



The Lunch Line

a newsletter of
The Bureau of Food & Nutrition
The Iowa Department of Education

Please route to:

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Published in September, November, January, March and May

May, 2004

National School Lunch Week October 11-15, 2004

Reach Your Peak with School Lunch is the theme for National School Lunch Week (NSLW) in October of this year. Whether it's wanting to climb Mount Everest or hoping to graduate with honors, we all dream big--especially children. You can give wings to their dreams during National School Lunch Week (NSLW) 2004, as you encourage the kids in your cafeterias to build active minds and bodies, October 11-15, 2004. The theme for this year's NSLW celebration, "Reach Your Peak With School Lunch," will inspire kids to climb high and far, as they strive to reach their full potential—physically and mentally.

For menus, recipes and activities visit ASFSA's web site at www.asfsa.org to assist you in developing excitement about your NSLW celebration. Try some of the ideas that follow, so that National School Lunch Week brings kids of all ages trekking into your cafeterias.

Recipes for the following menus can be found at <http://www.asfsa.org> or in the April 2004 issue of the *School Food Service & Nutrition* magazine.

Master the Mountain

- Pike's Pita (Turkey) Pizzazz
- Reach-The-Summit Spinach Salad
- Over-the-Horizon Orange Slices
- Base Camp Brownie
- Mountain Bike Milk

Conquer the Cold

- Bobsled Beef Stir Fry
- Sled Ridin' Rice
- Snowfort Fruit Salad
- Cross-Country Cookie (Sugar)
- Snowmobile Milk



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Play in the Park

Volleyball Veggie Spaghetti Salad
Capture-The-Flag Cottage Cheese, 2 percent
Playground Pineapple Chunks
See-Saw Sticks (Cucumber & Zucchini)
Walk-the-Dog Wheat Rolls
Croquet Cookies (Chocolate Chip)
Monkey Bar Milk

Win In the Water

Freestyle Fajita (Chicken)
Hang Ten Tomatoes & Lettuce (diced & shredded)
Swimming Salsa
Paddling Pepper Sticks (Green & Red)
Dive-In Dressing (Lowfat Ranch)
Take-a-Dip Tortilla Chips
Marco Polo Milk

Get a New View of the Neighborhood

Football Fish (Baked Scandia)
Bicycle Bread (Corn Bread)
Treehouse Broccoli & Cauliflower Polonaise
Red Rover Grapes
Pop-an-Ollie (Oatmeal Cookie)
Marbles Milk

The Bureau of Food and Nutrition (BFN) staff and/or staff from the USDA office will be making plans to visit a few programs across the state to join in the NSLW celebration. Contact your BFN consultant by phone or e-mail before school is out to share your plans for National School Lunch Week.

The USDA Mountain Plains Regional Office surveys each state in the region to learn what is planned for NSLW and then selects one school to visit. Let us know if you would like us to recommend a visit to your district.



Summer Short Courses Don't Forget to Register!

Summer is fast approaching—do you have your plans made already? Consider registering for Summer Short Courses. We have new content this year—two courses are planned for schools interested in or continuing HAACP plans, and we are also offering a management/communication course to help develop strategies for team building in your kitchens. All courses will be at Iowa State University; however, as something new, we are offering the Manager's Update over the Iowa Communications Network. The ICN sites are Waverly High School; Des Moines – Lucas Building; Storm Lake - Buena Vista University; Red Oak High School; and Mt. Pleasant High School. The registration deadline for these courses is **May 23, 2004**.

The New Manager's and Basic Math courses will be held at MacKay Hall, Iowa State University. The registration deadline for these courses is **July 2, 2004**.

For a complete listing of information about these classes, look at the March Lunch Line, or on the Bureau website at <http://www.state.ia.us/educate/ccese/fn/shortcourses/index.html>. There are directions for registering on-line or on paper. If you have more questions, please call Sandra Fiegen, Bureau Consultant, at 563-452-3390. We look forward to seeing you this summer!

Iowa School Food Service Association's 47th Annual State Conference

Mark your calendars and come help "Celebrate Iowa School Food Service" June 28, 29, 30, 2004 at the Des Moines Marriott and Polk County Convention Center. General session speakers this year will feature Mark Peterson, Ph.D., Motivational Speaker, Council Bluffs; Andrea Fredrickson, Council Bluffs "Working Together"; and Mary Kay Muller, Motivational Speaker, Omaha, NE. For more information contact Virginia Bechtold, 712-328-6420 or www.isfsa.org. Early bird registration is \$50 includes all meals and events.

