

# The Lunch Line

Bureau of Nutrition, Health and Transportation Services

The Iowa Department of Education

Please route to:

<input type="checkbox"/> Food Service Director	<input type="checkbox"/> Record Keeper	<input type="checkbox"/> Superintendent
<input type="checkbox"/> Kitchen Staff	<input type="checkbox"/> Principal	<input type="checkbox"/> _____

Published in Fall, Winter, Spring, and Summer

<http://tinyurl.com/3wrg394>

Spring, 2012

## News about Milk Substitutions

Do you have students participating in your meal programs who cannot or do not consume cow's milk? More detailed explanation of your responsibilities and what you are allowed to substitute has been placed at this page of the Bureau of Nutrition Program's website: <http://tinyurl.com/72fr52z>

Non-dairy substitutes must follow nutrition equivalency, and the chart that you can see at this website will give you the required nutrition content of the 1 cup substitution. You will need to review the nutrition information on the label to be sure it meets the definition.



Schools have the option to offer a non-dairy milk substitute to a student with a medical or special dietary need other than a disability. The final rule *Fluid Milk Substitutions in the School Nutrition Programs* (73 FR 52903, September 12, 2008) addresses the substitution of fluid milk for children whose non-disabling allergies, culture, religion, or ethical beliefs preclude the consumption of cow's milk. The final rule sets nutrition standards for the non-dairy milk substitutes that may be offered as part of the reimbursable meal. For a student with a recognized disability

who cannot consume cow's milk, the school must omit or substitute fluid milk based on the written statement from a licensed physician.

Under Offer v. Serve (OvS), a meal without fluid milk is reimbursable. If there is no OvS, a reimbursable meal must include milk or an acceptable milk substitute as described in this rule, except for a student with a disability (in which case this rule does not apply because the school must follow the licensed physician's written statement).

A school needs to comply with a statement from a licensed physician **only** when a milk substitution is necessary due to a disability. When the milk substitution request is due to a medical or special dietary need, other than a disability, the school chooses whether to accommodate the student and selects the non-dairy beverage(s) in accordance with the final milk substitution rule.

Section 9(a)(2)(B) of the National School Lunch Act (NSLA) and program regulations at 7 CFR 210.10(g)(2)(ii)(B) allow a statement from a parent/guardian, as well as a medical authority for milk only. A school may offer one or more acceptable milk substitutes for children with medical or special dietary needs.

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A school may offer one or more acceptable milk substitutes for children with medical or special dietary needs.

Section 9(a)(2)(B) of the NSLA does not specify the medical or special dietary needs that are covered by the milk substitution provision. Any reasonable request could be accepted. For example, a request due to a milk allergy, vegan diet, as well as religious, cultural, or ethical reasons would be acceptable and could be accommodated. If a request only states that a child does not like milk, the student can be offered flavored milk instead of a milk substitute that meets the requirements of this rule.

**Water or juice can no longer be offered as a fluid milk substitute for a student with medical or special dietary needs.** Water is not considered an acceptable substitute for fluid milk. Only a beverage meeting the nutrient standards at levels specified in the final rule may be substituted for fluid milk. For practical reasons, lactose-free milk should be the first choice for a student who has lactose intolerance. Lactose-free milk provides the same key nutrients found in regular cow's milk and is readily available nationwide. Furthermore, FNS allows lactose-free milk to be provided as part of the reimbursable meal without documentation.

School Food Authorities that wish to offer a milk substitute for a student with a medical or special dietary need other than a disability must be sure that the beverage offered meets the nutrient standards established in the final rule.

## **FSMC: Food Service Management Companies 101**

Schools have a choice to operate their own food service operation, purchase vended meals, or contract with a FSMC for services. The number one question to consider is the reason for considering contracting services. If the thought is that it will relieve the district of responsibility for the food service operation of child nutrition programs, then FSMC is probably not for you. To help decide, the first step is to obtain a copy of *Contracting with Food Service Management Companies: Guidance for School Food Authorities* at <http://www.fns.usda.gov/cnd/guidance/fsmcguidance-sfa.pdf> Your second step after reading the manual is to contact your Bureau consultant.

