



## Lincoln School Lunch

**Brooks Café  
Smith Café  
Hanscom Cafe**

May 3, 2011

TO: School Committee  
Superintendent  
Administrator for Business & Finance  
FROM: Cathleen Higgins, Director of Food Services  
SUBJECT: Healthier US Schools Challenge (HUSSC)

### **Background**

The implementation of the Nutrikids point-of-sales system coupled with the menu improvements made possible by last year's meal price increase has enabled the cafeteria staff to bring the Food Service to a higher level. At the beginning of this school year we looked around for our next challenge.

### **Introduction to Healthier US School Challenge – October 2010**

As part of our ongoing professional development, my cafeteria managers and I attended a School Nutrition Association (SNA) conference in October, which included a presentation on the Healthier US Schools Challenge (HUSSC). The HUSSC is a voluntary initiative established in 2004 by the Food and Nutrition Service to recognize schools participating in the National School Lunch Program that create healthier school environments by providing nutrition education, nutritious food and beverage choices, physical education and opportunities for physical activity. Among the criteria for certification, schools must offer healthy meals and snacks, nutrition education and physical activity. In February 2010, First Lady Michelle Obama introduced Let's Move! incorporating the Healthier US School Challenge into her campaign to raise a healthier generation of kids.

Four levels of superior performance are awarded: Bronze, Silver, Gold, and Gold of Distinction. To qualify for the awards, a school must submit a formal application and meet basic criteria set forth by the U.S. Department of Agriculture, Food and Nutrition Service (FNS). The HUSSC criteria reflect the recommendations of the 2005 *Dietary Guidelines for Americans* and the Institute of Medicine (IOM) published recommendations (April 2007) for foods that should be served in schools, outside of the organized school lunch meals.

The overarching goal of the HUSSC is to improve the health of the Nation's children by promoting healthier school environments. To help meet the goal, FNS identifies schools that have made changes to the school nutrition environment to:

- improve the quality of the foods served
- provide students with nutrition education
- provide students with physical education and opportunities for physical activity

Healthier US Schools must also have a local school wellness policy as mandated by Congress. Local school wellness policies support the HUSSC initiative and affirm that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity.

Benefits of participating in (HUSSC) include:

- A leadership role for schools in helping children to make healthy lifestyle choices

- Improved nutrition and food quality of menus
- Increased Food Service meal program participation
- Improved staff moral
- Positive perception of School Meals and Health Programs in the Community
- Establishment of Internal and External Partnerships for Health Promotion

After discussing the HUSSC program internally and with Buck Creel, we decided to take the first step towards achieving HUSSC recognition by becoming a Team Nutrition school district.

#### **Team Nutrition Membership – December 2010**

Through a joint effort of the school café managers, the school principals, we joined the USDA's Team Nutrition schools. Team Nutrition is an initiative of the USDA Food and nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Becoming a Team Nutrition School helps us focus attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the resources for team efforts by school nutrition staff, teachers, parents, the media and other community members.

#### **Schools Meal Initiative Review (SMI) – February 2011**

The Department of Elementary and Secondary Education performs two audits of school district foodservice operations. One is the financial audit, the Coordinated Review effort, which we received in March of 2010. The CRE focuses on the administrative aspects of school foodservice operations. The other audit which is food based is the Schools Meals Initiative. The School Meals Initiative means developing and maintaining practices that result in healthy, appetizing, and nutritious meals to students – every school day. The SMI review is designed to ensure that the school lunch program meets the nutrition standards.

In reviewing the requirements for HUSSC recognition, we learned that our school district had to have a current SMI audit on file with corrections; our last SMI audit took place nine years ago. We requested the audit from the DESE staff, who expressed their excitement that:

- We are pursuing HUSSC recognition, as only eight schools in four districts in Massachusetts have achieved this distinction, and
- A school district would actually volunteer to be audited.

Linda Fischer, the DESE auditor, agreed to come out as soon as possible, which turned out to be in February. We had to assemble the menus, production records, standardized recipes, nutrient facts labels and Child Nutrition labels for the menu period of the audit.

