

MEMORANDUM

TO: Jenny Martens, Business Manager
Nome Public Schools, District Office

FROM: Nome Parent Teacher Student Association (PTSA), Nutrition Committee:
Paula Kennedy, Parent
Allison Wrenn, Parent
Shanna Moeder, CAMP Dietician
Margaret Thomas, Teacher Aide

DATE: May 2, 2009

RE: Proposed School Lunch Menu and Nutrition Recommendations

In follow up to our conversations the week of April 20th, the PTSA met with Shanna Moeder, a CAMP Dietician, to review and discuss the school lunch menu on April 27th. Due to the 7-cycle menu being reduced to a 5-cycle menu, 2 cycles of meals would be eliminated. Shanna and the committee met to discuss the best nutritional choices to remain on the menu. Below are the meals to keep; along with recommendations to the current food preparation methods that will increase the nutritional value of the meal.

GENERAL OVERVIEW:

Starch: The meals were found to be heavy in starches and fat. Corn and potatoes were counted as vegetables and not as starches. Frequently, the corn and potatoes were paired with bread, increasing the starch content of the meal. Recommendation is to use a green vegetable, carrots or mixed vegetables instead of corn and potatoes - especially when bread is being served.

Fat: Vegetables are having butter added to them prior to serving, increasing the fat in the meal. Recommendation is to serve the vegetables and starches unbuttered. Also, regular hot dogs, sausages, and beef-based meals are high in fat. Recommendation is to switch to ground turkey, turkey hot dogs and low-fat canned refried or canned beans where possible.

Sugar: Although the USDA does not evaluate sugar content of the foods being served to the children, the meals were reviewed for sugar content by the CAMP Dietician. Serving canned fruits served in heavy or regular syrup provides a high quantity of sugar. Recommendation is to purchase fruits in their own juices or light syrup. Canned pineapple is served in its own juice as well. If unable to purchase fruits in its own juice or light syrup, CAMP recommends the kitchen staff to drain and rinse the fruit in water before serving, thus reducing the sugar content.

Condiments: Overall use of condiments containing additional fat, sodium and sugar is frequent. Recommendation to eliminate or use low-fat mayonnaise, margarine, low-sodium soy sauce, and reduced-sugar jelly/jam. There is no standard measurement for the addition of condiments to the student's meal. Recommendation is to use a standard measure for providing condiments or purchasing pre-measured packets of the aforementioned condiments.

Milk: Addition of sweetener to the powdered milk served to the students is of concern. However, CAMP recommends using a reduced addition of the sweetener to the milk to encourage the student to drink his/her milk. Recommendation is to reduce the amount of sweetener being used in the milk.

25 MEALS TO KEEP (+1 ALTERNATE):

Week 1:

Day 2 - Oven Baked Chicken - Do not butter peas, serve gravy on the side/optional.

Day 4 - Lasagna - Substitute ground turkey for beef.

Day 5 - Cheeseburger (Hamburger) on a Bun - Serve as hamburger on bun - no cheese; remove 3-bean salad; serve low-fat/vegetarian baked beans instead.

Week 2:

Day 6 - Chili with Meat - Substitute ground turkey for beef

Day 8 - Chicken Drumsticks

Day 9 - Fish Nuggets - Do not butter carrots.

Day 10 - Pizza - If this is creamed corn, serve regular corn.

Week 3:

Day 15 - Spaghetti with Meat Sauce - Substitute ground turkey for beef.

Week 4:

Day 16 - Chicken & Noodles

Day 17 - Sloppy Joes on a Bun - Use ground turkey instead of beef.

Day 18 - Roast Turkey - Remove potatoes or stuffing & add green beans.

Day 19 - Pig in a Blanket - Use turkey dogs instead of beef/pork; do not butter carrots.

Day 20 - Baked Fish

Week 5:

Day 21 - Bean & Beef Burrito

Day 22 - Hot Ham (Turkey) & Cheese Sandwich - Use turkey instead of ham; serve with no mayonnaise.

Day 23 - Tacos - Make salsa part of meal for veggies.

Day 25 - Beef Stew - Use pilot bread instead of saltines to reduce sodium.

Week 6:

Day 26 - Teriyaki Beef Bites - Use unsweetened applesauce.

Day 29 - Salisbury Steak

Week 7:

Day 32 - Zombie - Use turkey instead of ham.

Day 33 - Popcorn Chicken - Eliminate stewed tomatoes; add green beans.

Day 34 - Pizza Burger on Bun - Eliminate potato wedges; add green beans/green vegetable instead.

Day 35 - Nachos Supreme - Use low-fat refried beans instead of meat, use real shredded cheese instead of canned cheese sauce.

Substitute Menu:

1. Meatloaf - Substitute ground turkey for beef.
2. Sliced Ham
3. BBQ Chicken - Do not butter corn.

The committee appreciates your consideration of the recommendations made by the CAMP Dietician, parents, and school staff. The review of the menu by CAMP was complementary and is in line with the Wellness Policy in use by the Nome Public Schools at this time. The committee will meet as the 2009/2010 school year commences to see how it can better support the school lunch program and the Wellness Policy. The CAMP Dietician has further ideas and recipes that we may implement as we continue this process. We look forward to working with you in the future.

CC: Rick Luthi, Superintendent
Jon Wehde, Asst. Superintendent
Julie Kelso, PTSA President
PTSA Membership