As with any decision, there are pros and cons. The decision to change from self-operated to FSMC should not be made lightly; all aspects—financial, operational, and administrative must be considered. Since the process is not easy, the timeline is fairly lengthy. Any district considering contracting a FSMC must begin the process no later than February for the following school year. An RFP, using the Bureau-approved template, must be completed, approved by the Bureau, and advertised by the end of March.

Once the vendor has been selected, the contract package, using the Bureau-approved contract template, must be submitted to the Bureau no later than May 15, and the signed contract submitted to the Bureau no later than July 1. The contract is for one year of operation with the option to renew for up to four additional years.

**LOBBYING & DEBARMENT Note:** Any time you are bidding for goods or services (including FSMC's) with Federal funds, you must ensure that the company has not been debarred from doing business with the government and that the company is not involved in unallowable lobbying activities. The company you are purchasing from should complete forms that certify they are eligible to do business with you. You can find the forms at <http://tinyurl.com/72oom4p> For more information, contact your Bureau consultant.

## **FYI**

### **New Nutrition Standards from Healthy Hunger-Free Kids Act Released!**

The final rule for nutrition standards in the National School Lunch Program was released January 26, 2012. To get a look at the new regulation as well as some technical assistance and guidance materials, go to: <http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm> Watch for training information on the Bureau website.

### **Self-Monitoring On-Site Reviews are Due February 1.**

If you have not completed your review form for each school under the School Food Authority (SFA) jurisdiction, please do so as soon as possible.

Click on the link below and you will find the NEW self-monitoring on-site report form. **Once you have completed the self-monitoring on-site review, keep the form on file at your district.**

## Mark Your Calendar

### Students Taking Charge Workshop

Iowa Department of Education's Team Nutrition Program invites your school to bring a team of high school students and an adult advisor to participate in a one-day school wellness workshop.

The workshop, in partnership with Iowa Dept of Education, Iowa Dept of Public Health, Iowa State University Extension, and SIYAC (State of Iowa Youth Advisory Council) will be held on Friday, March 2<sup>nd</sup> at the DMACC FFA Enrichment Center in Ankeny.

Registration is closed. For more information contact Carrie Scheidel at [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov) or 515.281.4758.

### National School Breakfast Week – March 5-9, 2012



“School Breakfast—Go for Gold” is the theme for School Nutrition Association's school breakfast week campaign this year. The campaign will highlight how eating a healthy balanced breakfast at school helps students shine and will help students learn about the importance of eating healthy and being active.

Check out the tool-kit for logo, artwork, activity sheets, take-home brochures, power points, web banners, and merchandise to purchase. Here is the link:  
[http://www.schoolnutrition.org/Level2\\_NSBW2012.aspx?id=15458](http://www.schoolnutrition.org/Level2_NSBW2012.aspx?id=15458)

It is not too late to work on increasing your breakfast participation numbers as a part of Iowa School Breakfast Challenge. The challenge is to increase your participation at the district level by 20%!

Here is a link to our website for more information and resources: <http://tinyurl.com/84alae9>

## Growing in the Garden Classroom ICNs

Growing in the Garden is an Iowa State University Extension and Outreach resource and provides garden-based, nutritional, environmental, and agricultural education to youth of all ages, through hands-on lessons and activities that connect learning in classrooms and after-school programs with living on planet Earth. Iowa State University Extension and Iowa Department of Education's Team Nutrition Program are partnering to showcase the Growing in the Garden curriculum through a series of ICNs for 1<sup>st</sup> and 2<sup>nd</sup> grade classrooms. **Join other classrooms from across the state in fun and interactive sessions!**

### How Important is Food to You?

**February 21st, 2012 – 10:00-10:50am**

Students will have fun doing multi-subject, interactive activities with other students to discover why food is so important. We will also show how to introduce MyPlate. [Click here to register!](#)