Linda Fischer (accompanied by Tyreese Tyrell) came to perform an audit of our school meals at the Smith Elementary School. They reviewed all the documents for the meal period, visited the Smith school during a typical lunch service and performed a nutrient analysis of menus and recipes for the review week. After the review was completed, the DESE analyzed the results of the review and requested that we complete a corrective action plan (CAP). With the help of my school café managers, we met to develop a CAP for the SMI audit. Our two areas requiring correction were sodium levels and saturated fat (see DESE SMI Review report beginning on page 4).

The sodium in our menus was analyzed as being too high. While Linda Fischer stated in the exit conference that this seems to be the case in districts statewide, we have already implanted changes in the menu to address this immediately. The attached copy of the CAP itemizes our ideas for reducing sodium content.

Another finding of the review was that the saturated fat was above the recommended percentage by a small percentage. The recommended percentage of saturated fat is less than 10% and our meals were averaging 10.9 %. Fortunately, this was a minute percentage and several adjustments were made immediately to lower the saturated fat percentage. These corrective measures are also shown in detail in the attached CAP.

One other item in the audit that was also addressed immediately was the frequency of our Board of Health safety inspections. Last school year, there was only one inspection at the Lincoln campus cafeterias performed, in December 2009. This school year, FY11, we have already had the two required inspections here at the Lincoln schools, in December 2010 and March 2011. The HMS café has had three food safety inspections in this current school year (September 2010, November 2010 and January 2011) and is preparing for the final audit of the school year. We were able to include the correction in the CAP.

### **Healthier US Schools Challenge Application – March 2011**

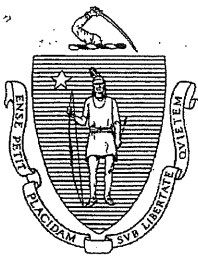
With the preparatory work and required audits completed, we were ready to accept the Healthier US Schools Challenge. We entered into the challenge at the Smith Building with March's menu. It was a team effort and collaboration, with all three cafeterias providing support to Sandra Hillson, Tonia Gaines, and Kelly Adams as we began the month-long menu (see the March 2011 menu on page 13). We also worked with Stephen McKenna, Melissa Nordstrom and Laura Regrut as part of our wellness review team. Mary Sterling helped with curriculum questions from the beginning, and the School Health Advisory Committee headed by Maureen Richichi was an active participant in the planning and execution process.

The menu itself was a creative process to include meals that emphasized fresh fruits, dark green leafy and orange vegetables, whole wheat and whole grain items, and beans. Our challenge was to choose items that we knew our students were already familiar with such as sweet potatoes, romaine, baby spinach, multigrain breads, and tabouleh while introducing new items such as fresh baby box choy, ruby red grapefruit, black bean empanadas, and split pea soup. The Smith café staff was very creative in presenting and preparing these new times and matching them to their students' palates and preferences. Our other café managers, Christine Saulnier and Lauren Braudis, provided support with recipes and nutrition labels. They were very interested in the HUSSC process since we hope that the other buildings will follow Smith's lead during the next school year.

Once the March menu was completed and service was done, the final touches on the application kit began. Our HUSSC application was initially reviewed by Stephen McKenna, Melissa Nordstrom and Laura Regrut with input provided by all the members of the review team, and was then reviewed by Buck Creel and Mickey Brandmeyer. In addition to the application itself, the binder to be submitted contains the menu, standardized recipes, production records, nutrition labels, the district's Wellness Policy, the Wellness curriculum, Team Nutrition enrollment verification, competitive food analysis, SMI Review and CAP and Smith Café participation information.

We chose to pursue HUSSC recognition at the Silver Medal level because of the meal participation requirements. Smith's participation with Type A reimbursable meals averages over 60 % average daily participation (ADP). The qualification for a Gold Medal or Gold of Distinction is an average of over 70% ADP for meals served. This level is our long-standing target which we will continue to pursue in FY12.

