

Fresh from California

Menu Planning Support Session

June 15, 2022

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





LunchAssist PRO

Professional Development
and Resource Hub

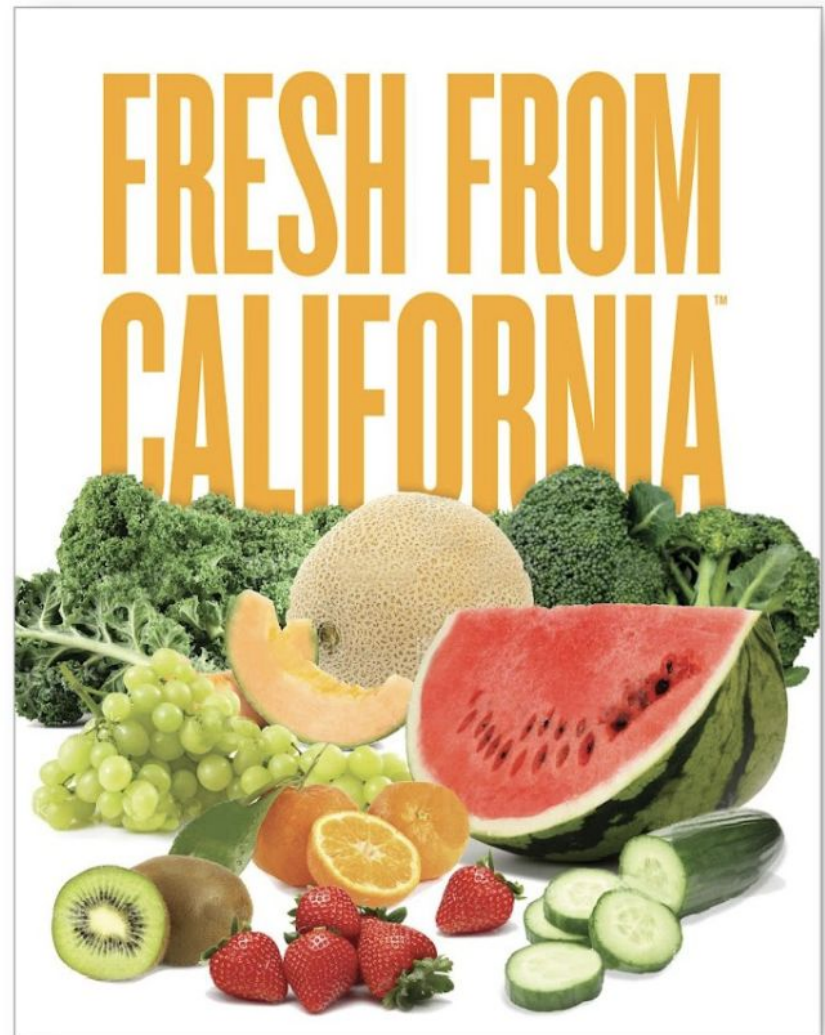


session 4 | agenda

- fresh from california
- specialty crops
- inspiration to implementation
- 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.



specialty crops

fresh from ca

fruits & veggies in focus

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



series recap

putting it into practice

series recap

we've covered the following topics:

- promoting flavorful, plant-forward, culturally-diverse recipes
- how to create compliant recipes
- review of special diets policies & procedures
- best practices for planning allergen-friendly, plant-forward recipes
- salad bars as a strategy for sustainability, scratch cooking, and plant-forward initiatives
- salad bar policy & recipe inspiration



implementation

how does a new recipe idea make it to the menu?

- idea
- recipe creation
- recipe testing - staff
- taste tests - students
- serve on the menu



recipe testing

inspiration to implementation

step 1: identify recipe

sources of inspiration

- staff
- students
- school districts
- local food trends
- social media food trends
- this menu planning support series 😊

today's recipe inspiration: [strawberry vinaigrette](#)



Rainbow Berry Salad

Ingredients: Bell pepper (1/2 cup diced), Carrots (1/2 cup shredded), Strawberries (1/2 cup), Lettuce (3 cups), Blueberries (1/4 cup shredded), Red Cabbage (1/4 cup), Cauliflower (1/4 cup), Dressing (2 tsp)

Mix it all together!

