

# PSESD

## Early Learning Nutrition Services and Menu Review



Policy Council: February 24, 2015

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# Menu Development

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- **Based on USDA requirements**
  - Child and Adult Care Food Program (CACFP)
  - By Early Learning cooks
  - Input from: parents, teachers, children – YOU!
- **Head Start/PSESD on-site kitchens include**
  - Kent
  - Federal Way
  - Educare (Highline)
  - EHS WCCW



# Menu Development

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- Based on National School Lunch and Breakfast Program requirements (NSLBP)
  - By School District Food Service Manager
  - School Districts include:
    - Auburn, Bellevue, Bethel, Clover Park, Chief Leschi, Enumclaw, Franklin Pierce, Highline, Issaquah, Lake Washington, Northshore, Peninsula, Renton, Riverview, Shoreline, Tacoma, Tahoma, Tukwila
- Contracts between school districts and PSESD guide menu development

# Menu Development

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Full Day Child Care Centers  
Family Child Care Homes

- Based on USDA-CACFP requirements
- Meals prepared on-site or in home kitchen

# CACFP Meal Patterns

Meet 1/3 to 1/2 of a child's nutritional needs

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## ▶ **Breakfast**

- ▶ 3 components
  - ▶ fluid milk, grain and fruit/vegetable

## ▶ **Lunch**

- ▶ 4 components
  - ▶ fluid milk,
  - ▶ grain,
  - ▶ meat/meat alternative
  - ▶ fruit/vegetable

## ▶ **Snack**

- ▶ 2 components
  - ▶ from any of the food groups
    - ▶ milk, grain, meat, fruit/vegetable





# Objective of Proposed Changes: To Better Align with the Dietary Guidelines

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- ▶ Serve more fruits and vegetables
- ▶ Offer at least one serving of whole grains
- ▶ Do not serve fried foods
- ▶ Limit added sugar in cereal and yogurt
- ▶ Exclude grain based desserts



# Activity

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1. Read the proposed changes.
2. Review the menu provided.
3. Compare the proposed changes with the foods on the menu.
4. Determine which menu items need revision if the proposed change is adopted.
5. Circle the items on your menu.
6. Report to the group leader and discuss.



# Other USDA Business

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## USDA Review

- ▶ Unannounced Site Visits—now through May
- ▶ PSESD On-Site Review
  - ▶ (Menus, Enrollment Forms, Fiscal)—June

## USDA Reports