### Where Does Your Food Come From?

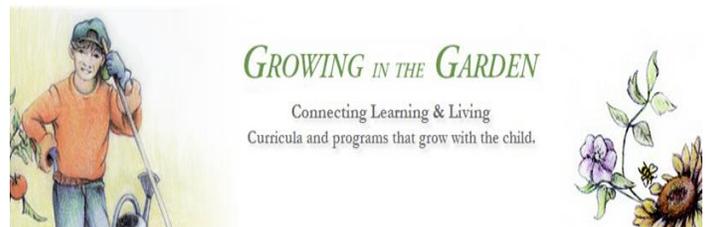
**March 27th, 2012 – 10:00-10:50am**

Students put on their thinking caps, engage in fun songs, and get a glimpse at a couple great story books to figure out where their food comes from. [Click here to register!](#)

### Let's Get Growing!

**April 3rd, 2012 – 10:00-10:50am**

Have students bring their thinking caps to start planning, planting, and growing cool-season crops that will be ready to harvest before school dismisses for the summer. [Click here to register!](#)



## Topics and Dates for 2012 Summer Short Course

Serv Safe®	June 11, 2012
HACCP Workshop	June 12, 2012
Manager's Update Workshop	June 13, 2012
First Choice Procurement Workshop	June 26-28, 2012
Financial Management Workshop	July 9-10, 2012
Healthy School Meals Workshop	July 24-25, 2012
New Manager Orientation	July 26-27, 2012

Plan to increase your confidence, learn new skills and network with other foodservice professionals! Summer School Lunch Short Courses are being planned, and registration is now available at <http://www.ucs.iastate.edu/mnet/schoolfoods/home.html>. **Please read the detailed description available at the registration page before you begin registration.**

The Summer Short Course workshops that are offered are designed to provide you with the essential knowledge in implementing or maintaining your National School Lunch and School Breakfast programs.

More information about each workshop is included in the registration materials. New and emerging issues are most often incorporated into the content provided, and/or presented at the Manager's Update Workshop. Our Manager's Update this year will focus on the new Child Nutrition Reauthorization regulations.

If you have questions not answered in the description, please call Sandra Fiegen at 319-377-1898 or email [sandra.fiegen@iowa.gov](mailto:sandra.fiegen@iowa.gov). We at the Bureau of Nutrition, Health and Transportation Services hope to see you this summer!



## A Garden is the Way to Grow



We know that students learn best from hands-on activities. The Iowa Department of Agriculture and Land Stewardship's (IDOLS) *A Garden is the Way to Grow* initiative is giving schools an opportunity to engage students in a fun, interactive way.

As part of the Iowa Farm to School Program, IDOL's is offering up to twenty schools the opportunity to apply for funding to create their own school garden. Funds of \$350 will be allocated to the winning school districts to buy the supplies necessary to create their garden or raised beds. In addition to funds, each participating school will receive a garden planner and seeds from Seed Saver Exchange along with either garden curriculum (elementary) or a refractometer/sap extractor (secondary).

Wait, that's not all! What garden project would be complete without worms? Not just any worms mind you, red wigglers! A worm composting bin will not only alleviate scraps from the classroom/school but it will also offer you a multitude of science experiments. Each classroom awarded a "garden" will also receive a worm bin (with worms and instruction sheet) provided by USDA's National Laboratory for Agriculture and the Environment.

By creating school gardens, students will gain the ability to produce healthy food and learn about the impact fruits and vegetables have on their long-term health.

To be considered for this initiative, you must complete an application form. Each school will also be required to complete a before and after survey. A final performance report will also be required. Funds can be used for any material deemed necessary to sustain a garden and can include tillage, rain barrels, fabric, and lumber. Twenty gardens will be awarded.

For additional information contact Tammy Stotts at 515-281-7657 or [tammy.stotts@iowaagriculture.gov](mailto:tammy.stotts@iowaagriculture.gov)



## The Carrot Patch

As I write this, the final rule has just been released and the menu pattern is here! Now the work you have started toward increasing fruits, vegetables, whole grains has a focus to come together. There is still much

to discover about the patterns so you can expect more information to continue to flow. We are planning several ways to share information.

