



# **Special School District**

## **Food Services Program Evaluation**

John Ruzas, Chair

Board Approved: October 12, 2010



# Food Services Standard Program Evaluation

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## Executive Summary

As required by the Missouri School Improvement Plan (MSIP) standards, school districts must evaluate Food Services biennially. The focus of the present report is: *Does the Food Services Program provide nutritionally balanced meals in accordance with Federal and State Child Nutrition Program guidelines? Does the Food Service Program educate students and staff on nutritional aspects of the menu?* Based on stakeholder review of the data, strengths, concerns and recommendations are noted.

### Strengths

- Sodexo staff complete menus in compliance with the National School Breakfast and Lunch Program and offers portions which maximize the amount of food for students.
- In accordance with the Wellness Policy that has been in place since August 2006, the SSD menus must follow the Missouri Eat Smart guidelines. All schools are meeting the Advanced standard for menu planning.
- Food Service Committee meetings between Sodexo staff and SSD building staff continue to promote open communication and timely response to problems.
- Elementary students are educating themselves regarding food choices by participating in poster campaigns, games created by Sodexo, and interacting with the Lift Off character.
- A custom carbohydrate list is available allowing staff to count the carbohydrates of a given meal which is especially helpful in regulating meals of students with diabetes.

### Concerns

- In order for the Food Service program to move up to the highest level (i.e., Exemplary) of requirements on the Missouri Eat Smart guidelines, it would require introduction of whole grain choices in the baked goods at all meals not just breakfast. Regular white breads are projected to increase 15%, moving up to whole grain products will double that percentage to 30%. Sodexo is making efforts to control costs, but rising grain prices are a concern especially in view of general budget concerns. In addition, meeting Exemplary status would require additional changes in other Food Service areas (e.g., vending contracts, etc.).
- With regard to direct student feedback regarding Food Services, satisfaction surveys have been conducted in the past and a “comment box” approach was utilized for a short time but discontinued due to inappropriate use.

### Recommendations

- Food Services will maintain the Advanced level for menu planning and continue to work with Sodexo in monitoring program costs and address budgetary issues as needed. Food Services will collaborate with the Wellness Committee to explore the feasibility of meeting Exemplary status with regard to menu planning (Appendix B).



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- Food Services will explore available processes and methods to solicit direct feedback regarding student satisfaction on a regular basis.
- The Food Service Committee will continue educating both staff and students on healthy choices. More emphasis will be placed on the correlation between food choices, calories, carbohydrates and physical activity.
- Posters depicting healthy choices will again be requested from students and will be displayed in the schools. The Lift-Off character will continue to be a part of the program in elementary schools.
- Food Service Committee meetings will continue as a means to promote communication and timely response to problems.
- The carbohydrate list is a dynamic tool and will be updated and changed as needed.



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**Program Evaluation Question(s)**

Does the Food Services Program provide nutritionally balanced meals in accordance with Federal and State Child Nutrition Program guidelines?

Does the Food Service Program educate students and staff on nutritional aspects of the menu?

**I. Program/Service Information**

1. Name of Program or Services:

Food Services

2. Personnel Responsible for Evaluation and Program

John Ruzas, Purchasing Manager (Chairperson)

Kim Harrison, Sodexo Food Services Manager at SSD (Co-Chairperson)

3. Demographic Description of Program:

Sodexo Management Inc. continues to provide the food services program for SSD buildings. The District's Chief Financial Officer, Purchasing Manager, and Manager of Student Data oversee different aspects of the program run by Sodexo. Staffing from Sodexo was reduced at South Tech and was as follows for the 09-10 school year:

Location	Manager	Assistant Manager	Head Cook	Cook	Food Services Worker
Ackerman			1	1	0
Neuwoehner			1	1	0
Litzsinger			1	1	0
Northview			1	1	1
Southview			1	1	1
South Tech*			0		0
North Tech			1	2	3
<i>Total</i>			<i>1</i>	<i>1</i>	<i>6</i>

\* *South Technical Daycare Program*

Participants: Teachers, Nurses, Building Principals, and Students

Length of Program/Service: Annually-August through June

4. Date of Evaluation:

August 2009 – June 2010



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5. Goal/Objective of Program/Services:  
Food Services provide nutritional meals and a clean and healthy environment for SSD students and staff, and provide information to further nutritional education
  
6. Brief description of relationship between program goals, CSIP and MSIP Standards:  
MSIP 8.13: A school foods program is available which makes at least one nutritionally balanced meal available to all students each day in accordance with Federal and State Child Nutrition Program regulations and guidelines.