Strawberry Vinaigrette Recipe

Yields 4 servings

1/2c strawberries
1/2c red wine vinegar
1.5c olive oil

2 tbsp honey
1 tbsp dijon mustard
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	68.470 mg
Saturated Fat*	1.988 g	Trans Fat*	<0.000* g	Protein	0.971 g	Iron	0.837 mg
Sodium*	119.153 mg	Cholesterol*	<0.000* mg	Vitamin A	2999.917 IU	Water	*90.899* g
Sugars	*2.551* g	Carbohydrate	8.133 g	Calcium	19.375 mg	Ash	*NA* g

Recipe Credit: San Luis Coastal Unified School District

step 2: adjust the recipe

1. verify the recipe ingredients and preparation steps
2. check the equipment needed and note any substitutions
3. prepare a small quantity of the recipe, up to 25 servings
 - a. follow the recipe closely to verify the yield
 - b. keep notes during preparation and record any changes needed
4. transfer the recipe to your standardized recipe template





Rainbow Berry Salad



Mix it all together!

Strawberry Vinaigrette Recipe

- Yields 4 servings**
- 2 tbsp honey
 - 1/2c strawberries
 - 1/2c red wine vinegar
 - 1/2c carrots
 - 1.5c olive oil
 - 1tsp salt
 - 1tsp pepper

1. Blend ingredients except olive oil in a blender
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Calories*	154.832 kcal	Total Fat	13.818 g	Total Dietary Fiber	1.711 g	Vitamin C	68.470 mg
Saturated Fat*	1.898 g	Trans Fat*	0.000* g	Protein	0.971 g	Iron	0.637 mg
Sodium*	119.153 mg	Cholesterol	0.000* mg	Vitamin A	2999.917 IU	Water	*90.609* g
Sugars	*2.651* g	Carbohydrate	8.133 g	Calcium	19.376 mg	Ash	*NA* g

original recipe

Recipe Title: Strawberry Vinaigrette

Recipe #: N/A

Recipe Category: Condiments

Portion Size: 2 Tbsp (1 fl. oz.)

Ingredients	Recipe Yield 25 Servings		Recipe Yield Servings		Directions/HACCP
	Weight	Measure	Weight	Measure	
Strawberries, fresh	1 lb 2 oz	3 1/8 cup			Combine all ingredients except olive oil in a blender. Blend until smooth. While the blender is running, carefully remove the cap from the lid and slowly add the olive oil. Pour dressing into a container. Cover and refrigerate. Critical Control Point: Cool to 41 °F or lower within 4 hours. Critical Control Point: Hold at 41 °F or below. Portion using 1 fl. oz. ladle.
Red wine vinegar		3 1/8 cup			
Honey		3/4 cup			
Dijon mustard		3/8 cup 1/4 tsp			
Salt		2 tbsp 1 tsp			
Pepper		2 tbsp 1 tsp			
Olive oil		2 qt 1/8 cup 2 tbsp			

Meal Pattern Contribution

Meat/Meat Alternate	Grains	Vegetable/Vegetable Subgroup	Fruit

standardized recipe for testing

step 3: test the recipe with your staff

work through logistical kinks

- test recipe at different sites
- create different standardized recipes that match equipment available
- get staff opinions on taste and texture
- ask staff questions
 - recipe directions clear and concise
 - adjustments to ingredient amounts
 - proposed service style make sense
 - best day of the week to menu this item within current menu



poll time!



how often did you conduct student taste tests (pre-COVID) in a school year?

- A. 0 times
- B. 1-2 times
- C. 3-4 times
- D. More than 5 times

poll time!



how often do you conduct student
taste tests currently (the 21-22 SY)?

- A. 0 times
- B. 1-2 times
- C. 3-4 times
- D. More than 5 times

share in the chat!



If your goal is to conduct more student taste tests, what kind of support would you need to meet your goal?

step 4: student taste tests

why is this step important?

students are our main customers!

- create menus and recipes that students *like*
- encourage students to share their opinions
- make sure students feel seen and heard
- save money and effort
- reduce food waste
- increase participation
- maintain staff morale

goal: listen to student voice and choice



share in the chat!



what are some challenges you have found
with student taste tests?