Some of the notable points include:

- A requirement to use the age groups of K-5, 6-8, and 9-12
- Fruits and Vegetables are separate components with separate requirements.
- Vegetables are also divided into subgroups identified by the 2010 Dietary Guidelines.
- All breakfast changes, except the low fat/no fat milk guidelines already in place, are delayed until 2013 so we can focus on the Lunch changes for July 2012.
- Schools will have the option to offer commercially prepared tofu as a meat alternate. More specifics on the tofu specifications to come.
- Minimum and maximum calorie limits for each grade group are implemented.
- One-half cup of a fruit or vegetable must be selected by each student for a reimbursable meal.
- Menu components that are included in a reimbursable meal need to be identified at the beginning of the meal line.
- State review cycle is changing from an every five year cycle to an every three year cycle.

Do we have questions? Yes! We will be working to get answers to them all. What is the next move? Keep your eyes open for training opportunities to be scheduled this spring and summer and ask us your questions that aren't answered. We are all working on this together!

Let the adventure begin!

Ann

THE WHITE HOUSE

January 27, 2012

Dear School Professionals, Teachers, Food Service Directors, Operators, and School Chefs:

Recently I joined USDA Secretary Tom Vilsack to announce the finalization of our Nation's groundbreaking new school lunch standards, which means that nearly 32 million American children will get more of the healthy foods they need. It was a historic day. And I wanted to write you all because we couldn't have made it to this day without you.

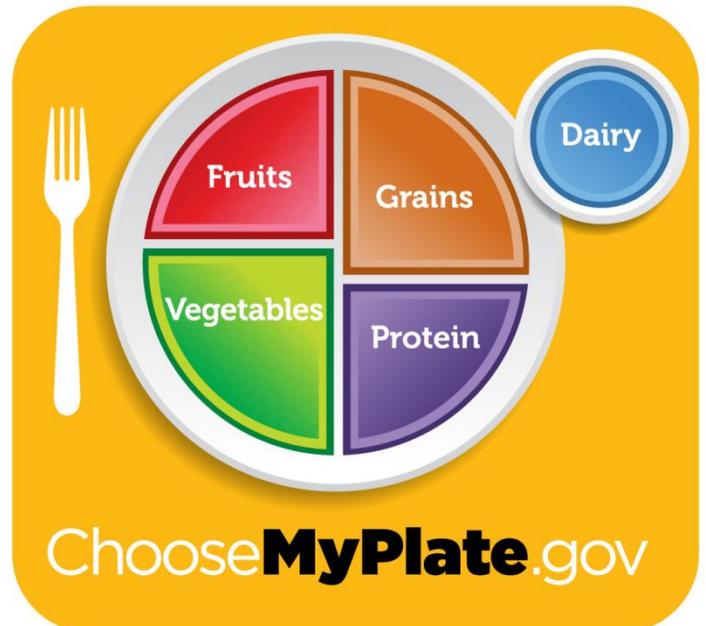
Every day, you all are on the front lines on the issues of child nutrition and child hunger. You're dealing with tight budgets, limited resources, and more responsibilities. Yet you pour your heart and soul into your work to make sure that your students learn and grow in both the classroom and the lunchroom. I've seen it first-hand, all across the country. Everywhere I go, I meet school chefs, administrators, teachers, and parents, who are coming up with new and creative ways to make the meals they serve even healthier. Leaders like you are adding more fruits and vegetables to meals, shifting to whole grains, and incorporating salad bars into cafeterias.

And I want you to know that the new standards build upon all of your efforts, and they'll help support even more of your good work. That's been our goal since we started *Let's Move!* – to bring all the best ideas from every sector of this country together to help folks find solutions that work for their communities.

While we've made a lot of progress in the past two years, there is much work ahead. But I know that if everyone – parents, business leaders, public officials, and community leaders like you – does their part, then we can ensure that all of our children can grow up healthy and pursue their dreams.

Tuesday, we took a big step toward achieving that. I look forward to working with you in the months and years ahead to finish the job.

*Michelle Obama*





Although we are in the midst of winter, it is not too early to begin planning for your Summer Food Service Program. During the school year, many children receive free and reduced-price breakfast and lunch through school meal programs.

