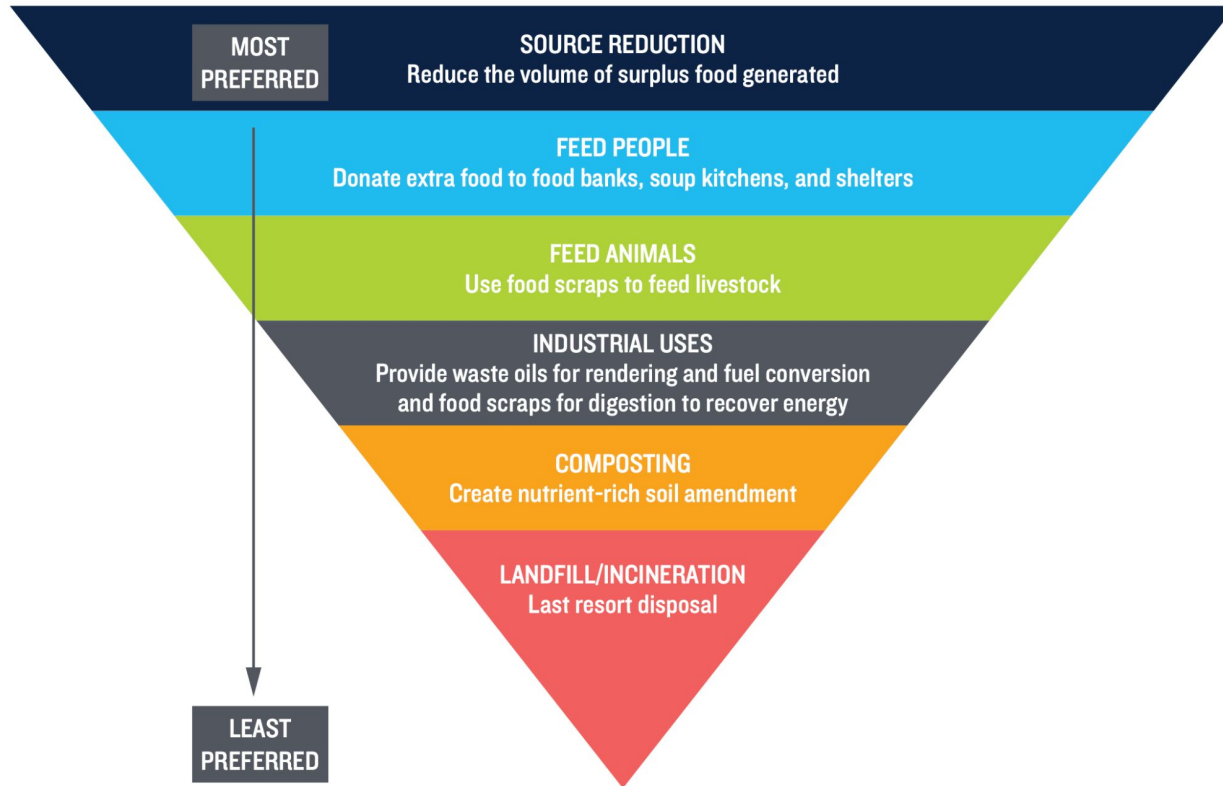
food waste prevention in schools

strategies your program may have considered or are currently using

- [food waste audit](#)
- share tables or baskets
- offer vs. serve (OVS)
 - salad bars
- recess before lunch
- longer lunch periods



food recovery hierarchy



salad bars + sustainability

part of your sustainability plan

- salad bars provide variety
- student choice leads to less waste
- excess fruits & veggies can easily be added
- zero waste recipes
 - [watermelon rind coleslaw](#)
- smaller pan sizes
 - allow more options
 - minimize food waste



@AdventuresOfASchoolChef

Chef Jennifer Papp

policy refresher

keeping it compliant

true or false?

true or false:

**items on the salad bar may count
toward a reimbursable meal**

true!

keep it compliant!

training may be needed on proper portion sizes

- teach students how to select the minimum portion size
- refresh and train staff on identifying a **full serving** of fruits and vegetables
 - 1 cup lettuce = $\frac{1}{2}$ cup DGV
 - $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup F
 - how to visually assess if student has a $\frac{1}{2}$ cup of fruit/veggies on tray

What Does a 1/2 Cup Serving Look Like?