## II. Evaluation Criteria for Programs/Services Offered

- National School Lunch Program rules
- Food Service Committee Process
- Student Involvement
- Continuous Improvement Efforts
- Status of 2008-2009 Recommendations (Appendix A)

## III. Description of Stakeholders Engagement in Program Evaluation:

The program evaluation committee consisted of the individuals listed below.

Name	Role	Name	Role
John Ruzas	SSD, Chairperson	Ron Wooley	SSD
Kim Harrison	Sodexo, Co-chairperson	Gina Hoffman	SSD
Dina Strader	Sodexo Food Services	Susie Sides	SSD
Judy Puent	Sodexo Food Services	Stephanie Valleroy	SSD
Anne Zirnuska	Parent	Melissa Ford	SSD
Towaana Gardner	Parent	Pam Grant	SSD
Laura Bland	Parent	Penny Anderson	SSD
Paul Bauer	SSD	Ms. Udi Udofia	SSD



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### IV. Results

#### National School Lunch Program

The Special School District elects to use the USDA's "Offer versus Serve" and NuMenus program options at all schools. NuMenus is a computer based menu planning system that uses approved software to analyze the specific nutrient content of menu items automatically while menus are being planned. It is designed to assist menu planners in choosing food items that create nutritious meals and meet the nutrient standards. Under "Offer versus Serve" the student has the right to decline certain food choices. For example, milk must be offered, but the student is not required to take it. Meal definitions for "Offer versus Serve" under the National School Breakfast and Lunch Program are described in Table 1.

Table 1. National School Breakfast and Lunch Program: Offer versus Serve Options

<b>Breakfast:</b> A student must select a minimum of two items to qualify for a meal. A student may select up to three items for the meal price.		
Must be Offered:	Rule	Examples Items
Other 1	Must select 1	Pancakes, French Toast, Waffle, etc.
Other 2	May select 1	Fruit or Fruit Juice
Milk	May select 1	Fluid Milk: 2%, 1% Chocolate, Skim, etc.
<b>Lunch:</b> A school lunch consists of at least 3 menu items (An entrée, fluid milk and at least one side item). A minimum of 2 items must be must be selected, one of which must be an entrée. Students are allowed to decline no more than 2 scheduled meal items.		
Must be Offered	Rule	Example Items
Entree	Must select 1	Pizza, Cheeseburger, Noodles & Meat Sauce, etc.
Others	May select 2 menu sides Can decline up to 2 items	Whipped Potatoes, Carrots, Pears, Fruit drink, Cake, Cookies, etc.
Milk	May select 1	Fluid Milk: 2%, 1% Chocolate, Skim, etc.

\* Milk must be offered as a choice, but students are not required to take milk to constitute a meal.

There are strict guidelines that must be followed to comply with the National School Breakfast and Lunch Programs. Sodexo completes a menu for each month to make sure that the correct numbers of calories are offered in the different food categories that includes total fat, saturated fat, protein, calcium, iron, vitamin A, vitamin C, fiber, and sodium requirements. At the Special Education schools with older children, the menus are altered in accordance with the high school portions to offer the maximum amount of food for students.

In accordance with the Wellness Policy that has been in place since August 2006, the SSD menus must also follow the Missouri Eat Smart guidelines, which are split into four levels including Minimum, Intermediate, Advanced, Exemplary (see Appendix B). Over the past



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several years, Food Service has moved from the Minimum level to Advanced. In order for the Food Service program to move up to the highest level of requirements on the Missouri Eat Smart guidelines (i.e., Exemplary), it would require introduction of whole grain choices in the baked goods at all meals not just breakfast. Regular white breads are projected to increase 15%, moving up to whole grain products will double that percentage to 30%. Sodexo is making efforts to control costs, but rising grain prices are a concern. In addition, meeting Exemplary status would require additional changes in other Food Service areas (e.g., vending contracts, fresh versus canned/frozen products, etc.).

### Food Services Committee

Direct input to the food service company is achieved through the Food Service Committee. The Food Service Committee meets twice per month (i.e., one in North region, one in South/Central region) and promotes open communication between the Sodexo staff and the SSD building staff. Comments are welcomed at each location for both staff and students to express concerns on any and all aspects of the Food Service function. This allows for a quick response to problems before they worsen. Sodexo management has been quick to respond in every instance. With regard to direct student feedback regarding Food Services, satisfaction surveys have been conducted in the past and a “comment box” approach was utilized for a short time but discontinued due to inappropriate use. Food Services will explore available processes and methods to solicit direct feedback from students regarding satisfaction on a regular basis.

