

**MENU PLANNING SUBCOMMITTEE MINUTES
GREENWICH PUBLIC SCHOOLS**

DATE: 5-31-19

PLACE: Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT 06830
IT Room

ATTENDANCE: Lorianne O'Donnell (BOE)
John Hopkins (BOE)
Dave Nanarello (BOE)
Jayne-Marie Lockett (BOE)
Nerlyn Pierson (PTAC Health and Wellness co-chair)
Lisa Suriano (absent)
Sara Seidelmann, MD (joined at 9:13am)
Elissa Diamond-Fields, DC (PTAC Health and Wellness co-chair, absent)
Stephanie Knuth

1. Meeting Opening

Call to Order – 9:12 am

2. Menu Planning Group Discussion

Minutes from the 5/3/19 meeting approved.

Team provided additional edits on communications letter and suggested a flyer be included in the back-to-school packets. Lori to inquire on deadlines for back-to-school packets.

John provided updates on the following items:

- Fiesta Tacos (combination of 1/3 beef, 1/3 turkey, 1/3 lentils) were taste tested by students last week with positive feedback.
- Request for Proposal (RFP) bid package now includes the drafted menu guidelines and includes a list of items that exclude preservatives, additives, etc. It is expected that the RFP will be released by the end of next week. Lori asked the committee to share potential vendors. The team shared interest in reaching out to vendors like Mike's Organic and Wave Hill.

The team engaged in discussion on the following menu topics:

- Replacing breakfast items served as lunch (i.e. pancakes, waffles and french toast sticks) with burritos or egg sandwiches.
- Parent's preferences for soup options and SunButter and jelly sandwiches as a meal option.
- Engaging parents in the process (i.e. asking parents to send in recipes and then feature them once a month).

- Serving free water at checkout for students who do not want to take the milk beverage option and who cannot afford or do not wish to purchase bottled water. There was discussion about removing fruit juices as a beverage option (due to high sugar content) and replacing it with fruit infused water, flavored seltzer containing no sugar or plain ice water (eliminating fruit juices was also a recommendation of the Central Middle School capstone project, see below).
- Parent's preferences for snacks like ice cream would be acceptable if it is made with real products.

Lori provided an update on John's efforts to connect with Center for Food. The Center provided information to serve as a resource to departmental staff. John will review the information and provide highlights or takeaways at the next meeting.

Nerlyn provided an update on the Central Middle School capstone project (see attached). The students (Alexandra Freeman and Sarah Maitland) are seeking to improve lunches in the middle schools and suggested improvements like eliminating reduced fat foods, french fries, ice cream, Doritos and other chips, high-sugar cereals, juices and soda, etc. They also presented a proposed menu and snacks for the lunch menu.

Next steps include the following:

- Finalize communication via e-mail this upcoming week
- Food Services will continue drafting Request for Proposal for food items aligning with draft guidelines
- Food Services will review Center for Food materials

3. Adjournment

Meeting ended at 10:10 am

Respectfully submitted,
Lorianne O'Donnell

What's the problem with school lunches?

By: Sarah Maitland & Koto
Freeman

Problem

- schools lunches being served now are simply:
 - Unappetizing
 - Unhealthy



MAY 6 - 10, 2019
Middle Schools



We celebrate Dairy this Month!
We'll focus on Dairy!
Look for fresh dairy products all month



It tastes so dairy good!

We will be featuring a different local product each month this year through the Put Local On Your Tray project
Unlimited Fruits & Vegetables included with your Meal



Available Daily

- Whole Wheat Bagel w/ String Cheese & Stonyfield Organic Yogurt
 - Peanut Butter & Jelly Sandwich
 - WG Cereal w/ String Cheese
 - Fruit, Granola & Yogurt Parfait
 - Our Homemade Hummus ^{GF} w/ Crunchy Tortilla Chips
- Fresh made Sesame Free Hummus

