

Menu Planning - Best Defense for Compliance

Michigan Department of Education
Office of School Support Services - School Nutrition Programs
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Menu Planning - Factors to Consider

Menu

- ▶ The single most controlling factor in a foodservice operation
- ▶ Determines all aspects of operation and affects the success or failure of the department

Food Preferences

- ▶ Cultural differences of students
- ▶ Food habits and beliefs of different ethnic or religious groups
- ▶ Current fads

Target Audience

- ▶ High school
- ▶ Middle school
- ▶ Elementary
- ▶ Vegetarian
- ▶ Kosher



Trends

- ▶ Flavor profile
 - ▶ Spice level
- ▶ Ethnic food choices
- ▶ Form
 - ▶ Wraps
- ▶ Format
 - ▶ Pre-packaged



Types of Service

- ▶ Cafeteria style
- ▶ Self-service bars
- ▶ Family style
- ▶ Grab n' Go
- ▶ Kiosks
- ▶ Vending machines
- ▶ Breakfast in the classroom
- ▶ Satellite
- ▶ Vended meals



Types of Menus

- ▶ Standard - no choice
- ▶ Offering choices
- ▶ Multiple menus
 - ▶ Lines with complete menu items
- ▶ Salad bar menus



Cycle Menus

- ▶ Defined as carefully planned menus that are rotated according to a definite pattern

ADVANTAGES	DISADVANTAGES
Minimize menu planning time	Menu cycle may be too short
Increase labor efficiency through improved coordination & organization	Seasonal variation in food availability is not considered
Reduce repetition of menu items	Drafting seasonal cycle menu may be time consuming
Promotes standardization of preparation procedures	
Simplify purchasing (forecasting more accurate)	
Takes advantage of purchasing seasonal variations in foods	
Improves inventory and cost control	
Maximizes utilization of equipment	

Ingredients

- ▶ USDA Foods
 - ▶ Plan to use
- ▶ USDA Foods – ordered
 - ▶ Be ready to incorporate
- ▶ In season
 - ▶ Available from DOD
 - ▶ Available farm to Schools
 - ▶ Locally sourced



Facilities and Equipment

- ▶ Menus are usually determined by the available equipment
 - ▶ Hot food items
 - ▶ Cold food items
 - ▶ Amount of prep space
 - ▶ Refrigerator/freezer space
 - ▶ Storeroom space



Preparation

- ▶ Equipment
- ▶ Hot/cold holding
- ▶ Packaging required to serve



Number of Employees and Skill Level

- ▶ Staff turnover
- ▶ Convenience foods

Food Cost

- ▶ It's a good idea to cost out your cycle menu
 - ▶ Helps control food costs
- ▶ Menu management - evaluate menu items
 - ▶ Helps to identify high cost days



Type of Meal Service

- ▶ Serve
- ▶ Offer versus Serve



What Meal?

- ▶ Breakfast
- ▶ Lunch
- ▶ Snack
- ▶ Supper
- ▶ Summer feeding



Key Resources

Resource - USDA Website



- ▶ <http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-school-food-service>

Resource - Food Buying Guide

▶ Established base quantity for ingredients

- ▶ Raw
- ▶ As purchased
- ▶ Edible portion
- ▶ Yield
- ▶ Serving size



<http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Resource - Food Buying Guide Calculator



<http://fbg.nfsmi.org/Default.aspx>

Resource - Food Buying Guide Calculator



Resource - Food Buying Guide Calculator

Purchase Unit	Serving Description	Notes	Serving Unit
lb	ready-to-cook broccoli	1 lb = 1 lb ready-to-cook broccoli	cup
lb	ready-to-cook broccoli		oz

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Broccoli, fresh, florets, trimmed, ready-to-use	lb	ready-to-cook broccoli	1 lb = 1 lb ready-to-cook broccoli	cup

• Serving Size
 - Select a serving size -
 • Number of Servings

Resource - Food Buying Guide Calculator

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Broccoli, fresh, florets, trimmed, ready-to-use	lb	ready-to-cook broccoli	1 lb = 1 lb ready-to-cook broccoli	cup

• Serving Size
 3/4 cup
 • Number of Servings
 125

Resource - Food Buying Guide Calculator

[Home](#) | [Add More Items](#) | [Print List](#) | [Email List](#)

NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select **Add More Items**. To edit a food item on your Shopping List, click **Edit** to the right of the food item entry. To remove a food item on your Shopping List, click **Remove** to the right of the food item.