### Student Involvement

Elementary students are involved with educating themselves on their food choices by participating in poster campaigns, games made by Sodexo, and interacting with the Lift Off character. Lift Off is a large blue star figure that visits schools and gives tips about healthy food and eating habits. Lift Off also appears on posters throughout the school.

### Continuous Improvement

Food Services is continuing to refine its mission and efforts related to providing nutritional meals in a clean healthy environment to students and staff. Responding to customer needs in a timely manner is also a high priority. In response to requests from school nurses concerning carbohydrates and diabetic students, Food Services recently developed a comprehensive listing of all items served on the SSD menu which is brand specific and displays the carbohydrate count for each item. This listing will assist nurses in regulating carbohydrates for students with diabetes. This comprehensive listing is dynamic and will change as the SSD menu changes.

## **V. Discussion**

### Strengths

- Sodexo staff complete menus in compliance with the National School Breakfast and Lunch Program and offers portions which maximize the amount of food for students.
- In accordance with the Wellness Policy that has been in place since August 2006, the SSD menus must follow the Missouri Eat Smart guidelines. All schools are meeting the Advanced standard for menu planning.
- Food Service Committee meetings between Sodexo staff and SSD building staff continue



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to promote open communication and timely response to problems.

- Elementary students are educating themselves regarding food choices by participating in poster campaigns, games created by Sodexo, and interacting with the Lift Off character.
- A custom carbohydrate list is available allowing staff to count the carbohydrates of a given meal which is especially helpful in regulating meals of students with diabetes.

### Concerns

- In order for the Food Service program to move up to the highest level (i.e., Exemplary) of requirements on the Missouri Eat Smart guidelines, it would require introduction of whole grain choices in the baked goods at all meals not just breakfast. Regular white breads are projected to increase 15%, moving up to whole grain products will double that percentage to 30%. Sodexo is making efforts to control costs, but rising grain prices are a concern especially in view of general budget concerns. In addition, meeting Exemplary status would require additional changes in other Food Service areas (e.g., vending contracts, etc.).
- With regard to direct student feedback regarding Food Services, satisfaction surveys have been conducted in the past and a “comment box” approach was utilized for a short time but discontinued due to inappropriate use.

### Recommendations

- Food Services will maintain the Advanced level for menu planning and continue to work with Sodexo in monitoring program costs and address budgetary issues as needed. Food Services will collaborate with the Wellness Committee to explore the feasibility of meeting Exemplary status with regard to menu planning.
- Food Services will explore available processes and methods to solicit direct feedback regarding student satisfaction on a regular basis.
- The Food Service Committee will continue educating both staff and students on healthy choices. More emphasis will be placed on the correlation between food choices, calories, carbohydrates and physical activity.
- Posters depicting healthy choices will again be requested from students and will be displayed in the schools. The Lift-Off character will continue to be a part of the program in elementary schools.
- Food Service Committee meetings will continue as a means to promote communication and timely response to problems.
- The carbohydrate list is a dynamic tool and will be updated and changed as needed.

Person responsible to champion action plan: John Ruzas, Purchasing Manager  
Kim Harrison, Food Service Manager

Timeframe for reporting updates to Board of Education: Biennial / Appendix A – 08-09 Updates

Date: \_\_\_\_\_

**Signature of Administrator Responsible for Chairing Evaluation**





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## Appendix A

### Status of 2008-2009 Recommendations: Food Services Program Evaluation

- 1. Food Services will continue to work with Sodexo in monitoring program costs and address budgetary issues as needed.**

During the 2009-2010 school year, with recommendation from DESE, the District went to the Fixed –cost method of charging for services. In this method all labor and expenses are covered in the price of the meal.

- 2. The Food Service Committee will continue educating both staff and students on healthy choices. More emphasis will be placed on the correlation between food choices, calories, carbohydrates and physical activity.**

During the 2009-2010 school the school nurses expressed a need for a carb count for meals for regulating diabetic students. The committee provided a customized listing of all items served on the SSD menu. This listing is a dynamic list changing as new items are added. The list has the carbohydrate count for the actual item and brand used at SSD schools. Copies are available upon request

- 3. Posters depicting healthy choices will again be requested from students and will be displayed in the schools. The Lift-Off character will continue to be a part of the program in elementary schools.**

Students seem to really enjoy creating and displaying the posters. It is the one project that gets the most participation. The Lift-Off character is well received by the younger students and appears in many of their posters. Photos are available upon request.