American School Food Service Association's 58th Annual National Conference

- Do you belong to the American School Food Service Association?
- Have you wanted to learn more about ASFSA and ISFSA?
- Have you ever attended the ASFSA or ISFSA Conferences?
- Are you looking for new ideas to strengthen your school food service program?
- Have you been thinking about joining ASFSA?
- Do you want opportunities to share and interact with others working in School Food Service?
- Are you looking for the latest in food service equipment for a remodeling or new kitchen-building project?
- Are you interested in finding new menu items or marketing ideas?

If you answered yes to one or more of the above questions you should plan to attend one or both of these conferences this year. 2004 is the perfect summer to attend ASFSA and ISFSA as both conferences are within easy driving distance.

ASFSA's 58th Annual National Conference will be held July 25-28, 2004 in Indianapolis, Indiana. Complete conference registration and program information is available in the March issue of the ASFSA Journal, on ASFSA web site at www.asfsa.org or by calling 703-739-3900. Register by May 28th to take advantage of the Early Bird Rate.

School Meal Web Based System

The Bureau of Food and Nutrition (BFN) is in the process of updating the School Meal Program web based claim submission and yearly reporting system. The new web based system will gather information related to district and building information, food service management company contracts, competitive foods, claim submission, verification, etc.

The web based system will reduce paper, increase accuracy, and provide local personnel access to timely and detailed program specific and financial information on a daily basis.



Training on the new web based program will take place during the summer with all SFAs utilizing the web based system to submit the annual Policy Statement and program information for 2004-05. Dates for training and registration information will be announced in a mailing late May and posted on the BFN web site.

The Commodity Program web based system will remain the same.

Your comments are welcome and can be directed to Patti Harding at 515-281-4754; FAX 515-281-6548 or e-mail patti.harding@ed.state.ia.us or Ellen Miller at 515-281-4542 or ellen.miller@ed.state.ia.us.



Fruit and Vegetables: Helping Students Eat More

Colorful, nutritious, low in calories and fat, children need to consume more fruit and vegetables! Two new resources are here to help you encourage students to eat more each day.

5 A Day Quantity Recipe Cookbook

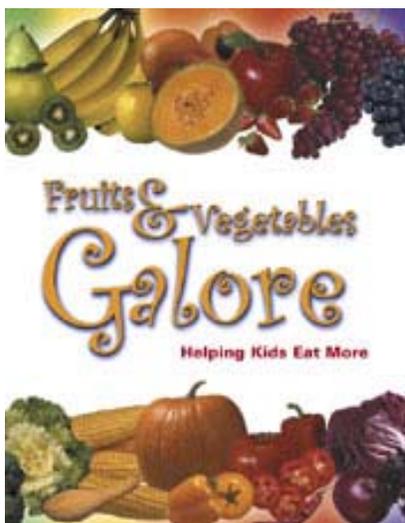
This resource assists schools to offer an appealing variety of fruit and vegetables each day. Developed by the State of New Hampshire, the 5 A Day Quantity Recipe Cookbook provides 37 standardized recipes for 25, 50 and 100, plus ready-to-copy family sized recipes. Resources for nutrition education, HACCP information and a student feedback form are also included. It is available online at:

<http://www.ed.state.nh.us/FoodandNutrition/cookbook.pdf>

The authors recommend that you slowly introduce the recipes, offering samples for taste testing to survey children's reactions. Keep in mind that research shows it may take many exposures for a student to accept and select new food.

Fruit and Vegetables Galore

This new Team Nutrition publication will assist schools in buying, preparing and market fruit and vegetables. This quality guide has or will shortly be sent to each school district directly from USDA.



2004 SFSP School Food Service Sponsors



Summer - Here We Come

How quickly the school year passes for your food service staff, and for the children you serve, when you're having fun feeding interesting and nutritious foods to children.

The following school food services (SFS) have graciously dedicated part of their 2004 summer by continuing their work of feeding hungry children through the Summer Food Service Program (SFSP). SFS's efforts during the 2004 summer will be greatly appreciated by the children they will be serving this summer, and by the SFSP State Agency (Bureau of Food and Nutrition, Iowa Department of Education). One of the State Agency's SFSP goals is to improve needy children's access to SFSP benefits.