before you get started

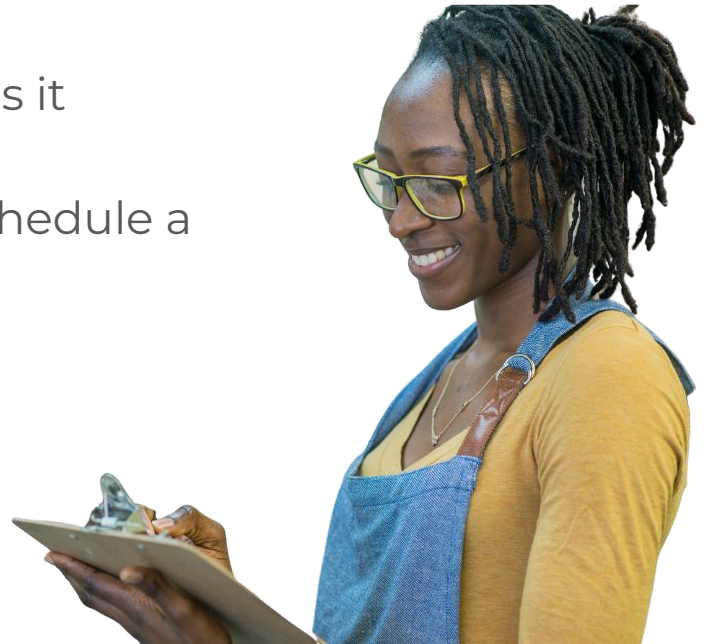
- determine which grade groups you want to target
- determine approximately how many students you need to participate
- calculate how many servings will be needed
- decide what the sample portion size will be
 - note: this will likely be different than the portion provided on the menu!
- decide how the samples will be served
- when will the samples be served
- identify allergens and Special Diet considerations



before you get started

- decide how you will collect feedback
- what determines success
 - **ex.** *80% of students like the sample = add it to the menu*
- recruit people to assist you
- where will you conduct the taste test and is it equipped with everything you need
- check in with the Kitchen Manager and schedule a day that works best for their team

 **engage staff in decision making process!**



keeping it safe

safety first and always

- let students know if the sample is:
 - hot
 - spicy
 - has allergens
- tell students what the sample contains
- ask them if it is okay for them to try it
- always ask permission and remind students they can decline the sample
- continue to practice food safety



build excitement around the taste test

let students know that you will be taste testing it up!

- announce it on social media
- put up a poster announcement
- post it on digital menus
- have a fun table set-up
- set a theme
 - “taste it Tuesday”
 - “try it Thursday”
 - “Friday try day”



set-up options

what works best for your team?

- set up on the lunchline
- set up a table in the cafeteria
- take a cart and hand out samples directly
- take a cart to a classroom (with teacher's permission)
- organize a taste test or student menu planning committee



keep those samples splendid

a lot of students “eat” with their eyes!

- double check what the sample is being served in
 - does it still make sense
 - does it “show off” the sample →
- keep it consistent
- line up the samples nicely
- have a garbage can nearby



🍓 strawberry vinaigrette in a clear container with a dippable veggie

taste test presentation

- invite students to try a “free” sample
- be intentional about *how* you describe the sample
- engage with students



collect student feedback

record your results

- consider how much time you have
- how do you want to get feedback
- encourage honest feedback
- make age-appropriate surveys
- ask close ended questions
 - elicits “yes” or “no” answer
- ask open ended questions if you have time to discuss it further
 - tell me...



Love it!



Not for me.

student feedback examples

- ballot boxes
- ballot cups
- visual count or tally
- paper survey
- thumbs up or thumbs down (you record)



Photo credit: CEL at San Diego USD

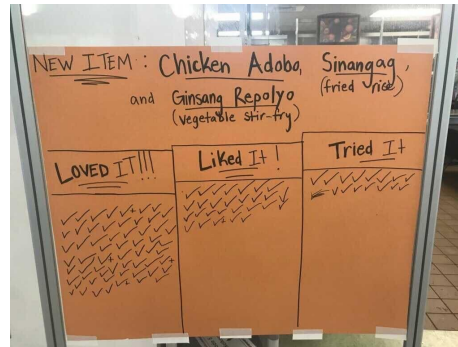


Photo credit: Food Corps Member at New London



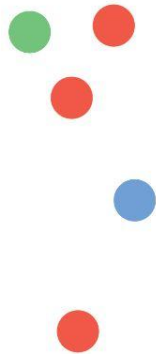
Photo credit: Montana State University

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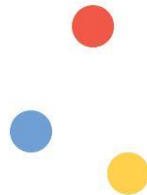


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**Loved
it!**



**Liked
it!**



**Tried
it!**



age-appropriate surveys

How do you like the product OVERALL?