- 4. Food Service Committee meetings will continue as a means to promote communication and timely response to problems.**

The committee met every month last year and the schedule has been distributed for this coming year. Copies are available upon request. Concerns can also be e-mailed to Food Service Managers at any time. There was some concern over North Technical School's ala carte selections containing too many fried selections. A survey of the North Tech students was completed. Some selections have been dropped and we are now using baked fries instead of fried. A survey will be taken 2010-2011 to see how well it is being received.



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## **Appendix B**

### **Missouri Eat Smart Guidelines**

## Missouri Eat Smart Guidelines – Grades Pre – K-12, 2<sup>nd</sup> Ed.

<b>School Meals:</b> National School Lunch Program (NSLP) & School Breakfast Program (SBP)		
<b>MINIMUM:</b> All school meals comply with USDA regulations and state policies. <span style="float: right;"><input type="checkbox"/></span>		
<b>INTERMEDIATE</b> (More Healthful than Minimum)	<b>ADVANCED</b> (More Healthful than Intermediate)	<b>EXEMPLARY</b> (More Healthful than Advanced)
<p><b>BREAKFAST:</b></p> <p>At least 50% of cereals offered contain:</p> <ul style="list-style-type: none"> <li>• no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>BREAKFAST:</b></p> <p>At least 50% of cereals offered contain:</p> <ul style="list-style-type: none"> <li>• no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit.</li> <li>• and at least 1 gram of fiber per serving.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>BREAKFAST:</b></p> <p>100% of cereals offered contain:</p> <ul style="list-style-type: none"> <li>• no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit.</li> <li>• and at least 2 grams of fiber per serving.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>
<p>Foods containing whole grains are offered 1 day a week. <span style="float: right;"><input type="checkbox"/></span></p>	<p>Foods containing whole grains are offered 3 days a week. <span style="float: right;"><input type="checkbox"/></span></p>	<p>Foods containing whole grains are offered daily. <span style="float: right;"><input type="checkbox"/></span></p>
<p>Fresh, canned, dried or frozen fruits or vegetables are offered at least 3 days a week. <span style="float: right;"><input type="checkbox"/></span></p>	<p>Fresh, canned, dried or frozen fruits or vegetables are offered daily. <span style="float: right;"><input type="checkbox"/></span></p>	<p>Fresh fruits or vegetables are offered daily. Fresh, canned, dried or frozen fruits or vegetables may also be offered. <span style="float: right;"><input type="checkbox"/></span></p>
<p>At least one of the following will be offered daily: low fat (1% or ½%) <u>or</u> skim (nonfat) milk, unflavored or flavored. <span style="float: right;"><input type="checkbox"/></span></p>	<p>Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored. <span style="float: right;"><input type="checkbox"/></span></p>	<p>Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored. <span style="float: right;"><input type="checkbox"/></span></p>

## Missouri Eat Smart Guidelines – Grades Pre – K-12, 2<sup>nd</sup> Ed.

<p><b>LUNCH:</b></p> <p>A main dish with total fat ≤ 16 grams per serving is offered at least 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>LUNCH:</b></p> <p>A main dish with total fat ≤ 16 grams per serving is offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>LUNCH:</b></p> <p>•A main dish with total fat ≤ 16 grams per serving is offered daily.</p> <ul style="list-style-type: none"> <li>• 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving.</li> <li>• Zero grams of trans fat per serving.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>
<p>Dark green or orange vegetable or fruit is offered 1 time a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Dark green or orange vegetable or fruit is offered 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Dark green or orange vegetable or fruit is offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>Fresh fruits or raw vegetables are offered 1 to 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Fresh fruits or raw vegetables are offered 4 to 5 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Fresh fruits or raw vegetables are offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>A food item containing whole grains is offered at least 1 time a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>A food item containing whole grains is offered 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>A food item containing whole grains is offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>At least one of the following will be offered daily: low fat (1% or ½%) <u>or</u> skim (nonfat) milk, unflavored or flavored.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only the following will be offered daily: low fat (1% or ½ %) <u>and</u> skim (nonfat) milk, unflavored or flavored.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only the following will be offered daily: low fat (1% or ½ %) <u>and</u> skim (nonfat) milk, unflavored or flavored.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>Reduced-fat and/or fat-free salad dressing(s) are offered.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only reduced-fat and/or fat-free salad dressing(s) are offered.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only reduced-fat and/or fat-free salad dressing(s) are offered.</p> <p style="text-align: right;"><input type="checkbox"/></p>

## Missouri Eat Smart Guidelines – Grades Pre – K-12, 2<sup>nd</sup> Ed.

**A La Carte:** All other food and beverage items sold by the school food service program in the school cafeteria or other locations where school meals are served or eaten.