<p>Grapes</p>  <p>16 grapes</p>	<p>Oranges or Apples</p>  <p>6 Slices</p>	<p>Strawberries</p>  <p>6 Berries</p>
<p>Beans & Corn</p>  <p>1 Tennis Ball</p>	<p>Celery or Jicama</p>  <p>3 Sticks</p>	<p>Salad Greens</p>  <p>1 Baseball</p>

For a complete meal, pick at least 1/2 cup of fruits, veggies, or a combination of both!

 LunchAssist

This institution is an equal opportunity provider.

true or false:

**tongs are an acceptable serving
utensil on the salad bar**

true!

serving utensils

what utensils can be used on the salad bar?

- schools may determine what utensils to use on the salad bar
 - leafy greens = tongs
 - melon slices = tongs
 - grapes = spoodle
 - canned fruit = slotted spoodle
- it is important to provide visual aids and education to students to help them select the appropriate portions



true or false:

**the point of service (POS) must
be placed after the salad bar**

false!

point of service placement

what if the salad bar cannot be placed before the POS?

CDE has proposed 3 options (select 1):

1. dedicate a salad bar monitor to ensure students have a reimbursable meal
2. reroute student entry to the food service area so they access the salad bar before the serving line
3. serve a full portion of fruit and/or vegetable with each tray on the serving line

source: [SNP-03-2020: salad bars in the NSLP and SBP](#)

true or false:

**each salad bar item must be planned in
½-cup portions on the menu**

false!

menu planning considerations

portion sizes

- plan for each student to be able to select at least **1 full serving** from the salad bar
- plan for **reasonable portion sizes** of each item offered
- minimum creditable amount of fruits and vegetables: **$\frac{1}{8}$ cup**



reasonable portion:
1 cup



reasonable portion:
 $\frac{1}{4}$ cup

true or false:

a salad bar monitor can help ensure salad bars are safe for students

true!

food safety

monitor salad bars during meal service

- supply clean utensils and dispensers
- keep surface areas clean
- monitor total time food is on the salad bar
- ensure good salad bar etiquette

additional duties

- refill items
- engage with students
- monitor for reimbursable meals (if after POS)
- record leftovers on production records



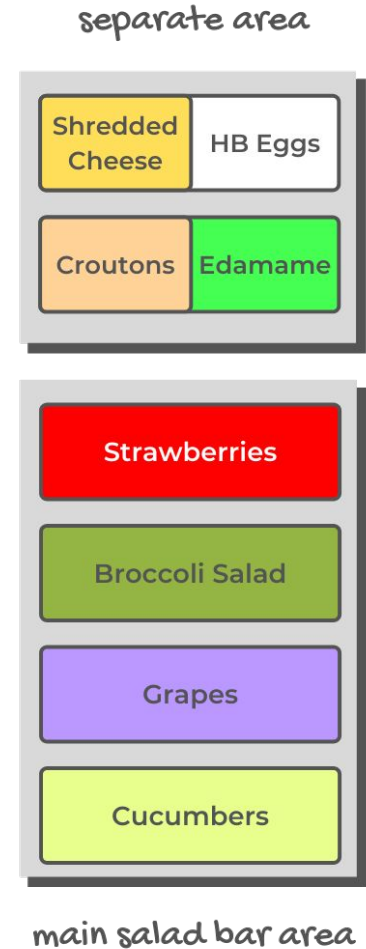
special diet considerations

for salad bars

special diets + salad bars

stay ahead of the game

- prepare students' tray from untouched food pan
- separate serving utensils for *each* item
- place items that contain top 9 allergens in separate service area if possible