The HUSSC Silver Medal application and binder were sent off to the DESE for initial review on Thursday, April 28<sup>th</sup>, 2011. After the DESE review, our application goes to the USDA office. As soon as the results are in, we will let you know.



## Massachusetts Department of Elementary and Secondary Education

75 Pleasant Street, Malden, Massachusetts 02148-4906

Telephone: (781) 338-3000  
TTY: N.E.T. Relay 1-800-439-2370

March 11, 2011

Ms. Cathleen Higgins  
Foodservice Director  
Lincoln Public Schools  
Ballfield Road  
Lincoln, MA 01773

RE: School Meals Initiative (SMI) Review  
Agreement # 09-157

Dear Ms. Higgins:

In accordance with standards set forth in the Code of Federal Regulations, a SMI Review was conducted in your district on February 17, 2011. I want to commend you on the program you have in place in your district. The overall SMI review indicated minimal corrections/modifications are needed for improvement.

This administrative review process evaluates the following information and procedures:

- Lunch meets 1/3 of the Recommended Dietary Allowances for protein, vitamin A, vitamin C, iron, calcium, and calories
- When averaged over a school week, all school meals contain 30% or less of the total calories from fat
- When averaged over a school week, all school meals contain less than 10% of calories from saturated fat
- Reduction in levels of sodium and cholesterol and an increase in dietary fiber

The enclosed Corrective Action Plan (CAP) (**pink**) outlines specific program deficiencies and/or recommendations from the Administrative Review. Please complete, sign and return the Corrective Action Plan to the following address no later than April 8, 2011.

Linda Fischer, Nutrition Specialist  
Nutrition, Health and Safety  
Massachusetts Department of Elementary & Secondary Education  
75 Pleasant Street, 4<sup>th</sup> Floor, Malden, MA 02148

Submission of an inadequate CAP, submission after the specified due date, or failure to submit a CAP may result in fiscal action and subject to further review as defined in federal regulations.

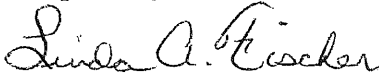
Enclosed, you will also find a copy of the SMI Nutrition Review Packet (**yellow**) that was used during the review. Please review the entire packet for comments, commendations, and recommendations.

Additionally, you will find the nutrient analysis results (**white**) that were generated using the Nutrikids Nutrition Program. There are a total of three reports enclosed. One report is a basic summary of findings. The two other reports break out the menu for the day by items, meals, sandwiches, etc. One report has portion values written at the top and the other report has weighted values written at the top. As we discussed, a weighted nutrient analysis gives more weight to choices that students are more likely to select.

It was a pleasure working with you and the cafeteria staff at Smith Elementary on the day of the review. Your cooperation and assistance were very much appreciated. I'm confident you and your staff will continue to do a good job with the food program in your district and work to improve the healthy well being of our nation's children.

If you have any questions or need assistance please contact me directly at (781) 338-6456 or by e-mail at [lfischer@doe.mass.edu](mailto:lfischer@doe.mass.edu).

Respectfully,

A handwritten signature in cursive script that reads "Linda A. Fischer".

Linda A. Fischer, RD, LDN

Nutrition Specialist

Office for Nutrition, Health and Safety Programs



**Massachusetts Department of Elementary &  
Secondary Education -  
Nutrition, Health and Safety  
75 Pleasant Street, Malden, MA 02148**