**MINIMUM:** A la carte items comply with USDA regulations prohibiting the sale of **Foods of Minimal Nutritional Value** where school meals are served or eaten during the meal period.

<b>INTERMEDIATE</b> (More Healthful than Minimum)	<b>ADVANCED</b> (More Healthful than Intermediate)	<b>EXEMPLARY</b> (More Healthful than Advanced)
<p><b>A LA CARTE FOOD ITEMS</b> include the following:</p> <ul style="list-style-type: none"> <li>Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/></li> </ul>	<p><b>A LA CARTE FOOD ITEMS</b> include the following:</p> <ul style="list-style-type: none"> <li>Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/></li> </ul>	<p><b>A LA CARTE FOOD ITEMS</b> include the following:</p> <ul style="list-style-type: none"> <li>Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/></li> </ul>
<ul style="list-style-type: none"> <li>Fruits and vegetables. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Fruits and vegetables. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Fruits and vegetables. <input type="checkbox"/></li> </ul>
<ul style="list-style-type: none"> <li>Yogurt. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Low-fat and/or nonfat yogurt. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Low-fat and/or nonfat yogurt with no more than 30 grams of total sugars per 8 oz serving. <input type="checkbox"/></li> </ul>
<p>Other items – At least 50% of items offered meet the following criteria:</p> <ul style="list-style-type: none"> <li>Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <input type="checkbox"/></li> </ul>	<p>Other items – At least 50% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> <li>Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving.</li> <li>Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving.</li> </ul>	<p>Other items – 100% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> <li>Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving.                             <ul style="list-style-type: none"> <li>10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving.</li> <li>Zero grams of trans fat per serving.</li> </ul> </li> </ul>

## Missouri Eat Smart Guidelines – Grades Pre – K-12, 2<sup>nd</sup> Ed.

	<p>Other items (cont'd)– At least 50% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> <li>• Calories – No more than 200 calories per selling unit. <span style="float: right;"><input type="checkbox"/></span></li> </ul>	<p>Other items (cont'd)– 100% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> <li>• Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving.</li> <li>• Sodium – 200 mg or less per serving.</li> <li>• Calories – No more than 200 calories per selling unit. <span style="float: right;"><input type="checkbox"/></span></li> </ul>
<p><b>A LA CARTE BEVERAGES</b> includes the following:</p> <ul style="list-style-type: none"> <li>• Water. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Milk, unflavored or flavored. <span style="float: right;"><input type="checkbox"/></span></li> <li>• 50-100% juice. <span style="float: right;"><input type="checkbox"/></span></li> </ul>	<p><b>A LA CARTE BEVERAGES</b> include the following:</p> <ul style="list-style-type: none"> <li>• Water, without flavoring, additives, or carbonation. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Only low-fat (1% or ½%) and/or skim (nonfat milk, unflavored or flavored. <span style="float: right;"><input type="checkbox"/></span></li> <li>• 100% juice. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Calcium-fortified soy or rice beverages may be offered, unflavored or flavored. <span style="float: right;"><input type="checkbox"/></span></li> </ul>	<p>Only the following <b>A LA CARTE BEVERAGES</b> are served:</p> <ul style="list-style-type: none"> <li>• Water, without flavoring, additives, or carbonation. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Only low-fat (1% or ½%) and/or skim (nonfat milk, unflavored. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Flavored milk, low fat (1% or ½%) and/or skim (nonfat) with no more than 24 grams of total sugars per 8 fluid oz. serving. <span style="float: right;"><input type="checkbox"/></span></li> <li>• 100% juice, 8 fluid oz. or less. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Calcium-fortified soy or rice beverages may be offered, unflavored. <span style="float: right;"><input type="checkbox"/></span></li> <li>• Calcium-fortified, flavored soy or rice beverages with no more than 24 grams of total sugars per 8 fluid oz. serving may be offered. <span style="float: right;"><input type="checkbox"/></span></li> </ul>