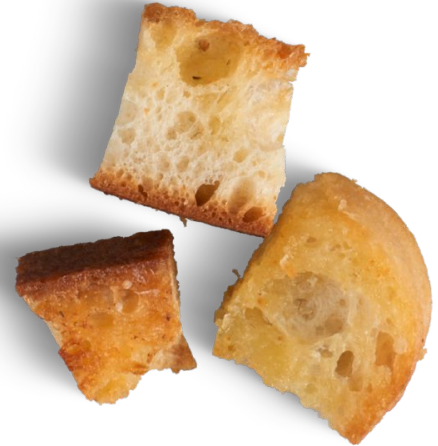


special diets + salad bars

minimize cross-contact

- consider pre-packaged top 9 allergen items
 - croutons
 - cheese cubes
 - shredded cheese
 - hard boiled egg
- salad dressings often contain milk, egg, and/or soy
 - consider pre-packaged salad dressings
 - package bulk dressings
 - make a house-made dressing free from top 9 allergens

*also makes it easier to
place on share table*



scratch cooking

a solid start

start at the salad bar

want to add more scratch cooking?

- **speed scratch:** combining ready-made food w/fresh ingredients
- start small
- set realistic goals
- determine timeline
 - ex: add 2 new recipes a school year



scratch cooking

practice and master those skills

- salad dressings
 - [strawberry vinaigrette](#)
 - [sweet serrano-lime dressing](#)
- sauces
- bean salads
- grain salads
- leafy green salads



salad bar strategies

options, options, options

save \$\$\$

salad bars can be part of a money saving strategy

- increase student choice
- reduce food waste
- feature local produce
- use up produce that is about to expire
- mix lower & higher price point items
 - garnish
 - toppers



@AdventuresOfASchoolChef

Chef Jennifer Papp

a strategy that works for your program

salad bar set-ups can vary and should work for you and your team's current skill set

- individual fruits and veggies vs. recipes
- pre-portioned options
- build your own station
- themes
- compliment the menu



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Chef Jennifer Papp

compliment the menu

menu

wednesday

main entrees

bean & cheese tostadas
vegan torta with avocado

milk

fat free chocolate milk
1% white milk

salad bar

Tropical Fruit
Salad with Mint

Kale & Quinoa
Medley

Black Bean, Corn, &
Watermelon Salad

Kiwi Salsa



3 salad bar setup ideas

low-prep set-up



salad bar theme | local

theme: local

monday	tuesday	wednesday	thursday	friday
house-made 	CA veggie of the day 	locally-made 	CA fruit of the day 	school garden fresh 

salad bar theme | veggie subgroups

theme: veggie subgroups by day of the week

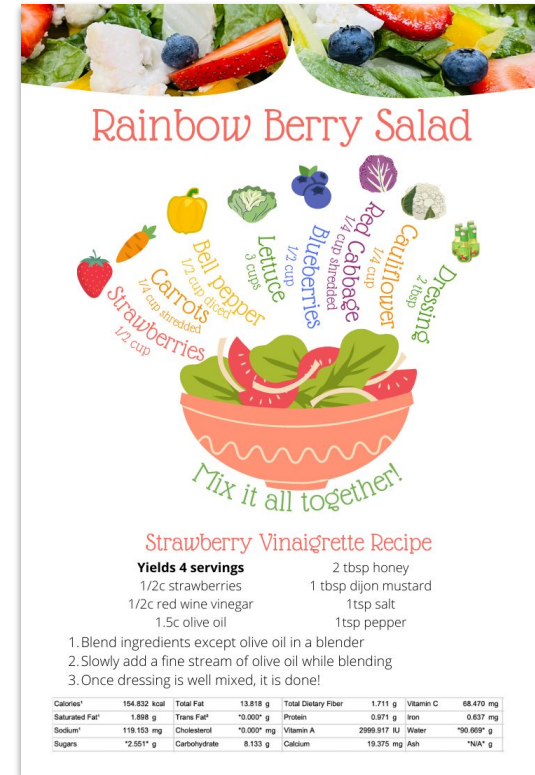
monday	tuesday	wednesday	thursday	friday
dark green	red/orange	starchy	other	beans/peas/ legumes
				


add another
red/orange option to
meet the meal pattern

resources

salad bar resources

- [Half Cup Poster](#) (LunchAssist)
- [Fruit & Vegetable Crediting Guide](#) (FL Dept. of Ag.)
- [Best Practices Handling Fresh Produce in Schools](#) (USDA)
- [Handling Fresh Produce on Salad Bars](#) (USDA/ICN)
- [Promoting and Supporting School Salad Bars](#) (CDC)
- [The Lunch Box](#) (Chef Ann Foundation)
- [Guide to Conducting a Student Food Waste Audit](#) (EPA)
- [Recipe Book for School Nutrition Pros](#) (Pisanick Partners)
- [Rainbow Berry Salad with Strawberry Vinaigrette](#) (SLCUSD)
- [Vegan Torta with Avocado](#) (Healthy Kids Collab. - CIA)
- [Tropical Fruit Salad with Mint](#) (NH DHHS)
- [Kale Quinoa Medley](#) (OK Farm to School Cooking)