What happens when school lets out? Hunger is one of the most severe road blocks to learning. Lack of nutrition during the summer months may set up a cycle for poor performance once school begins again. The Summer Food Service Program is designed to fill that nutrition gap and make sure that children can get the nutritious meals they need.

Based on October 2011 data, 203,500 Iowa children are eligible for free and reduced-price meals, but only 15,000 Iowa children participated in the Summer Food Service Program in 2011. That is only 7% of those that are potentially in need.

What can you do? Join us in supporting children by becoming a partner in the Summer Food Service Program. Promote participation in an already established summer feeding site or become a new sponsor for the summer of 2012.

**Mark your calendar:**

**Tuesday, March 6<sup>th</sup>, 2-3:30pm**

Completion of your Summer Food Service Application Webinar

**Tuesday, May 8<sup>th</sup>, 2-4pm**

Summer Food Service Program Mandatory Training Webinar

Recordings of these webinars will be available. For more information about the Summer Food Service Program, contact Stephanie Dross at [stephanie.dross@iowa.gov](mailto:stephanie.dross@iowa.gov) or 515-281-4760.



## New Streamlined Healthy Schools Program Application

School Food Service Directors have been asking how they can make changes towards healthier school meals while meeting the requirements for both USDA's [HealthierUS School Challenge](#) (HUSC) award and the [Healthy Schools Program](#) (HSP) National Recognition, an initiative of the Alliance for a Healthier Generation.



The requirements now dovetail, thanks to efforts from both organizations.

- HSP has incorporated language from HUSC's criteria for fruits and vegetables in the newly updated [Framework](#) of best practices.

- Schools that have received a HUSC award within a year of their HSP National Recognition application date, automatically meet the bronze level school meals requirements for HSP. HUSC schools only need to submit a copy of the HUSC award certificate for documentation. **Note:** To be eligible for HSP recognition, HUSC schools must be participating in both the National School Lunch Program and School Breakfast Program.



Review the [comparison document](#), developed by a team from both HUSC and HSP. Contact Patti Delger at [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov) for additional HUSC information.

Send a month's of menus to Patti for review of HUSC criteria. You may be very close to meeting all HUSC menu criteria and to receiving national recognition for a healthy school!



Did you know that there are two Fresh Fruit & Vegetable Programs available to Iowa Schools?

The first is a grant program in which schools must apply to participate.

To be selected to participate in the Fresh Fruit & Vegetable Program (FFVP) a school must be an elementary school and have a high

percentage of students eligible for free and reduced price benefits. Section 19 of the National School Lunch Act requires that schools with the highest free and reduced price enrollment be given priority for participation in the FFVP.

This Fresh Fruit & Vegetable Program provides all children in participating schools with a variety of free fresh fruits and vegetables during the school day. The goal of the FFVP is to create healthier school environments by providing healthier food choices, to expand the variety of fruits and vegetables that children experience, to increase children's fruit and vegetable consumption, and to make a difference in children's diets to impact their present and future health.

This school year, 106 elementary schools are participating in the FFVP, reaching approximately 39,000 children across the state with \$2.3 million dollars in grant funds.

The second program is the Department of Defense (DoD) Fresh Fruit & Vegetable Program. Through this program, USDA can offer schools a wider variety of fresh produce than would normally be available through USDA Foods.



How does this program work? A portion of your USDA Foods entitlement can be allocated to DoD Fresh Fruits & Vegetables. Your school will place a weekly order for fresh produce via the FFAVORS online order website and the product will be delivered to your school via Iowa's assigned produce vendor. You will have no invoices to pay as your USDA Foods entitlement will be drawn down.

Why DoD Fresh? You can improve the quality and the variety of fresh fruits and vegetables available for school lunch and breakfast. You will receive weekly deliveries of only the amounts ordered, have door to door delivery to your school, and you can reduce the cost of acquiring produce for your school with the buying power of the Department of Defense.

This school year, 78 school districts are participating with DoD Fresh Produce, utilizing \$1,400,000 for the purchase of produce in their schools. For the 2012-2013 School Year, \$1,520,000 has been requested for use in the State for DoD Fresh.