## Missouri Eat Smart Guidelines – Grades Pre – K-12, 2<sup>nd</sup> Ed.

<b>Vending:</b> Machines and School Stores		
<p><b>MINIMUM:</b> All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of <b>Foods of Minimal Nutritional Value</b> where school meals are served or eaten during the meal period. <span style="float: right;"><input type="checkbox"/></span></p>		
<b>INTERMEDIATE</b> (More Healthful than Minimum)	<b>ADVANCED</b> (More Healthful than Intermediate)	<b>EXEMPLARY</b> (More Healthful than Advanced)
		The sale of vended foods and beverages does not exist in areas accessible to students. <span style="float: right;"><input type="checkbox"/></span>
<b>OR</b>		
The sale of <b>Foods of Minimal Nutritional Value</b> (see definition) are not allowed on school property in areas accessible to students: <ul style="list-style-type: none"> <li>• in elementary and middle schools until after the end of school day.</li> <li>• In high schools until one hour after the end of the last lunch period. <input type="checkbox"/></li> </ul>	The sale of <b>Foods of Minimal Nutritional Value</b> (see definition) are not allowed on school property in areas accessible to students: <ul style="list-style-type: none"> <li>• in elementary and middle schools.</li> <li>• in high schools until after the end of the school day. <input type="checkbox"/></li> </ul>	The sale of <b>Foods of Minimal Nutritional Value</b> (see definition) are not allowed on school property in areas accessible to students: <ul style="list-style-type: none"> <li>• in elementary and middle schools.</li> <li>• in high schools. <input type="checkbox"/></li> </ul>
The sale of <b>OTHER VENDED FOODS</b> – At least 50% of items offered must meet all of the following criteria: <ul style="list-style-type: none"> <li>• Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <input type="checkbox"/></li> </ul>	The sale of <b>OTHER VENDED FOODS</b> – At least 50% of items offered must meet all of the following criteria: <ul style="list-style-type: none"> <li>• Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving.</li> </ul>	The sale of <b>OTHER VENDED FOODS</b> – 100% of items offered must meet all of the following criteria: <ul style="list-style-type: none"> <li>• Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving.                             <ul style="list-style-type: none"> <li>• 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving.</li> <li>• Zero grams of trans fat per serving.</li> </ul> </li> </ul>

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	<p>The sale of <b>OTHER VENDED FOODS</b> (cont'd)– At least 50% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> <li>• Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving.</li> <li>• Calories – No more than 200 calories per selling unit. <input type="checkbox"/></li> </ul>	<p>The sale of <b>OTHER VENDED FOODS</b> (cont'd) – 100% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> <li>• Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving.</li> <li>• Sodium – 200 mg or less per serving.</li> <li>• Calories – No more than 200 calories per selling unit. <input type="checkbox"/></li> </ul>
<p><b>BEVERAGES</b> – At least 50% of items offered must including the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> <li>• Water. <input type="checkbox"/></li> <li>• Milk, unflavored or flavored. <input type="checkbox"/></li> <li>• 50-100% juice. <input type="checkbox"/></li> </ul>	<p><b>BEVERAGES</b> – At least 50% of items offered must including the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> <li>• Water, without flavoring, additives or carbonation. <input type="checkbox"/></li> <li>• Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/></li> <li>• 100% juice. <input type="checkbox"/></li> <li>• Calcium-fortified soy or rice beverages may be offered, unflavored or flavored. <input type="checkbox"/></li> </ul>	<p><b>BEVERAGES</b> – 100% of items offered must including the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> <li>• Water, without flavoring, additives or carbonation. <input type="checkbox"/></li> <li>• Only low-fat (1% or ½%) and/or skim (nonfat milk), unflavored. <input type="checkbox"/></li> <li>• Flavored milk, low fat (1% or ½%) and/or skim (nonfat) with no more than 24 grams of total sugars per 8 fluid oz. portion. <input type="checkbox"/></li> <li>• 100% juice, 8 fluid oz. or less. <input type="checkbox"/></li> <li>• Calcium-fortified soy or rice beverages may be offered, unflavored. <input type="checkbox"/></li> <li>• Calcium-fortified, flavored soy or rice beverages with no more than 24 grams of total sugars per 8 fluid oz. portion may be offered. <input type="checkbox"/></li> </ul>



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**Before and After School Programs:** Snacks are served regardless of funding source.

**MINIMUM:** “Snack” is two or more items that are served as a unit. If served under the USDA Before or After School Snack Program, the food items comply with all applicable federal regulations and state policies.