The recipe card features a vibrant illustration of a bowl of rainbow berry salad at the top. Below the title, various ingredients are arranged in a circular pattern around a central bowl, each with a small icon and text label: Bell pepper (1/2 cup), Carrots (1/4 cup shredded), Strawberries (1/2 cup), Lettuce (3 cups), Blueberries (1/2 cup), Red Cabbage (1/4 cup shredded), Cauliflower (1/4 cup), and Dressing (2 tbsp). The central bowl is filled with a mix of these ingredients. Below the ingredients, the text 'Mix it all together!' is written in a green, curved font.

Rainbow Berry Salad

Strawberry Vinaigrette Recipe
Yields 4 servings

1/2c strawberries	2 tbsp honey
1/2c red wine vinegar	1 tbsp dijon mustard
1.5c olive oil	1 tsp salt
	1 tsp pepper

1. Blend ingredients except olive oil in a blender
2. Slowly add a fine stream of olive oil while blending
3. Once dressing is well mixed, it is done!

Calories*	154.832 kcal	Total Fat	13.819 g	Total Dietary Fiber	1.711 g	Vitamin C	66.470 mg
Saturated Fat*	1.968 g	Trans Fat*	<0.007 g	Protein	5.971 g	Iron	0.637 mg
Sodium*	119.153 mg	Cholesterol*	<0.007 mg	Vitamin A	2960.917 IU	Water	<90.609 g
Sugars	<2.551 g	Carbohydrate	8.133 g	Calcium	19.375 mg	Ash	<NA> g

stay connected with LunchAssist

- LunchAssist PRO membership featuring Brigaid
 - staff training videos in English & Spanish
 - culinary training by Brigaid (coming soon)
 - templates, tools, and resources
 - weekly newsletter
- check out our newest [article](#) in *Served Digizine!*
 - “The Sustainability Conversation We Are Not Having”

LunchAssist PRO
Membership
Featuring Brigaid

Single Membership
\$495 per person

District-wide Membership
\$100 per person*

Training Topics

Training Videos in English

- Over 50 Topics
- All Videos 15 Min. or Less
- Culinary Training by Brigaid
- Civil Rights Training
- USDA-approved Lessons
- Earn SNA & AND CEUs

Templates, Tools, Resources

- Quarterly Checklists
- Policies & Procedures
- Cheat Sheets & Templates
- Curated Resource Library
- Printable Signage

Bi-Weekly Live Q&A

- Questions Answered Live by Brigaid Chefs and LunchAssist RDs
- Thought Partnership
- Members Only

Everything in the Single Membership, plus:

- All Videos in Spanish
- District-wide Logins
- Train Groups or Individuals
- Professional Standards
- Tracking Tool & Reports
- Team Onboarding
- Technical Support

Topics such as:

- Scratch Cooking
- Culinary Skills
- Menu Planning
- Recipe Standardization
- Plant-Based Menus
- Equipment Training
- Food Safety
- Farm to School
- Special Diets
- Food Waste Management & Reduction
- Wellness Policy
- Healthy Marketing
- Promoting Equity
- Nutrition Education
- Lunchroom Environment
- Student Taste Testing
- Student Engagement

*Additional licensing fees apply. Request a quote and get about multiple year service agreements.

SCAN ME

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LunchAssist | BRIGAD



resources & events | **center for ecoliteracy**

- [learn more](#) and sign up for [fresh from california](#)
- final menu planning support session | 6/15, 1:30 p.m. - 2:30 p.m. PT
- [plant-forward school meal resources](#)
- follow us!

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thank you

discussion time!