The Grant opportunity for the 2012-2013 FFVP will be officially announced on March 1, 2012 with applications due by March 30, 2012. For more information on the Fresh Fruit & Vegetable Program (FFVP), contact Stephanie Dross at [stephanie.dross@iowa.gov](mailto:stephanie.dross@iowa.gov) or 515-281-4760.

If you would like more information about the DoD Fresh Fruit and Vegetable program, contact Jane Heikenen at [jane.heikenen@iowa.gov](mailto:jane.heikenen@iowa.gov) or 515-281-4753.

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<http://www.state.ia.us/government/crc/index.html>

## USDA FOOD News

### 2011-2012 Warehouses

Iowa has two (2) commercial warehouses to store and deliver commodities to each school this year.

#### **Des Moines Cold Storage**

Contact: Krista Larsen  
4770 NE 17<sup>th</sup> Court  
Des Moines, IA 50303-0781  
515-262-6560

#### **Mason City Cold Storage**

Contact: Eldon Reinhart  
633 15<sup>th</sup> Street SE  
Mason City, IA 50401  
641-424-8369

### Iowa USDA Foods Distributor 2011-12

Keck, Inc. in Des Moines is responsible for the delivery and storage of all USDA Foods (Commodities). Jorge Harwood is the person putting the loads together for each delivery cycle. His contact information is below.

#### **Keck, Inc.**

Contact: Jorge Harwood  
501 SW 7<sup>th</sup> St., Suite D  
Des Moines, IA 50309  
515-244-5631 ext. 121

Also joining the staff at Keck Inc. is Lynette Kingery who now replaces Patti Johnson as of January 2012. Her phone number is 515-244-5631 ext. 130 and her email is [Lynette@keckenergy.com](mailto:Lynette@keckenergy.com)

### Deliveries Short/Damaged

When commodities arrive at your school, the product unloaded should be carefully counted and checked to make sure you are receiving the correct amounts. If you discover a shortage or any damage, make sure the driver makes a note on the warehouse release and initials it. **You must have a driver's signature indicating a problem on your delivery, before an adjustment can be made on your billing.**

**Commodity Values for 2011-2012 can be found at the following website:**

[www.educateiowa.gov/](http://www.educateiowa.gov/)

When you get to this website, go to the A to Z index and click on "U" for USDA Foods.

### Updated Iowa Commodity Distribution Plan 2011-12

12E--Delivery should start around the week of the 5<sup>th</sup> of March

12F--Delivery should start around the week of April 9<sup>th</sup>.



### On-line Commodity Ordering

Is "Timing-out" on the commodities website a problem for you? When you are placing your commodities order onto the website and you click on the "UPDATE" button do you get kicked-off, and you are back to the webpage where you have to login?

There are 70 to 80 commodity items to order. **In the time it takes to go through each one of those items and place an order for each item, you may be kicked-off the commodities website without your knowledge.** This is because the screen you are looking at has a limited time to be viewed before it automatically kicks you out of the secured site.

You can click on the "**UPDATE**" button as many times as it takes to fill out an order. So when you are placing your order try completing 10 items at a time. THEN click on the "UPDATE" button, and repeat for the next 10 items until you have completed your order.

After verifying all items submitted, finish your order by clicking on the "UPDATE" button a final time and then click the "**CERTIFY**" button. Once the "CERTIFY" button is used you won't be able to make any more changes to your order. If you need any assistance call Jane at 515-281-4753 or Dean at 515-281-4032.

### USDA FOODS Deletions and/or Reductions

- **Item 2542, Breaded Cheese Sticks will NOT be offered in the DM warehouse for 12E and 12F.**
- **Item 2542, Breaded Cheese Sticks will NOT be offered in the MC warehouse for 12F.**
- **Item 2571, Mandarin Orange Chicken will NOT be offered in either warehouse for 12E and 12F.**
- **Item 2585, Turkey Burgers will NOT be offered in either warehouse for 12E and 12F, unless some bulk turkey is purchased by USDA.**