**CORRECTIVE ACTION PLAN FOR THE SCHOOL MEALS INITIATIVE (SMI) REVIEW (PAGE 1)**

SFA: Lincoln Public Schools	Review Site: Smith Elementary School	Grades: K-4
Agreement Number: 09-157	Menu Planning Approach:	Grade Group(s) Used to Run
Review Date(s): February 17, 2011	- Traditional Food Based	the Nutrient Analysis: K-6
<u>Review Category:</u> Nutrient Analysis Results		
<b>Finding/Areas Needing Corrective Action</b>	<b>Planned Corrective Action Activities</b>	<b>Implementation Dates</b>
<b>1) Sodium is High</b>	We have stopped adding salt to recipes. We will no longer be purchasing salt unless it is needed for baking.	Immediately and over the course of the next menu cycles
	We are looking at various products that are available to us with lower sodium.	Immediately and over the course of the next menu cycles
	Many vendors are re-formulation their products to meet the new guidelines. We are checking labels carefully for sodium counts, especially on dressings and sauces.	Immediately and over the course of the next menu cycles
	We have contacted our current primary food vendors to provide us with all currently available products	March 2011 and going forward
	We are studying all labels for items that we serve that may be high in sodium	Daily
	We are analyzing all the current condiment options for sodium content per serving and considering portion control items for several of them (ie: ketchup, BBQ sauce)	On - going
	We are looking carefully at items such as our bread and milk offerings where the sodium is present but not always expected.	Daily
	We have eliminated the packaged snacks from our Grab & Go lunches to help cut the sodium content	March 2011 and going forward
	We are in the process of reformulating our Grab & Go lunches to help lower the sodium content of these popular items	On - going
	By participating in The HUSSC, we are offering a wider variety of fresh fruits and vegetables, which helps us to avoid some of the sodium in the frozen vegetables.	March 2011 and going forward
<b>2) Saturated Fat is High</b>	We have stopped offering cheese cubes and sticks as a cold side dish. We are only offering it when it is part of the Bagel Grab & Go lunch or when an additional source of protein is needed.	Immediately and over the course of the next menu cycles
	We are offering a wider variety of meatless options that will help to lower the saturated fat of our menu. (ie: Black Bean Empanadas, Hummus and Tabouleh wraps, Veggie burgers)	Immediately and over the course of the next menu cycles
	Our meeting with the cafeteria managers was a brainstorming session to consider meatless options that meet our protein requirement and have less sodium and saturated fat and be appetizing to our students.	March 18th, 2011      Examples are veggie wraps, and Grab & Go entrée salads.



3) Staff review	We had an hour long staff meeting with cafeteria managers to review the Corrective Action Plan and make short-term and long term plans for continuing our menu planning with adjustments for lowering sodium and saturated fat	March 18th, 2011 Review with all cafeteria staff
4) Long Term Corrective Action	Develop Database with Nutrikids menu analysis software to include comprehensive list of all items in use on the menu with nutrition labels and recipes to allow for better analysis of menus on a cyclical basis	May, 2011 and going forward

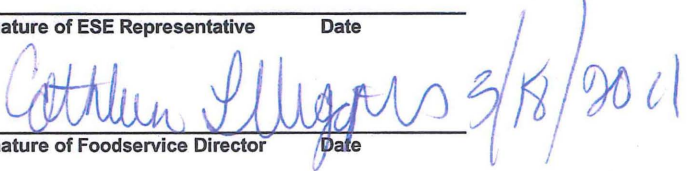
### CORRECTIVE ACTION PLAN FOR LINCOLN PUBLIC SCHOOLS (PAGE 2)

<i>Review Category: Hazard Analysis Critical Control Points (HACCP) - Food Safety Observations</i>		
Finding/Areas Needing Corrective Action	Planned Corrective Action Activities	Implementation Date(s)
1) The school did not have at least 2 food safety inspections during the last school year.	I will forward this audit to the Local Board of Health inspector along with a policy memo that Linda Fischer provided to me.	Friday, March 11th, 2001
	Smith Elementary School had one inspection so far in FY2011	
	(12/2/2010)	
	Smith Elementary School had one inspection in FY2010	
	(12/4/09)	
	Smith Elementary School had two inspections in FY2009	
	(6/4/09 and 10/3/08)	

### CORRECTIVE ACTION PLAN FOR LINCOLN PUBLIC SCHOOLS (PAGE 2)

<i>Review Category: Lead Meeting to Review Corrective Action Plan</i>		
Finding/Areas Needing Corrective Action	Planned Corrective Action Activities	Implementation Date(s)
Lead Meeting to Review CAP	Review CAP with managers at each school to insure effective implementation of corrections immediately and efficiently	Friday, March 18th, 2011