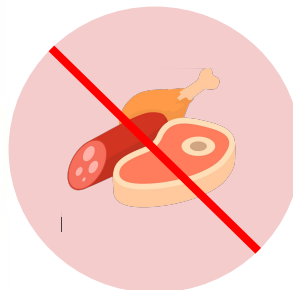


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	6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY
Entree	French Toast Sticks w/ All Natural Chicken Breakfast Sausage	Taco Salad ^{FS,GF} served with All the Fixings ^{GF}	Baked Ziti with Homemade Non GMO Tomato Sauce ^{FS,V}	Hummel Bros. All Beef Uncured Hot Dog ^{NMF,GF} on a Bun served w/ Oven Baked Fries	Hot Ham & Cheese Croissant
Hot Oven	Crispy Chicken Filet Sandwich ^{NMF}	Fresh Egg & Cheese Sandwich ^{FS}	Crispy Chicken Drumstick ^{NMF} with Whole Wheat Dinner Roll	Broccoli and Cheese Stuffed Baked Potato ^{GF,NF,FS} served with WW Dinner Roll	Baja Fish Sticks with Tartar Sauce. Served with WW Dinner Roll
Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Pepperoni Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Buffalo Chicken ^{NMF} Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Bacon Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Veggie Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Pepperoni Pizza
DELI	Boar's Head Boar's Head Ham & Cheese Deli Assorted Deli Sandwiches	Boar's Head Boar's Head Oven Gold Turkey Deli Assorted Deli Sandwiches	Boar's Head Tuna Fish Sandwich Assorted Deli Sandwiches	Boar's Head Boar's Head Chipotle Chicken Sandwich Assorted Deli Sandwiches	Boar's Head Italian Combo Assorted Deli Sandwiches
Signature Salads Quick To Go	Grilled Chicken ^{NMF,GF} Caesar Salad w/w/out Whole Grain Croutons Home made Chicken Noodle Soup	CHEF SALAD ^{GF} - Lettuce, Turkey, Ham, Cheese, Carrots, Celery, Cherry Tomatoes TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing	Grilled Chicken ^{NMF,GF} Caesar Salad w/w/out Whole Grain Croutons Home made Chicken Noodle Soup	CHEF SALAD ^{GF} - Lettuce, Turkey, Ham, Cheese, Carrots, Celery, Cherry Tomatoes TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing	Grilled Chicken ^{NMF,GF} Caesar Salad w/w/out Whole Grain Croutons Home made Chicken Noodle Soup

Included with your entree, unlimited fresh fruit and vegetable cups, fresh local skim milk, 1% milk and skim chocolate milk offered daily. Gluten Free choices (available without a bun) are designated with a ^{GF} symbol. Hormone and antibiotic free choices are designated with a ^{NMF} symbol. Nitrate and nitrite free choices are designated with a ^{NF} symbol. From Scratch choices are designated with a ^{FS} symbol. Vegetarian choices are designated with a ^V symbol. Menu subject to change.



Problems within school lunches:

- Lack of nutrition
- Trans and saturated fats
- Processed foods





CHOCOLATE MILK

Nutrition Facts

Serving Size 1 Cup (236mL)
Servings Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 220mg 9%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Sugars 25g

Protein 8g

Vitamin A 6% • Vitamin C 4%

Calcium 30% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

*Clover
Farms*

INGREDIENTS: MILK, FRUCTOSE
COCOA (PROCESSED WITH
ALKALI), SALT, CORN STARCH,
CARRAGEENAN, VANILLIN.

SHAKE WELL

KEEP REFRIGERATED

CLOVER FARMS
P.O. BOX 14627
READING, PA 19612
PROCESSED AND PACKAGED
BY PLANT #42-169



No significant difference has been shown
between milk derived from rBST-treated
and non-rBST-treated cows.



1% LOWFAT MILK

Nutrition Facts

Serving Size 1 Cup (240mL)
Servings Per Container About 8

Amount Per Serving

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 130mg 5%

Total Carbohydrate 13g 4%

Dietary Fiber 0g 0%

Sugars 12g

Protein 8g

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

*Clover
Farms*

INGREDIENTS: 1% LOWFAT
MILK, VITAMIN A PALMITATE
AND VITAMIN D3.

CLOVER FARMS
P.O. BOX 14627
READING, PA 19612
PROCESSED AND PACKAGED
BY PLANT #42-169

KEEP REFRIGERATED



No significant difference has been shown
between milk derived from rBST-treated
and non-rBST-treated cows.