<b>INTERMEDIATE</b> (More Healthful than Minimum)	<b>ADVANCED</b> (More Healthful than Minimum)	<b>EXEMPLARY</b> (More Healthful than Advanced)
<p>On at least 3 days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> <li>• Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving.</li> <li>• Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories).</li> <li>• 100% juice.</li> <li>• Milk, unflavored or flavored.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>	<p>On all days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> <li>• Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories).</li> <li>• Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories).</li> <li>• 100% juice.</li> <li>• Milk, unflavored or flavored.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>	<p>On all days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> <li>• Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories).                             <ul style="list-style-type: none"> <li>• 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving.</li> <li>• Zero grams of trans fat per serving.</li> </ul> </li> <li>• Sugar – Except for fruit without added sugar, not more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories).</li> <li>• 100% juice, 8 fluid oz. or less.</li> <li>• Low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored.</li> </ul> <p style="text-align: right;"><input type="checkbox"/></p>

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<b>OTHER:</b> Classroom Rewards, Classroom Parties & Celebrations, Fundraisers, Intramural Events	
<b>MINIMUM:</b> All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of Foods of <b>Minimal Nutritional Value</b> where school meals are served or eaten during the meal period. <span style="float: right;"><input type="checkbox"/></span>	
<b>INTERMEDIATE &amp; ADVANCED</b> (More Healthful than Minimum)	<b>EXEMPLARY</b> (More Healthful than Advanced)
<ul style="list-style-type: none"> <li>• Students are encouraged to have individual water containers in the <b>classroom</b>.</li> <li>• Foods or beverages will not be used as rewards in the <b>classroom</b> nor be withheld as a form of punishment for academic performance or student behavior.</li> <li>• <b>Fundraising and intramural activities</b> are supportive of physical activity and healthy eating. <span style="float: right;"><input type="checkbox"/></span></li> </ul> <p>Consideration of the following points should be given for <b>classroom parties and celebrations</b>:</p> <ul style="list-style-type: none"> <li>• Foods and beverages offered are supportive of healthy eating.</li> <li>• Limiting the frequency of event.</li> <li>• Scheduled after the lunch period. <span style="float: right;"><input type="checkbox"/></span></li> </ul>	<ul style="list-style-type: none"> <li>• Students are encouraged to have individual water containers in the <b>classroom</b>.</li> <li>• Foods or beverages will not be used as rewards in the <b>classroom</b> nor be withheld as a form of punishment for academic performance or student behavior.</li> <li>• <b>Fundraising and intramural activities</b> are supportive of physical activity and healthy eating. <span style="float: right;"><input type="checkbox"/></span></li> </ul> <p>The following points are applied for <b>classroom parties and celebrations</b>:</p> <ul style="list-style-type: none"> <li>• No more than 3 events per school year.</li> <li>• Always scheduled after the lunch period.</li> <li>• Non-food activities are included. <span style="float: right;"><input type="checkbox"/></span></li> </ul> <p>In the event food is offered, the following points should be considered:</p> <ul style="list-style-type: none"> <li>• Fresh or dried fruit (no sugar added), raw vegetables or both are included.</li> <li>• Whole grain food is included.</li> <li>• Water is included. <span style="float: right;"><input type="checkbox"/></span></li> </ul>

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**Environmental Factors:** Student participation in the Child Nutrition Programs is promoted to facilitate good nutrition and academic learning.

## EXEMPLARY

<p><b>BREAKFAST:</b></p> <p>Schools encourage a relaxed dining experience by:</p> <ul style="list-style-type: none"> <li>• Encouraging conversation for the development of social skills.</li> <li>• Providing 10 minutes to eat for all students. The time begins once a student sits at a table to the time s/he leaves it. <input type="checkbox"/></li> </ul>	<p><b>LUNCH:</b></p> <p>Schools encourage a relaxed dining experience by:</p> <ul style="list-style-type: none"> <li>• Encouraging conversation for the development of social skills.</li> <li>• Providing 20 minutes to eat for all students. The time begins once a student sits at a table to the time s/he leaves it. <input type="checkbox"/></li> </ul>	<p><b>LUNCH:</b></p> <p>At the elementary level, lunch periods follow recess periods. <input type="checkbox"/></p>
<p><b>ALL MEALS:</b></p> <ul style="list-style-type: none"> <li>• Safe drinking water is available to students during meals.</li> <li>• Convenient access to facilities for hand washing and oral hygiene is available. <input type="checkbox"/></li> </ul>	<p><b>ALL MEALS:</b></p> <ul style="list-style-type: none"> <li>• Schools operate “closed” campuses during meal periods to encourage students to eat a nutritious lunch. <input type="checkbox"/></li> </ul>	<p><b>MARKETING AND ADVERTISING:</b></p> <ul style="list-style-type: none"> <li>• Food and beverage marketing is limited to the promotion of foods and beverages that meet the nutrition standards in the exemplary category. The promotion of fruits, vegetables, whole grains and low-fat dairy products are encouraged. <input type="checkbox"/></li> </ul>

**References:**

Dietary Guidelines for Americans 2005. U.S. Department of Health and Human Service; U.S. Department of Agriculture.