### CORRECTIVE ACTION PLAN FOR LINCOLN PUBLIC SCHOOLS (PAGE 3)

This Form is to be Completed and Returned by: <span style="float: right;">April 8, 2011</span>		
Signature of ESE Representative 	Date 3/8/2011	Mail to: Linda Fischer, Nutrition Specialist Nutrition, Health and Safety Massachusetts Department of Elementary & Secondary Education 75 Pleasant St., Malden, MA 02148
Signature of Foodservice Director	Date	CAP APPROVED (for office use only)

School Food Authority Profile		v. 7/11/2006												
1. SFA: Lincoln Public Schools	11. Nutrient analysis conducted by:													
2. Agreement number: 09-157	S A Linda Fischer													
3. Contact: Cathleen Higgins	12. Dates of review week:													
4. Title: Foodservice Director	2/7/11 - 2/11/11 (4 day week; 1/2 day Wed.)													
5. Phone: 781-259-9400 x4306 Fax:	13. Number of schools in SFA: 3													
6. E-mail:	14. Menu planning approach:													
7. Address: Ballfield Road Lincoln, MA 01773	<input checked="" type="checkbox"/> Traditional Food Based <input type="checkbox"/> Enhanced Food Based <input type="checkbox"/> NSMP <input type="checkbox"/> ANSMP <input type="checkbox"/> Alternate Menu Planning													
8. Reviewer(s): Linda Fischer	<table border="1" style="float: right; margin-left: 20px;"> <thead> <tr> <th>B</th> <th>L</th> </tr> </thead> <tbody> <tr> <td>0</td> <td>3</td> </tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>		B	L	0	3								
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9. Menu Planner: SFA	15. Minimum number of SMI reviews: 1													
10. Menus planned: Centralized	16. Date(s) of SMI on-site visit: 2/17/2011													

School Profile	
School: Smith Elementary	Contact: Sandra Hillson
Street Address: Ballfield Road	Title: Cafeteria Manager
City: Lincoln, MA 01773	Phone: Fax:
On-site visit date: 2/17/2011	E-Mail:
1. Menu planning approach used for meals:	6. Type of foodservice program:
<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Alternate (Minor Modification) for Lunch	Self-Operated
<input type="checkbox"/> Modification of the Meat/Meat Alternate (FB only) <input type="checkbox"/> Modification to Age/Grade Group (FB only) <input type="checkbox"/> Modification for Majority of Children	7. Ages/grades in the school:
	<input type="checkbox"/> Ages <input checked="" type="checkbox"/> Grades K-4
2. Program reviewed: NSLP only	8. Age/Grade grouping(s) for menu planning:
3. Method of nutrient analysis: Weighted Averages	<input type="checkbox"/> Lunch Grades <input type="checkbox"/> PreK <input type="checkbox"/> K-3 <input type="checkbox"/> K-6 <input type="checkbox"/> 7-12 <input type="checkbox"/> 4-12 <input type="checkbox"/> Breakfast Grades <input type="checkbox"/> PreK <input type="checkbox"/> K-12 <input type="checkbox"/> 7-12 <input type="checkbox"/> Breakfast and Lunch Ages <input type="checkbox"/> 3-6 <input type="checkbox"/> 7-10 <input type="checkbox"/> 11-13 <input type="checkbox"/> 14+
4. SMI review conducted: After CRE	NSMP (only):
5. Location of meal preparation:	NSLP Customized Ages: _____
<input type="checkbox"/> At this school <input type="checkbox"/> Production kitchen in another location <input checked="" type="checkbox"/> Combination Site (school and additional site)	SBP Customized Ages: _____
Comments:	9. General Information:
	Check Box if YES
	<input checked="" type="checkbox"/> Offer vs. Serve Enrollment 322 <input type="checkbox"/> A la carte sales available ADP 229 <input checked="" type="checkbox"/> Adult Meals <input checked="" type="checkbox"/> Special Needs Meals % Participation 71.12%



# SCHOOL MEALS INITIATIVE REVIEW

## FOOD-BASED OR NUTRIENT-BASED MENU PLANNING NUTRIENT ANALYSIS - LUNCH - USING ESTABLISHED GRADE GROUPS

Complete the table below or attach a copy of the computer generated analysis.

