

Decatur City Schools
Ultimate Menu Committee Recommendations
Date: July 31, 2012

Objectives:

Working within the Decatur City Schools' budget and USDA regulations while maintaining current participation levels, the Ultimate Menu Committee works to:

- A) Develop guiding principles for menus
 - B) Identify and recommend alternative food items for bids
 - C) Develop model menus based on guiding principles
 - D) Recommend timeline and implementation plan.
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Committee Members

Meredith Broyles, Student
Cathy Chapman, Bookkeeper, School Nutrition, CSD
Allison Goodman, Director of School Nutrition, CSD
Elizabeth Hanna, Coordinator, School Health Program, CSD
Scot Hollonbeck, Parent
Kiawana Kennedy, Curriculum Director, CSD
Elisa Morris, Parent
Lucia Pawloski, Parent,
Clare Schexnyder, Parent
Kerri Shannon, Parent
Cindy Stemple, Parent
Jennifer Weissman, Parent
Phillip Wiedower, Parent

(The committee includes a dietitian and several health and wellness professionals)

Meeting Facilitator: Beth Levine – EPL Consulting

Assumptions:

- 1. Retain 50% or more student lunch participation
 - 2. School nutrition continues to receive current amount of funding from the board
 - 3. Food prices remain stable
 - 4. Staffing for school nutrition is stable
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UMC Guiding Principles*

1. In order to preserve nutritional content, meals prepared at school will utilize fresh, whole, unpackaged, unprocessed or minimally processed ingredients to the maximum extent possible.
2. When possible purchase local ingredients
3. When possible serve seasonal foods
4. When possible serve organic foods
5. When possible partner with neighboring school systems on bids to reduce costs
6. When possible serve whole foods versus highly processed foods
7. Meet or exceed USDA guidelines
8. Eliminate artificial colors, dyes and preservatives by the fall of 2016

*the committee agreed to these principles but needs more time to word smith and reduce duplications.

Per Dr. Edwards' request, the Ultimate Menu Committee is pleased to share our recommendation of ten menu items for removal or change.

Top Ten Menu Elimination and/or Change items

1. Chocolate milk – eliminate in K-3 and propose a phase out for grades 4 and up
2. Muffins - eliminate highly processed products, could replace with healthier versions
3. Pancakes, waffles and french toast - eliminate highly processed products, could replace with healthier versions
4. Chips – eliminate highly processed and/or fried chips, replace with healthier (baked) chips
5. Chicken Nuggets – eliminate highly processed products, replace with healthier versions
6. Shrimp Poppers/Fried Fish – eliminate pre-fried products, could replace with non-fried version, if available
7. Dried Potatoes, Tater Tots/Potato Triangles – eliminate highly processed and pre-fried products
8. High Sugar Desserts – eliminate
9. Peanut Butter: with hydrogenated oil and sugar – replace with product without added oils
10. Highly Processed Cheese (i.e. cheese sauces, American cheese, etc) – replace with real cheese

Foods/Items USDA No Longer Allows as of Fall 2012
(except previously allocated commodities)

- (1) Canned fruit wheavy syrup
- (2) Margarine
- (3) Trans Fats

Items/Food Stuffs Removed from Menu by Allison Goodman as of
Fall 2012

- (1) Salt-free Seasoning
- (2) Sugary Cereals
- (3) White Bread (Toast, Buns, Sandwich)
- (4) Pizza with White Bread Crust
- (5) Sugar Glaze
- (6) Milk with High-fructose Corn Syrup

Footnotes:

- The concern with many items lies more with the ingredients, preparation and frequency of appearance on the menu than individual food items (e.g., chicken nuggets, waffles, muffins).

Recommended Action Items:

1. Superintendent and Board approval of Top Ten Menu list
2. Superintendent and Board consideration/approval for nutrition department consultant planning & assessment services – for Spring 2013 semester.