2004 SFSP School Food Service Sponsors

Clearfield SFS	Marshalltown SFS
Clinton SFS	Mt. Ayr SFS
Council Bluffs SFS	Murray SFS
Davenport SFS	Muscatine SFS
Denison SFS	Ottumwa SFS
Des Moines SFS	Perry SFS
Diagonal SFS	Sioux City SFS
Glenwood SFS	Southeast Polk SFS
Grinnell Newburg SFS	Washington SFS
Hamburg SFS	Waterloo SFS
Iowa City SFS	West Des Moines SFS

Thanks for your extra efforts. For general information about the SFSP, including being a sponsor for the 2005 SFSP, please visit the USDA web site

<http://www.fns.usda.gov/Summer/default.htm>, or contact Rod Bakken, SFSP Lead Consultant at 515-281-4760 or Rod.Bakken@ed.state.ia.us.

Tidbits from Julia

- The timeline for passage of Child Nutrition Program reauthorization remains uncertain. Generally speaking this is not a significant concern as most of the programs are permanent, however this is also the time when changes and improvements to the programs are typically made so it is important to monitor what is happening. Congress has currently acted on language authorizing funding and “current” status on other provisions that expire through the end of June.

The House has formally taken action to begin the reauthorization process, passing House Bill 3873, called The Child Nutrition Improvement and Integrity Act. The Senate is expected to take up action on Child Nutrition reauthorization as the budgeting process becomes clearer. Typically what happens is the House and Senate pass separate bills, which then go to a conference committee to reach a compromise on the differences. The compromise bill then needs to be acted on by both houses and signed by the President before it becomes law.

As individuals who know first hand the tremendous impact of these programs on the children served, it is very important that you are involved in the legislative process providing information about the impact of any proposed changes on the Child Nutrition Programs. Options for monitoring what is happening can be done through direct contact with Iowa’s Congressional Delegation, by going to the ASFSA web site, or by contacting Teresa Nece, chair of the Iowa School Food Service Association legislative committee, e-mail teresa.nece@dmps.k12.ia.us or at 515-242-7636.

- Professional Development opportunities are numerous this summer. I hope you are planning to take advantage of a number of them. Articles elsewhere in the Lunch Line highlight School Program Summer Short Courses, the Iowa School Food Service Conference, and the American School Food Service Association National Conference. Another upcoming opportunity early this fall will be the Iowa Food Policy Council Conference. It is scheduled for Thursday,

September 9 and Friday, September 10 here in Des Moines. Information is not yet posted on the Council’s web site, but will be by mid-summer so if you are interested, be sure to check their web site at www.iowafoodpolicy.org

- Free and Reduced Price Meal Policy Statement information for the 2004-05 school year is in the process of being finalized and will be mailed to the designated School Food Authority by early June. With the changes being made to the School Program Web System as outlined in a separate article, documents that use to be sent together, i.e. the Policy Statement and the other School Program information will now be handled differently. Since the Free and Reduced Price Meal Policy Statement is considered permanent, you will receive in the mail information needed to update your policy statement and prepare your application materials for the new school year.

General information about your Free and Reduced Price Meal Policy procedures and most other School Program information that use to be submitted on paper will now be collected electronically with the web system. Details will be included with the Free and Reduced Price Meal Policy Statement mailing and in the training for the new School Program web system. Numerous changes will also be forthcoming related to the reporting of verification information. Some of this information will not be available until near the beginning of the school year, as we are still awaiting guidance from USDA. It will be a year of transition, requiring us to work closely together. Please read all memos carefully and be sure to attend the web training sessions! Dates and locations will be announced soon.

- New publications currently being distributed from USDA include, *Getting it Started*, *Keeping it Going* a “how-to” guide for Team Nutrition School Leaders. If you have been to an Iowa Team Nutrition Workshop this past year, you have received a draft copy of this document. The second item is a reference publication for dealing with media. *Getting Your Message Out* is a compilation of material from a number of other USDA resources. It includes a discussion of the

different types of media, tips on interviews, getting reporters' attention, and sample articles and letters. The Bureau is currently making plans for some additional Team Nutrition training, so watch carefully for training announcements. To learn what's new in Team Nutrition at the National level as soon as it happens, visit the Team Nutrition web site on a regular basis at www.fns.usda.gov/tn or you will find a link from the Bureau web site.

- Reminder: this is the time of year to look at student, parent handbooks to be sure the policy and procedures reflect what is to be implemented. Detailing policies and procedures here related to such things as handling meal charges, etc. make the actual implementation process go more smoothly.

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New Staff Member— Nancy Christensen

The Bureau of Food and Nutrition welcomes new staff member, Nancy Christensen. Nancy comes to us from the state of Maine, where she has been the Director of Special Projects for the Maine Department of Behavioral and Developmental Services since 1996. She is a clinical dietician and is a current member of the American Dietetic Association. She received her BA in Home Economics and Dietetics from the University of Iowa. She has strong family ties within the state of Iowa and was looking forward to a job opportunity that would bring her back to Iowa. She began working with the Bureau of Food and Nutrition, Iowa Department of Education on March 22, 2004.