<b>SFA/SITE:</b>		Lincoln Public Schools/Smith Elementary				<b>DATE(S) OF REVIEW</b>		2/7/11 - 2/11/11 (4 da			
						<b>DATE(S) OF SMI ON-SITE VISIT:</b>		2/17/2011			
		<input type="checkbox"/> K-6		<input type="checkbox"/> 7-12		<input type="checkbox"/> PreK		<input type="checkbox"/> K-3		<input type="checkbox"/> 4-12	
Nutrient	Nutrient Standard for Grades: K-6 <sup>1</sup>	Average for Grades: K-6	Nutrient Standard for Grades: 7-12 <sup>1</sup>	Average for Grades: 7-12	Nutrient Standard for Grades: PreK	Average for Grades: PreK	Nutrient Standard for Grades: K-3	Average for Grades: K-3	Nutrient Standard for Grades: 4-12	Average for Grades: 4-12	
Calories (Kcal)	664	709	825		517		633		785		
Protein (g)	10	30.2	16		7		9		15		
Calcium (mg)	286	588	400		267		267		370		
Iron (mg)	3.5	4.4	4.5		3.3		3.3		4.2		
Vitamin A (IU)	1119	2875	1500		1000		1000		1426		
Vitamin C (mg)	15	21.1	18		14		15		17.42		
Total fat	≤30%	26.0	≤30%		≤30%		≤30%		≤30%		
Saturated fat	<10%	10.9	<10%		<10%		<10%		<10%		
Cholesterol (mg) <sup>2</sup>	100	82									
Sodium (mg) <sup>2</sup>	800	1583									
Fiber (g) <sup>2</sup>	5	6.1									

### Comments:

The nutrient analysis for the review week 2/7 - 2/11/2011 indicated: Sodium is High and Saturated Fat is High.

<sup>1</sup> Allowable Modifications to Traditional Food-Based - Modification to Age/Grade Groups would allow a school using Traditional Food-Based Menu Planning to serve the 4-12 portions but use K-6, 7-12 nutrient standards in place of 4-12.

<sup>2</sup> There are no standards established for these nutrients in the Dietary Guidelines. Compare to previous SMI Review to determine if cholesterol and sodium are decreasing and dietary fiber is increasing in menus.

## ON-SITE REVIEW

Review production records, food preparation and meal service during the on-site visit.

SFA/Site: Lincoln Public Schools/Smith Elementary

REVIEW AREAS	Yes	No	N/A	COMMENTS
<b>Use of Standardized Recipes</b>				
1. Based on reviewer observation, was the food prepared and served according to the standardized recipes?	X			
<b>Production Records</b>				
2. Are adequate production records maintained to document that reimbursable meals are served?	X			
3. Do production records reflect the actual production and dates for menu changes and substitutions?	X			
<b>Meal Service/Day of Review: Food-Based</b>				
4. Were all planned menu items served (or appropriate substitutions made)? (see SMI-7)	X			
5. Do the actual serving sizes correspond to the serving sizes planned and/or analyzed?	X			
6. Is fluid milk with a variety of fat content offered?	X			
7. Is Offer vs. Serve correctly implemented?	X			
8. Does a review of the storage areas validate that food items purchased are the same items used in the nutrient analysis?	X			
9. Are the cashiers correctly identifying reimbursable meals? If NO, describe problem and indicate if the problem was: <input type="checkbox"/> Systemic <input type="checkbox"/> Non-systemic	X			
10. Were food items/components creditable?	X			
<b>Meal Service/Day of Review: NSMP/ANSMP</b>				
11. Are all menu items and portion sizes served as listed on the nutrient analysis and according to the standardized recipes (or appropriate substitutions made)?			X	
12. Is fluid milk with a variety of fat content offered?			X	
13. Is Offer vs. Serve correctly implemented?			X	
14. Does a review of the storage areas validate that food items purchased are the same items used in the nutrient analysis?			X	
15. Are cashiers correctly identifying reimbursable meals? If NO, describe problem and indicate if the problem was: <input type="checkbox"/> Systemic <input type="checkbox"/> Non-systemic			X	
<b>Corrective Action from Previous SMI Review</b>				
16. Has the SFA/school implemented corrective action as agreed to in the last SMI review CAP?			X	