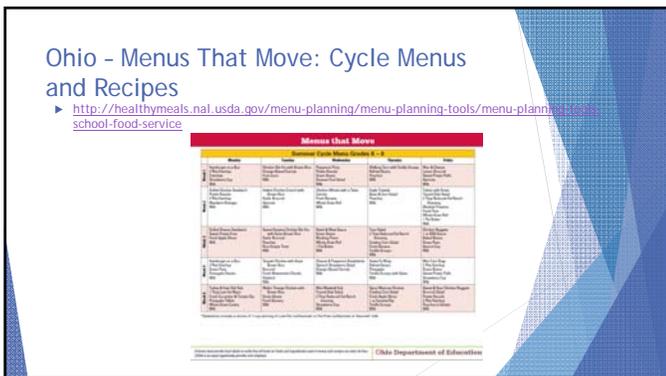
If you are finished, select **Print List** or **Email List**.

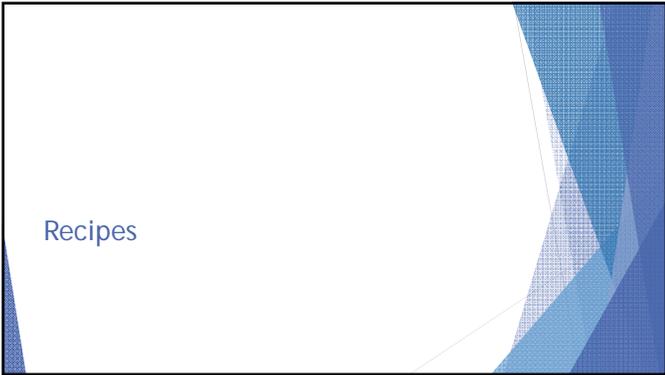
*****Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.*****

Shopping List								
Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	125	3/4 cup	Broccoli, fresh, florets, trimmed, ready-to-use	ready-to-cook broccoli	13.00	13.00	1 lb	Remove Edit

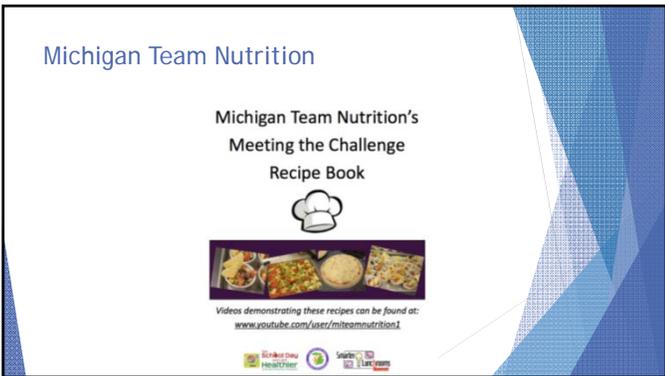




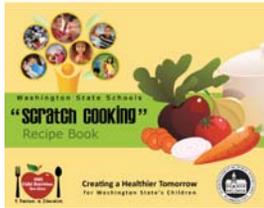








Washington State - "Scratch Cooking" recipe book



<http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/ChildNutritionRecipeBook.pdf>

Vermont FEED



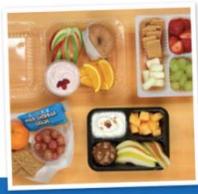
► <http://www.vtfeed.org/materials/new-school-cuisine-cookbook>

USDA: What's Cooking?



<http://www.whatscooking.fns.usda.gov/>

National Dairy Council



Breakfast Basket



▶ <http://www.nationaldairycouncil.org/ChildNutrition/Pages/NutritionBreakfast.aspx>

School Meals That Rock



▶ <http://www.pinterest.com/schoolmealsrock/school-recipes-that-rock/>

Legislation Requirements

- ▶ Sec. 9
 - ▶ National School Lunch Act
 - ▶ Meals must reflect the latest Dietary Guidelines for Americans (DGAs)
- ▶ Sec. 201
 - ▶ Healthy, Hunger-Free Kids Act of 2010
 - ▶ Regulations based on recommendations from the Institute of Medicine (IOM)