One of her interesting hobbies is being a judge for dog shows and a certified dog trainer. She is looking forward to meeting a lot of the school personnel at the Iowa School Food Service Association Conference in Des Moines this summer, June 28-30, 2004.

2003-04 Meal Price Survey Results

National School Lunch Program

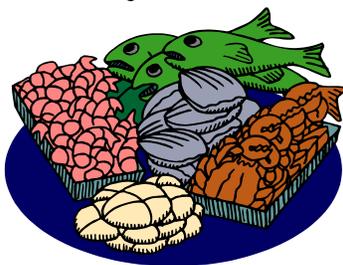
<u>Students</u>	<u>Public Schools</u>	<u>Non-Public Schools</u>
Average price	\$1.50	\$1.53
Most frequent price	\$1.50	\$1.50
Range	\$.90 - \$2.20	\$.90 - \$2.25

School Breakfast Program

<u>Students</u>	<u>Public Schools</u>	<u>Non-Public Schools</u>
Average price	\$.83	\$.84
Most frequent price	\$.85	\$.87
Range	\$.45 - \$1.50	\$.50 - \$1.30

Revised Consumer Advisory on Mercury in Fish

On March 19, 2004, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) announced their joint consumer advisory on methyl mercury in fish and shellfish. The Food and Nutrition Services (FNS) relies on the recommendations of FDA in matters pertaining to the safety of commercially available food offered through our commodity food programs.



The purpose of this revised FDA/EPA advisory is to inform women who may become pregnant, pregnant women, nursing mothers, and young children on how to get the positive health benefits from eating fish and shellfish, while minimizing their mercury exposure.

The only tuna that USDA purchases for the commodity food program is a “light” tuna, which is very low in mercury levels. USDA does not purchase white, albacore tuna, which is higher in mercury, for the commodity programs.

USDA does not control the quantity of tuna served in these school and institution programs. Menu planners should be advised not to include tuna meals in excess of 12 ounces of tuna per person per week for women who may become pregnant, pregnant women, nursing mothers and young children.

For more information on this advisory, please visit the following web sites:

www.fda.gov/bbs/topics/news/2004/new01038.html
www.cfsan.fda.gov/~dms/admehg3.html
www.fda.gov/oc/opacom/hottopics/mercury/backgro under.html

Thinking About a Food Service Management Company?

If your school district is considering having a food service management company operate their food service operation contact your Bureau Consultant. Please request Contracting with Food Service Management Companies, a USDA publication that provides guidance to districts who are considering outsourcing their food service operation. In addition, the Bureau will send you the contract procedures and timelines for Iowa. Under a district’s Child Nutrition Agreement with the Bureau of Food and Nutrition, School Food Authorities (SFAs) are responsible for operating school nutrition programs under their jurisdiction. A SFA may contract with a Food Service Management Company (FSMC) to manage the food service operation following federal, state, and local guidelines.

To make an informed decision about contracting with a FSMC, the SFA should consider a number of factors. Factors affected by privatizing the food service include the financial, administrative, and operational activities of the operation. The SFA will retain USDA identified responsibilities for many aspects of the school nutrition program even if a FSMC is contracted. A district will want to allow sufficient time to identify and analyze results of their research to determine the feasibility of conversion to a FSMC. Ideally, the process should start one full year before the FSMC begins operating the food service in the district.

Before sending the bid documents to potential vendors, the Request for Proposal (RFP) or Invitation to Bid (IFP) must be completed by the SFA and reviewed by the Bureau of Food and Nutrition to insure compliance with USDA guidelines. The Bureau of Food and Nutrition may impose additional requirements that meet or exceed Federal regulations. Once a vendor is selected, the contract must be reviewed by the Bureau of Food and Nutrition to insure compliance with USDA regulations, before the conversion to a FSMC. Each year the contract with the FSMC must be renewed, with prior review of contract language by the Bureau.

Commodity News

Commodity Daze

The Iowa Commodity Food Distribution Program is planning on combining its regular “Commodity Day” with the Iowa School Food Service Association (ISFSA) State Conference in Des Moines on June 30, 2004. The purpose of this event is to identify new and current processed commodity items that will be available to Iowa schools for the 2004-05 school year. These products have been selected and approved by the Iowa Commodity Advisory Council. Each processor booth will be identified with a commodity sticker/sign, letting you know this is an approved 2004-05 product. CN labels and fact sheets on each product should also be available. Approximately 58 processed products will be offered.