# SCHOOL MEALS INITIATIVE REVIEW

DATE(S) OF SMI ON-SITE VISIT:

2/17/2011

## NUTRITION EDUCATION AND POLICIES

Reviewer can complete this form if time allows or the reviewer can leave the form to be completed by the SFA.

Instructions for the SFA: Describe what you are doing to promote a healthy school nutrition environment for your students. Check any areas that apply and include a brief description. Copy of wellness policy may be attached. Return completed form to the reviewer by:

SFA/Site: Lincoln Public Schools/Smith Elementary			
REVIEW AREAS	Yes	No	COMMENTS
<b>Administrators/Teachers/Foodservice</b>			
1. Is nutrition education training offered to teachers?			
2. Is nutrition education offered to students?	X		2) Students receive nutrition education as part of the curriculum. - Nutrition Fair in March (National Nutrition Month).
3. Is this a Team Nutrition school? If YES, please describe recent activities.	X		
4. Have there been efforts to support a healthy school nutrition environment? If YES, please describe these efforts.	X		4) Fresh fruit available daily. - Purchase produce from local farms. - PE is available at all grade levels.
5. Is nutrition information displayed in cafeteria or available to students?	X		
6. Are student advisory councils involved in the nutrition program?	X		6) Student focus groups/student council meet three times per year. - Cathleen stated she has an "open door" policy for any student
7. Is training for foodservice staff provided?	X		who wishes to discuss the food/nutrition program.
<b>Wellness Policy</b>			
8. Does the SFA/school have a local wellness policy? a. If YES, please describe degree of implementation. b. If NO, please provide information on the status of policy development.	X		7) Cafeteria managers are Serv Safe Certified. - Staff have also received food allergy and fire extinguisher training.
<b>Nutrition Policies</b>			
9. Describe the SFA/school's policies on a la carte sales, vending machines, concession stands and/or school stores.			8) Cathleen is on the Wellness Committee.. The group meets 5-6 times per year.
10. Were FMNV sold and/or served in the foodservice area during meal service?		X	9) Policies for a la carte follow standards set in the Local Wellness Policy.

SCHOOL MEALS INITIATIVE REVIEW

DATE(S) OF REVIEW ~~2 WEEK~~ (4 day week; 1/2 day Wed.)

DATE(S) OF SMI ON-SITE VISIT: 2/17/2011.

SUMMARY OF REVIEW FINDINGS

SFA/Site: Lincoln Public Schools/Smith Elementary

COMMENDATIONS

- Cathleen and the cafeteria staff (Sandra, Tonia and Kelly) at Smith Elementary were very helpful and cooperative during the SMI Review.
- Offer a variety of food throughout the week.
- Fresh fruits and/or vegetables are available daily.
- All required paperwork was neat and organized for the SMI Review.
- Overall, good program in place with minimal corrections/modifications required. Nice Job!

FINDINGS REQUIRING CORRECTIVE ACTION

Please see PINK Corrective Action Plan Sheet for information.

SUGGESTIONS FOR PROGRAM IMPROVEMENT



# Lincoln Public Schools Smith Café 2011



If you have any questions, please check the website [www.lincnet.org/food](http://www.lincnet.org/food)

E-mail: [shillson@lincnet.org](mailto:shillson@lincnet.org)

