

FOOD SERVICE MANAGEMENT PROCEDURES

The following procedure will guide the operation of the Food Service Programs:

1. Menus will emphasize low-fat main dish protein items.
2. Fresh produce will be used as much as possible. At a minimum a fresh fruit or vegetable will be offered at least three days per week. Fruit will be offered as a dessert choice.
3. Fresh and frozen vegetables whenever possible. They are prepared by steaming whenever possible.
4. Desserts, other than fruits, will be limited. Whenever served, baked desserts will contribute essential nutrients to the meal.
5. The breads and bread alternates will be made with enriched and whole grain flour.
6. The use of salt will be limited to recipes where it is an essential ingredient.
7. Menus will be planned one month in advance to assist in providing the required nutrients over the long term.
8. The goal for lunches is to provide a minimum of 1/3 of the RDA's, averaging 30% of calories from fat. The goal for breakfast is to provide a minimum of 25% of the RDA's.
9. Burlington High School, Edmunds and Hunt Middle Schools service programs participate in the "Offer versus Serve" method of meal service. This option allows students to refuse Up to two of the five required items offered. The remaining schools serve all five items to ensure that children are exposed to a wide variety of food choices. Good food habits are established through modeling of healthful food choices served in appropriate portions, prepared using healthy cooking techniques.
10. Cafeterias will be pleasant and inviting places. The cafeteria atmosphere will be monitored regularly to ensure that meal times are relaxed and pleasant.
11. Nutrition education is an essential part of the curriculum. Teachers and food service personnel, as well as students, will be provided with current knowledge of this rapidly changing field.

12. Fund raising activities of school groups will be consistent with the nutrition goals of the food service program and the nutrition principles taught in the classroom.
13. Parent, student and community involvement in our school nutrition program will be encouraged through regular opinion surveys and advise of the Nutrition Advisory Committee.
13. The Food Service Program will be considered an integral part of the school environment.
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15. Professional development for food service staff will be encouraged to upgrade their knowledge and skills in the rapidly changing field of nutrition and food service management.

PROCEDURES: August 10, 1993
POLICY REVIEWED: October 22, 1996
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