Nutrition Facts	
Serving Size 15.2 fl oz (450 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 550mg	24%
Total Carbohydrate 51g	17%
Dietary Fiber 0g	0%
Sugars 42g	
Protein 3g	
% DV	
Vitamin C	190%
Calcium	4%
Thiamin	20%
Riboflavin	4%
Niacin	4%
Vitamin B6	8%
Folate	30%
Magnesium	10%
Not a significant source of vitamin A and iron.	
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



Nutrition Facts	
Serving Size 1 Container	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 310mg	9%
Total Carbohydrate 34g	11%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 1g	
%DV	
Vitamin A	0%
Vitamin C	100%
Calcium	2%
Iron	0%
Vitamin B6	4%
Magnesium	2%
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
100% APPLE JUICE FROM CONCENTRATE (FILTERED WATER AND CONCENTRATED APPLE JUICE), NATURAL FLAVORS, MALIC ACID AND ASCORBIC ACID (VITAMIN C)	

Ingredients:

100% Juice (Filtered Sparkling Water Sufficient to Reconstitute Juice Concentrates, Grape, Apple, Cherry, Pineapple, Acerola, Carrot and Black Currant Juice Concentrates), Natural Flavors, Ascorbic Acid (Vitamin C)

Nutrition facts:

Serving Size: 8 fl oz (240ml)	Total Carbohydrate: 30g
Serving Per Cont : 1	Sugars: 28g
Calories: 110	Protein: 0g
Total Fat: 0g	Vitamin C: 100%
Sodium: 5mg	



X 6



Amount per serving	150
CALORIES	% Daily Value*
Calcium 40mg	2%
Carbohydrate Total 18g	6%
Cholesterol 0mg	0%
Total Calories 150	
Total Fat 8g	10%
Saturated Fat 1g	6%
Trans Fatty Acids 0g	
Iron 0.3mg	0%
Dietary Fiber 1g	4%
Potassium 50mg	0%
Sodium 210mg	9%
Protein 2g	
Sugars 1g	
Vitamin D 0mc	0%
Not a significant source of added sugars.	
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Serving size	1 oz (28g/About 12 chips)
Amount per serving	140
CALORIES	% Daily Value*
Calcium	2%
Carbohydrate Total 18g	6%
Cholesterol 0mg	0%
Total Calories 140	
Calories from Fat 70	
Total Fat 7g	11%
Saturated Fat 1g	6%
Trans Fatty Acids 0g	
Iron	2%
Dietary Fiber 1g	5%
Sodium 270mg	11%
Protein 2g	
Sugars 1g	
Vitamin A	2%
Vitamin C	0%
Not a significant source of added sugars.	



Serving size	1 oz (28g/About 12 chips)
Amount per serving	150
CALORIES	% Daily Value*
Calcium 30mg	2%
Carbohydrate Total 18g	7%
Cholesterol 0mg	0%
Total Calories 150	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fatty Acids 0g	
Iron 0.3mg	0%
Dietary Fiber 1g	5%
Potassium 50mg	0%
Sodium 180mg	8%
Protein 2g	
Sugars 1g	
Vitamin D 0mc	0%
Not a significant source of added sugars.	



Nutrition Facts	
1 serving per container	
Serv. size 1 bag (23g/17 chips)	
Amount per serving	100
Calories	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber <1g	3%
Total Sugars 2g	
Incl. 1g Added Sugars	2%
Protein 1g	
Vitamin D 0.1mcg 0%	Calcium 10mg 0%
Iron 0.4mg 2%	Potas. 190mg 4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School lunch menu

Drinks: -Milk -Water -Apple juice -Orange juice	Monday	Tuesday	Wednesday	Thursday	Friday	Snacks: -Whole Wheat Bagel -Nature valley bar -Goldfish -Popchips -lays oven baked chips
	Pasta with red sauce	Chicken noodle soup	Grilled chicken with choice of roasted or baked veggies	Salad with assorted veggies and meat	Pasta with red sauce	
	Assorted deli sandwiches	Chicken and rice	macaroni and cheese	Assorted deli sandwiches	Chicken/cheese tortillas	
	Salad with assorted veggies and meat	Assorted deli sandwiches	Tacos	Grilled chicken with choice of roasted or baked veggies	Mashed potatoes and ground beef	



Dairy
-Mozzarella String cheese
-Yogurt
-Yogurt parfait
-Butter

Available Daily:

Fruits
-Apples
-Bananas
-blueberry/orange/strawberry cups

Veggies

-Cucumber cup
-Baby carrots cup
-Roasted: brussel sprouts, broccole, kale
-Baked corn/potatoe wedges

Action plan

- Create a menu proposal for the upcoming years
- Consult with some part of the PTA/food services who would be able to reach out and present our menu proposal to the Greenwich Public Schools food services



**Thank you for
Listening!**