Your Grade Level: _____

Food You Tasted: _____




					
How does the food look?	1	2	3	4	5
How does the food taste?	1	2	3	4	5
How is the texture? How does the food feel in your mouth?	1	2	3	4	5
How does the food smell?	1	2	3	4	5
How would you rate the food overall?	1	2	3	4	5
Have you tried this food before?	Yes	No			
Should we use it in school meals?	Yes	No			

Photo credit: Action for Healthy Kids

Taste Preference Survey for Elementary School Students

We are asking you to try a new food that we would like to add to our school lunch menu. Circle the smiley face that best describes how you feel about the food that you are tasting.

Food being tasted: _____ Date: _____

What do you think of the color/look of this item?



Good



Just Okay



Bad

What do you think of the taste/flavor of this item?



Good



Just Okay



Bad

What do you think of the smell of the item?



Good



Just Okay



Bad

Do you think we should serve this food on the lunch menu?



Yes



Maybe



No

Any Comments? _____



Photo credit: Oklahoma Cooking for Kids

PLANT-FORWARD FLAVORS

Recipe name: _____

Loved it! Liked it! Tried it!

Tell us how you feel about this recipe:

survey for student menu planning committee

SCHOOL CAFETERIA SURVEY

Wouldn't it be great to see more of what you love, served in the cafeteria?

The cafeteria staff is always looking for ways to improve our offerings and overall experience. Please take a few minutes to complete our survey to give us some feedback.

YOUR LOGO HERE

Please tell us about yourself Age: _____ Grade: _____

Last week how many times did you...

Buy a lunch from school? ① ② ③ ④ ⑤

Buy a snack from the cafeteria? ① ② ③ ④ ⑤

Bring your own lunch? ① ② ③ ④ ⑤

Did you not eat a lunch? ① ② ③ ④ ⑤

Please rate the following...

The overall taste of the food

The variety of the food served

The healthy food options served

The cafeteria staff



The overall cafeteria environment

Did you buy lunch today? Yes No


If yes, how would you rate your meal?

Of the items served in our cafeteria what is your... Favorite: _____
Least Favorite: _____

Please leave any comments/feedback you may have for the cafeteria staff.



results sheet example


School-Wide Results Sheet

Date of the Taste Test: _____

Harvest of the Month Item: _____

Recipe: _____

Where did the taste test take place? ___ Classrooms ___ Cafeteria

Tried it	Liked It	Loved It

TOTAL*			
---------------	--	--	--

*Remember to submit your monthly Taste Test report. All evaluation links are available in the HOM Portal.

Montana Harvest of the Month | www.montana.edu/mtharvestofthemonth 10

view each taste test as an experiment

for both you *and* the students

- use each taste test as an opportunity to improve
- practice until you create a solid taste test system
- and of course... have fun!



share on social media

give your followers a behind the scenes peek

- even if it is a “fail”
- people don't know what you are doing unless you show (and tell) them
- share the winning recipe



 @LaveenChildNutrition

Laveen Elementary School
District in Laveen, AZ

share in the chat!



what are some of your student taste test success stories?

step 6: finalize the recipe

incorporate feedback and test the final recipe

- did the recipe “pass” the student testing phase? should you move forward with the recipe?
- utilize staff and student feedback to make final adjustments
 - flavor
 - texture
 - appearance
- scale the recipe for service (e.g., 50 or 100 servings)
- test the final recipe and make any final adjustments
 - cooking time
 - salt, spices, herbs, liquids, etc. may need to be adjusted as you scale up>100 servings
 - take notes during the process!

step 7: serve on the menu

taking it from sample to (menu) stud

- decide where this item best fits on the menu
- consider:
 - seasonality
 - time it takes to order and receive ingredients
 - prep time
 - difficulty of the menu that day and week
 - meal pattern
- advertise!



resources

resources

- [standardized recipe guide](#) (MN Dept. of Education)
- [standardized recipe template](#) (CO Dept. of Education)
- [taste test guide](#) (Action for Healthy Kids)
- [taste test toolkit](#) (Montana Harvest of the Month)
- [cafeteria survey sample](#) (Heartland)
- [plant forward meal resources](#) (Center for Ecoliteracy)

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

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

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

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

SCAN ME

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resources | center for ecoliteracy

- [learn more](#) and sign up for [fresh from california](#)
- [plant-forward school meal resources](#)
- **coming soon:** webpage hosting all menu planning support session videos
- follow us!

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poll time!



overall, how would you rate the
Menu Planning Support Sessions?

1. extremely helpful
2. very helpful
3. somewhat helpful
4. slightly helpful
5. not at all helpful

thank you

discussion time!