

BALTIMORE COUNTY PUBLIC SCHOOLS

DATE: January 25, 2005
TO: **BOARD OF EDUCATION**
FROM: Dr. Joe A. Hairston, Superintendent
SUBJECT: **REPORT ON FOOD AND NUTRITION PROGRAM**

ORIGINATOR: Mr. Don Dent, Executive Director, Planning and Support Operations

RECOMMENDATION

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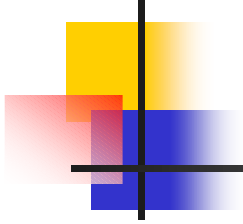
That the Board of Education is informed of the Office of Food and Nutrition Services program.

Attachment – Office of Food and Nutrition Services presentation
Attachment A – Categories of Foods of Minimal Nutritional Value

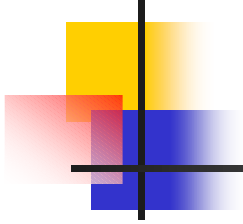


OFFICE OF FOOD AND NUTRITION SERVICES





The Mission of the Office of Food and Nutrition Services is to provide nutritious, acceptable meals at the lowest cost to our students.



The office operates within the guidelines of the school system while maintaining a self-supporting status.



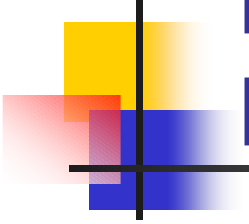
The Office of Food and Nutrition Services “Child Nutrition Program” consists of:

- ④ National School Breakfast
- ④ National School Lunch
- ④ After School Snacks
- ④ Summer Feeding



Meals served meet Federal Dietary Guidelines for Americans:

- ④ No more than 30% of calories from fat
- ④ Less than 10% from saturated fat
- ④ 1/3 of the RDA for
 - Protein
 - Vitamin A
 - Vitamin C
 - Iron
 - Calcium
 - Calories



Minimum Requirements for Nutrient and Calorie Levels for Lunch

	Ages 3-6	Ages 7-10	Ages 11-13	Ages 14+
Calories	558	667	783	846
Total Fat (g)	19	22	26	28
Saturated Fat (g)	6	7	9	9
Protein (g)	7.3	9.3	15.0	16.7
Calcium (mg)	267	267	400	400
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	158	233	300	300
Vitamin C (mg)	14.6	15.0	16.7	19.2



Meals are offered as a balanced unit to elementary students using a daily meal pattern

Daily – 3 entrée choices:

- ④ 2 oz. protein-based entrée (chicken, beef, turkey, fish, cheese or meat alternative)
- ④ 1-2 servings of bread/grain/pasta
- ④ 2 -half cup serving of fruit/vegetable
- ④ 8 oz. fluid milk: 2%, skim,
1 % low fat chocolate, or whole milk



Middle and High Students

Middle and high school students are offered a wider variety of menu choices that meet dietary requirements.

Daily – 5 or more entrée choices are offered plus an additional vegetable or fruit.

Students are encouraged to choose wisely by selecting a balance of favorites with other offerings.



Entrée Choices:

- ④ Deli/Salad Bar: low fat meats, cheeses and dressing
- ④ Salads: Chef, grilled chicken and Caesar salads
- ④ Low fat pizza, Mozzarella Dippers

All entrées are available daily, along with fresh fruits, vegetables, and milk.



Sample Menu Analysis

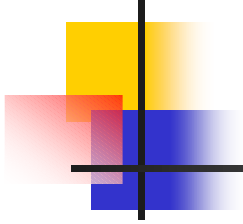
Chicken Patty Sandwich

Broccoli with Cheese Sauce

Assorted Fresh Fruit

1% Chocolate Milk

Nutrient	Menu	% Target
Calories	639	96 %
Protein	31.42 g	338 %
Carbohydrates	94.27 g	NA
Fat	17.59 g	24.76 %
		Calories
Saturated Fat	4.11 g	5.78 %
		Calories
Calcium	400.54 mg	150 %
Iron	3.75 mg	114 %
Vitamin A	318 re	137 %
Vitamin C	63.57 mg	424%



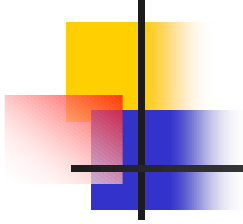
What about the other foods sold
in school cafeterias and cafeteria
vending machines?



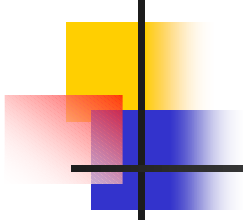
Ala Carte Foods

In school cafeterias and cafeteria vending machines, ala carte foods served:

- ④ Provide an additional energy source for students who choose it.
- ④ Provide a supplement for students who bring lunch from home.



The Maryland State Department of Education, Child Nutrition Branch, provides definition and guidance related to the sale of foods of “minimal” nutritional value.



Current policy prohibits the sale of items with “minimal” nutritional value from the beginning of the school day to the end of the last lunch period.

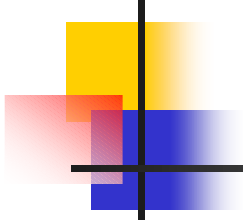


These foods include:

- ④ Sodas and other carbonated beverages
- ④ Chewing gum
- ④ Hard candy & jellies made primarily from sugar.

See attachment "A" for complete listing of foods of "minimal" nutritional value.

These items are NOT SOLD in school cafeterias or cafeteria vending machines.



MSDE has proposed revised nutritional standards to use when offering ala carte and snack foods for sale in school cafeterias and cafeteria vending machines effective the 2005-2006 school year.



New Standards

The Office of Food and Nutrition Services will implement new standards for snack and beverage sales in the cafeterias for the 2005-2006 school year.



Snacks

Individual servings as stated on the label:

- ④ No more than 9 grams total fat
- ④ No more than 2 grams saturated fat
- ④ No more than 15 grams sugar



Beverages

Fruit flavored beverages made with 50% real fruit juice – not to exceed 12 oz.

④ **Water**

Flavored Water
– Fewer than 20
calories per
servings

④ **Isotonic**

Not to exceed
12 oz.



The Future

A district-wide policy on nutrition is an important first step in changing misconceptions about school meals.

The Office of Food and Nutrition Services will continue to put the health and education of our students in the forefront.

Categories of Foods of Minimal Nutritional Value

- (1) Soda water - As defined by 21 CFR 165.175 Food and Drug Administration Regulations, except no product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals, and proteins.
- (2) Water ices - As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- (3) Chewing gum - Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- (4) Certain candies - Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
 - (a) Hard candy - A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
 - (b) Jellies and gums - A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - (c) Marshmallow candies - An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added.
 - (d) Fondant - A product consisting of microscopic-sized sugar crystals which are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - (e) Licorice - A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
 - (f) Spun candy - A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

- (g) Candy coated popcorn - Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

These categories of foods identified would provide less than five percent of the United States Recommended Dietary Allowance (USRDA) for each of eight specified nutrients (proteins, vitamin A, ascorbic acid, niacin, riboflavin, thiamin, calcium and iron) per 100 calories and less than five percent of the USRDA for each of the eight specified nutrients per serving. In the case of artificially sweetened flour, only the per serving measure applies. The identified categories of foods of minimal nutritional value will be updated every May 1 and November 1 provided there is a necessary change.