Committee on Nutrition Standards for Foods in Schools. Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth. Institute of Medicine of the National Academies. (2007).

HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools. U.S. Department of Agriculture, Food and Nutrition Service. (2008 ed.).

Fit, Healthy and Ready to Learn; Part 1: Physical Activity, Healthy Eating and Tobacco-Use Prevention. National Association of State Boards of Education. (2000).

## Missouri Eat Smart Guidelines – Grades Pre – K-12, 2<sup>nd</sup> Ed.

Bottled water or drinking water is defined in *21 CFR § 165.110*. This section establishes a standard of identity and a standard of quality for bottled water. Under the standard of identity (165.110[a]), FDA describes bottled water as water that is intended for human consumption and that is sealed in bottles or other containers with no added ingredients except that it may contain safe and suitable antimicrobial agents. Fluoride also may be added within the limits set by the FDA. The name of the food is "bottled water" or "drinking water."

Dark Green or Orange Vegetables or Fruit. Examples are acorn squash, beet and mustard greens, bok choy, broccoli, butternut squash, carrots, collard greens, dark green leaf lettuces or salad greens (e.g. mesclun, romaine lettuce, spinach), hubbard squash, kale, pumpkin, sweet potatoes or yams (orange), turnip greens, watercress, apricots, cantaloupe, guava, mandarin oranges, mango, nectarines, orange, papaya, peaches, tangerines (Food & Nutrient Guidance, HealthierUS School Challenge, 2006).

Foods of Minimal Nutritional Value (FMNV) are those foods as defined in federal regulations for the National School Lunch Program (7CFR Part 210) and the School Breakfast Program (7CFR Part 220). FMNV includes all soda water (includes soda), water ices (popsicles), chewing gum, certain candies such as hard candy, jellies and gums, marshmallow candies, fondant (candy corn and soft mints), licorice, spun candy and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.

Fruits may be fresh, frozen, canned or dried. Condiments (such as jam or jelly) made from fruit are not considered "fruit" under the Missouri\* Eat Smart Guidelines. Canned fruit should be packed in light syrup, or preferably in juice.

Foods Containing Whole Grain - Whole grains include, but are not limited to, whole wheat flour, entire wheat flour, graham flour, brown rice, old-fashioned oatmeal, and quick-cooking oats or cornmeal. To be considered as a food containing whole grain, a commercially produced food item would have a whole grain listed as one of the first three ingredients on the product's list of ingredients. School-prepared products would have a whole grain as one of three ingredients with the greatest weight as shown on the recipe. The 2005 Dietary Guidelines for Americans recommend that at least half of an individual's recommended grain servings should be whole grains.

Missouri\* Eat Smart Guidelines defines four levels of nutrition standards for schools: minimum, intermediate, advanced and exemplary. The minimum level complies with the minimum requirements found in federal Child Nutrition Program regulations and state policy. The standards for each subsequent level are more healthful than those for the previous level.

National School Lunch Program (NSLP) is a federal Child Nutrition Program designed to provide students with healthful lunches that meet approximately 1/3 of their daily nutritional needs.

School Breakfast Program (SBP) is a federal Child Nutrition Program designed to provide students with healthful breakfasts that meet approximately 1/4 of their daily nutritional needs.

Selling Unit (SU) is a pre-portioned or pre-packaged food or beverage item sold as one whole unit.

Vegetables may be fresh, frozen or canned and should not be fried. Snack foods (such as potato chips) and condiments (such as pickle relish, catsup and chili sauce) made from a vegetable are not considered a "vegetable" under the Missouri\* Eat Smart Guidelines.

Vended items include foods and beverages sold through vending machines and school stores in competition with the school's nonprofit food service program.

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To calculate percentage of calories from fat: 1) Multiply total grams of fat and saturated fat in one serving by 9. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.

To calculate percentage of calories from sugar: 1) Multiply total grams of sugar in one serving by 4. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.

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