Menu Planning – Best Defense for Compliance

Michigan Department of Education
Office of School Support Services - School Nutrition Programs
June 2015

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

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

Resource – Food Buying Guide

- Established base quantity for ingredients
  - Raw
  - As purchased
  - Edible portion
  - Yield
  - Serving size


Resource – Food Buying Guide Calculator


Resource – Food Buying Guide Calculator
**Resource - Food Buying Guide Calculator**

<table>
<thead>
<tr>
<th>Item Description (CPF)</th>
<th>Purchase Unit</th>
<th>Serving Description (CPF)</th>
<th>Notes</th>
<th>Serving Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, fresh, trimmed, ready-to-cook</td>
<td>lb</td>
<td>ready-to-cook broccoli</td>
<td>mg</td>
<td>5g</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Item Description (CPF)</th>
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<th>Serving Description (CPF)</th>
<th>Notes</th>
<th>Serving Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce</td>
<td>lb</td>
<td>ready-to-cook broccoli</td>
<td>mg</td>
<td>5g</td>
</tr>
</tbody>
</table>

**Shopping List**

<table>
<thead>
<tr>
<th>From Servings</th>
<th>Size</th>
<th>Food Group</th>
<th>Serving Description (CPF)</th>
<th>Notes</th>
<th>Purchase Unit</th>
<th>Purchase Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td></td>
<td></td>
<td>ready-to-cook broccoli</td>
<td></td>
<td>5g</td>
<td>5g</td>
</tr>
</tbody>
</table>

**Add to List**

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**NOTES:**

- The Food Buying Guide Calculator returns the nearest whole Pound. Pick or enter 1/2 pound.
- If you need to add more food items, select Add More Item. To delete a food item from 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 Save List.
Ohio - Standardized Recipes

Ohio - Nutrient Profile

Ohio - Certification Worksheets
Recipes

Tips for Recipes

- Utilize USDA resources
- Source carefully
- Adapt as necessary

Michigan Team Nutrition
Washington State - “Scratch Cooking” recipe book

[Image]


Vermont FEED

[Image]

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

USDA: What’s Cooking?

[Image]

http://www.whatscooking.fns.usda.gov/
Recipes for Healthy Kids: Cookbook for Schools

Table of Contents


Provo F2S Recipes

http://www.farmtoschool.org/resources-main/provo-city-school-district-recipes-with-local-food-items
National Dairy Council

School Meals 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)
Final Rule

Summary

- Your menu is the single most important factor in a food service operation
- There are many factors to consider when planning a menu
- Use the many resources available when planning your menus

Questions?

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