School Lead: Sandra Hillson 781.259.9400 x2206

Monday	Tuesday		Thursday	Friday
28 Toasted Cheesesticks Marinara Dipping Sauce Steamed Green Beans Chilled Fruit	March 1st Hamburger or Cheeseburger on a Soft Wheat Roll Lettuce & Tomato Potato Wedges Diced Pears		3 Chicken, Ziti, Broccoli Deb's Amazing Garlic Bread Antipasto Salad Marinated Mushrooms	4 Papa Ginos Cheese, Hawaiian Or Pepperoni Pizza Cucumber Wheels Strawberry Applesauce Cups
<b>Daily Alternates:</b>		Whole Grain Chicken Nuggets * Sunflower SBJ * Multigrain Bagel & Yogurt Lunch *		
7 Lasagna Rollups Marinara Sauce Whole Grain Dinner Roll Caesar Spinach Salad Blueberries with Topping	8 Ribbq On a Whole Wheat Sub Roll Baked Sweet Potato Fries Local Orchard Apple Cider Juice Boxes	9 10 oz milk Assorted Flavors 	Taco Bar Spicy Beef with Soft <b>Whole Grain Tortillas</b> Shredded Green Leaf & <b>Black Bean Salsa</b> Shredded Cheese & Refried Northern Beans Ruby Red Grapefruit Wheels	11 Papa Ginos Cheese, Hawaiian Or Pepperoni Pizza Cucumber Wheels Garbanzo Bean Salad Applesauce
<b>Daily Alternates:</b>		Whole Grain Chicken Nuggets * Sunflower SBJ * Multigrain Bagel & Yogurt Lunch *		
14 <b>Black Bean Empanadas</b> <b>Brown Rice Pilaf</b> <b>Broccoli trees w/ Dip</b> <b>Red Grapes</b>	15 Glazed Chicken Patty On a Whole Wheat Roll <b>Side of Whole Wheat Rotini</b> <b>Texas Caviar</b> Shredded Romaine Honeydew	16 Milk  Low Fat (1%) and Fat free Milk	17 Scrambled Egg Patty On an Whole Wheat English Muffins Sweet Potato Puffs Orange Juice	18 Papa Ginos Cheese, Hawaiian Or Pepperoni Pizza Baby Carrots with Dip Eastern Red Apples
<b>Daily Alternates:</b>		Whole Grain Chicken Nuggets * Sunflower SBJ * Multigrain Bagel & Yogurt Lunch *		
<b>Chinese Takeout</b> Chicken Stir Fry <b>Over Steamed Brown Rice</b> Oriental Bok Choy Mini Eggrolls Pineapple Tidbits	22 Oven Baked Fish Sandwich on a <b>Whole Wheat Roll</b> Tonia's Mashed Sweet Potatoes Sliced Peaches	<b>Before placing your order, Please inform your server if you have a food allergy</b>	24 Steamed Hot Dog on a <b>Whole Wheat Roll</b> Side of <b>Whole Wheat Elbows</b> Roasted Baby Carrots Box of Raisins	25 Papa Ginos Cheese, Hawaiian Or Pepperoni Pizza Three Bean Salad Watermelon Cubes
<b>Daily Alternates:</b>		Whole Grain Chicken Nuggets * Sunflower SBJ * Multigrain Bagel & Yogurt Lunch *Toasted Cheese		
28 Hamburger or Cheeseburger on a <b>Whole Wheat Roll</b> <b>Tabouleh Salad</b> Baby Carrots with Dip Local Apples	29 <b>Whole Wheat Spaghetti</b> With Meatballs <b>Whole Wheat Dinner Roll</b> Mesclun Salad Kiwi Halves	30 <b>Before placing your order, Please inform your server if you have a food allergy</b>	Fiesta Nachos Nacho Beef & Melted Cheese over Crispy <b>Whole Grain Corn Tortilla Chips</b> With Black Beans <b>Fiesta Brown Rice</b> <b>Chunky Salsa</b> Fruit Cocktail	1 Papa Ginos Cheese, Hawaiian Or Pepperoni Pizza Dark Green Leafy Lettuce Salad Cantaloupe Wedges

- Menus subject to change
- All meals are served with a choice of milk (Skim, 1% or chocolate) and fruit (fresh or chilled.)
- Breads and grains offered are whole wheat or multi-grain where possible
- [chiggins@lincnet.org](mailto:chiggins@lincnet.org)

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