Since this is part of the ISFSA state conference there is a \$20 fee for members and non-members to attend the Exhibits Only on Wednesday, June 30th. You may obtain a registration form from:

Cheryl Heidenscher
Iowa School Food Service Association
801 South 16th Street
Council Bluffs, Iowa 51501
cheiden@cbcsd.org
712-328-6420

Six Deliveries in 2004-05

Iowa is planning on six (6) deliveries for the 2004-05 school year. The state of Iowa currently has six (6) distributions per year.

The new schedule will look something like this:

- 5A= August 16
- 5B= September 27
- 5C= November 15
- 5D= January 3
- 5E= February 14
- 5F= March 28

It takes approximately five (5) weeks to deliver all 583 school sites each delivery cycle.

2004-05 First Commodity Delivery Information

The first commodity food distribution is being planned to begin on approximately August 16, 2004. Since this is a little earlier than in past years, you may not see an abundance of Group A foods (especially ground beef) available. A lot of these items don't get into the State before mid-September. Those items should be available on all other deliveries. Group A items would include: ground beef, chicken, some fruits/vegetables, potato products, and tomato products. Most of our regular Group B items (flour, cheese, oil, etc.) will be available on the first release along with all the processed items (that will be available all year long.)

This first delivery will be called (5A) and we are planning on getting these new year order forms to you in May 2004. If we can collect all of next year's first orders in May, we won't need to mail anything in the summer. It is sometimes impossible to get all orders collected in the summer. **We will try to have these available on the web by May 10. Please return before the (2003-04) school year ends.**

**Commodity Values for 2003-04
can be found at**

www.state.ia.us/educate/ecese/fn/commdist/values

**Iowa State Commodity
Advisory Council Meeting Minutes
can be found at**

www.state.ia.us/educate/ecese/fn/commdist/council

SUMMER STORAGE

Now is the time to make arrangements to store Commodities properly during the summer months.

Following is a checklist to assist you.

ALL FOOD ITEMS

Check all food to be sure it is in good condition.

Repackage broken lots of food (flour, sugar, rice, etc.) in plastic or metal containers with tight-fitting lids. Flour, rice, powdered milk, prunes, raisins, and figs can be refrigerated or frozen to help maintain quality.

Dispose of any bulging or leaking cans.

Make a record of all food that is placed in storage. Use this food first in the fall.

All storage areas and units should be thoroughly cleaned.

DRY FOOD STORAGE

Keep storeroom cool and dry. Maintain temperatures at 50° to 70° F.

Keep storeroom well ventilated. Make some provision for airing the storeroom several times during the summer months.

Consult the local health department or a reputable licensed exterminating or fumigating company regarding the use of insecticides and fumigants. Keep the storeroom rodent and insect proof.

FREEZER/REFRIGERATED FOOD STORAGE

During the summer months when schools are closed, it is best to transfer foods requiring freezer storage to a locker plant or commercial cold storage plant.

Consolidate food into as few freezer/refrigeration units as possible without overcrowding.

All freezer/refrigeration units that are emptied for the summer should be disconnected and the doors propped open to prevent accidental closing.

Make provisions for a daily inspection of freezer/refrigeration units to ensure:

1. Proper temperatures are maintained. Refrigeration between 32° and 40° F. Freezer 0 F or below.
2. The temperature gauges are in working order. (Check inside the units)
3. A daily log has been developed and placed on the freezer and/or refrigeration units to enable maintenance personnel to record temperature readings and inspection.



Eat Smart. Play Hard.™



National School Breakfast Week (March 8-12) was celebrated at River Woods Elementary School in Des Moines with a visit from Eric Bost, USDA Under Secretary for Food, Nutrition, and Consumer Services. Several other representatives from USDA accompanied him on the visit. The celebration began with breakfast (see picture) where he was able to interact with students while having an English muffin sandwich with egg and cheese, banana and milk. A tour of the building followed with

visits to individual classrooms. The morning festivities ended with an assembly emphasizing the Team Nutrition message, “Eat Smart. Play Hard.” The students were charged with messages to eat a healthy breakfast and engage in physical activities.

This Team Nutrition campaign conveys messages to promote healthy eating and physical activity to school aged children. Power Panther is the national spokes character for “Eat Smart. Play Hard.” While Power Panther was not present for this event, schools that are interested in using the Power Panther costume for local events can request the costume by contacting in writing:



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1244 Speer Boulevard, Suite 903
Denver, Colorado 80202
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Fax: (303) 844-6203

Have a Wonderful Summer!