



Introduction

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What's in a meal?

- **Offer Versus Serve (OVS)**
 - Allows students to decline some of the foods offered in a reimbursable lunch or breakfast.
 - Helps to reduce food waste.
- **Breakfast**
 - Schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk)
 - Students must take 3 out of the 4 items, one must be a fruit or vegetable
- **Lunch**
 - Schools must offer five required meal pattern components including Meat/Meat Alternate (M/MA), Grain, Milk, Fruit, and Vegetable
 - Students must take 3 out of the 5 components, one must be a fruit or vegetable
- We offer a variety of fruits and vegetables daily



USDA Regulations

- All items served meet strict USDA regulations
- Vegetables sub-groups must be met daily
- At least 80% of grains offered weekly must meet the whole grain-rich criteria
- Water does not count as one of the required food components (for breakfast or lunch) and cannot be served as a substitute for milk

	Breakfast	Lunch
Min-Max calories (kcal)	400-550	600-700
Saturated Fat (% of total calories)	<10	<10
Sodium Target 1 (mg)	<540	
Sodium Interim Target 1A (mg)		<1225



Funding Universal Free Lunch & Breakfast

<i>National School Lunch</i>				
	<i>State Share</i>	<i>Federal Share</i>	<i>Total</i>	<i>Additional Eight Cents</i>
Paid Lunch	\$0.05	\$0.40	\$0.45	\$0.53
Reduced Price Lunch	\$0.05	\$3.85	\$3.90	\$3.98
Free Lunch	\$0.05	\$4.25	\$4.30	\$4.38

Paid Lunch Equity in Meal Pricing —

- Pursuant to FY 2024 State Budget funding, school meals will be free of charge this school year.

Adult Meal Pricing Guidelines —

- Adult meal charges must be priced at the Federal reimbursement for a free student lunch plus the USDA Foods per meal value; inclusive of covering the cost of preparing and serving the meal and
- Must be charged state meals tax.

Future School Committee request to reset meal prices

- Adult Meal Price to \$5.00 plus tax
- Second Meal Price to \$4.50
- A la Carte - up to 30% markup over cost. (adults are charged tax)



Staffing

Each School: 6 Employees

- Kitchen Manager
- Lead Cook
- Up to 4 Workers

Current Staffing at each school

- Kitchen Manager
- Lead Cook
- 2 Workers

We have 2 vacancies in each school

Goal for Meals per Labor hour: **18 MPLH**

- Meals Per Labor Hour (MPLH) is the measure of productivity and production efficiency for school nutrition (SN) programs.
- MPLH can help determine how many employees or how many scheduled hours per employee are needed daily.
- The MPLH index is compared with labor because labor is dependent on the type of production.
 - Examples of production systems used in the school nutrition program include conventional, cook-chill, and assembly-serve.
 - Another type of production system used in the school nutrition program is distribution/service systems, which includes satellite, on-site, and combination of the two.



Breakfast/Lunch Update - September

	Lincoln	Hanscom
Student Enrollment	527	438
Breakfast	Every day	Every day but Wednesday
Participation	31%	49%
Avg meals per day	165	215
Lunch	Participation	74%
Avg meals per day	274	325
SEPT Meals per Labor Hour (4 employees at each school)	16.72	20.6



What do we do with this information going forward each month?

Things to Come!

- October Menu - New Director's [Menu](#)
- Local Food - October Menu
- Menu Program & Nutrition Analysis application available to student, parents/caregivers and staff - December 1
- Upgraded Point of Sale - December 1
- Social Media Updates



Local Food

- Walden Local Meats
 - First delivery 10/2/23
 - 100% grass fed burgers and ground beef
- Worcester Regional Food Hub
 - First delivery 9/12/23
 - In addition to produce from our DOD program, we are featuring produce from:
 - Little Leaf Lettuce - Ayer
 - Carlson Orchards - Harvard
 - Wards Berry Farm - Sharon
 - Pioneer Valley Growers Association - S. Deerfield
 - Autumn Hills Orchard - Groton



Menu Program



Nutrition Analysis

- ✓ DESE compliant menu analysis program
- ✓ Menus will be online and interactive
- ✓ **Nutrition** - Check nutrition with the click of a button
- ✓ **Allergen filtering** - Filter allergens with the click of a button.
- ✓ **Nutrient Calculations** - Filter specific nutrients to make calculations
- ✓ **Mobile app (optional)** - Provide anytime, anywhere access for staff, parents and students with the *My School Menus* mobile app for smartphones.
- ✓ **Language translation** - Menu can be translated into 100 different languages
- ✓ ETA for “Go Live” is 12/1/23





- Menu Example

September 2023
Weekly Monthly

Monday	Tuesday	Wednesday	Thursday	Friday
04 Labor Day, No School	05 Lunch Entree Chicken Tenders Chicken Patty on a Roll Protein Pack Chicken Caesar Salad Vegetables Carrots or Red Peppers French Fries, Crinkle Fruit Fruit Bar Milk FF Chocolate Milk 1% Milk	06 Lunch Entree Pick a Pasta - Penne, Red Sauce and Chicken Meatballs Cheeseburger Garden Salad with Cheesetick and a Roll Protein Pack Vegetables Vegetable Bar Broccoli Fruit Fruit Bar Grains Garlic Bread	07 Lunch Entree Bacon Cheeseburger Cheeseburger Big Daddy's Cheese Pizza Protein Pack Chicken Caesar Salad Vegetables Baked Beans French Fries, Crinkle Vegetable Bar Fruit Fruit Bar Milk FF Chocolate Milk	08 No School

Menus
23/24 WHI LUNCH

Tools
Print Menu
Build-a-Meal
Filter Allergens
Dietary Preferences
Select a Language
Select Language

Elementary & Middle Meal Pricing
Breakfast \$1.50
Lunch \$3.00
Additional Milk \$0.05

Adult Pricing
Breakfast \$2.75
Lunch \$5.00

Make Payments



- Nutritional Example



Nutrition Facts

Serving Weight	99.642 gm
Serving Size	1 sandwich
Amounts Per Serving	
Calories	418
	% Daily Value*
Total Fat 23gm	35%
Saturated Fat 9gm	45%
Trans Fat 1gm	
Cholesterol 72mg	24%
Sodium 452mg	19%
Potassium 311mg	9%
Carbohydrates 25gm	10%
Fiber 2gm	8%
Sugars 5gm	
Includes 4gm of Added Sugars	
Protein 22gm	
Iron 3mg	17%
Calcium 132mg	13%
Vitamin A (IU) 12iu	0%
Vitamin C 0mg	0%
Vitamin D 0iu	0

Allergens



Attributes

Not Available.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Point of Sale System Update

- **Access your data anywhere** - Mosaic stores all your program info in the cloud for added security and convenience. There are no servers to maintain, backups to make, or updates to perform.
- **Gain powerful insights** - Within a few clicks, you'll have access to accurate counting, claims, and reports to assist you with financial management and better decision-making
- **Transact faster** - Speed-E mode helps you get students through the line more quickly. Shave precious seconds off each sale and give students more time
- **Robust Communication tool** - Ability to send emails to parents/guardians from the application
- **Flexible serving options** - Serve students wherever they are—in the cafeteria, in the classroom, or off campus.



Social Media Updates

Website:

- Page updates, Menus, policies, etc.

Facebook/Twitter Accounts to update & showcase

- What is being served
- What is happening - Theme days
- Supply Chain issues
- Vacancies and Open positions
- New Products
- Local Foods used



Where to find out more information

<https://www.lincnet.org/foodservices>

