

Bellingham School District Food Service Department

Superintendent's Parent
Advisory Committee Meeting
December 5th, 2007

**Bellingham School District
Food Service Department**

**Serve breakfast & lunch at
23 different sites/schools**

Meals Served 2006-07: 1,029,819

Average meals per Day: 5,851

Breakfasts 241,043

Lunches 788,776

Program Structure

Bellingham School District is broken into four “**cooking clusters**,” with each high school and a middle school cooking for the rest.

“Cooking schools” have ovens and stoves for preparing hot foods. Other schools have only warmers.

Bellingham High School: Serves Alderwood, Birchwood and Columbia elementary, Shuksan Middle School, Options High School and Assumption Catholic School (twice a week).

Sehome High School: Serves Happy Valley, Larrabee and Lowell elementary, Fairhaven Middle School and the Discovery Center.

Squalicum High School: Serves Northern Heights, Parkview, Roosevelt, Silver Beach and Sunnyland elementary.

Kulshan Middle School: Serves Geneva and Carl Cozier elementary, Whatcom Middle School, Homeport Learning Center and the GRADS program.

Food Services Staff: 78

Foodservices Manager

Foodservices Secretary – 6 hours/day,
Accounting Technician – 6 hours/day,
Warehouseman - 6 hours/day.

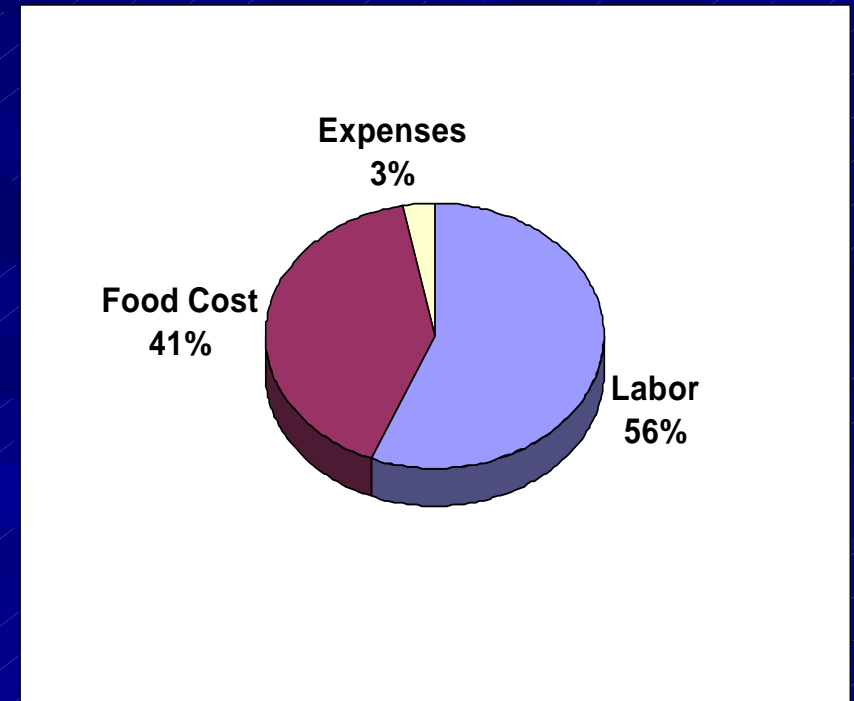
Cluster Managers – 4

Foodservice Assistants – 60

Foodservice Substitutes - 10

Fiscal Data

- Only revenue neutral program in district. It is required to generate enough revenue to cover expenses.
- Our program does not get funding to cover yearly employee benefit or wage increases.



Meal Costs

- Reduced Breakfast Free (all grade levels)
- Paid Breakfast \$ 1.25 (all grades)
\$ 1.75 (adults)
- Reduced Lunch Free (K– 3rd grades)
\$ 0.40 (4th-12th)
- Paid Lunch \$ 2.25 (elementary)
\$ 2.50 (middle)
\$ 2.75 (high school)
\$ 3.50 (adults)

SCHOOL	Enrolled	F&R	Breakfast	Lunch
<u>Elementary Schools</u>				
Alderwood	368	64%	29%	61%
Birchwood	288	59%	22%	68%
Carl Cozier	420	38%	17%	47%
Columbia	215	24%	8%	32%
Geneva	567	22%	7%	45%
Happy Valley	508	19%	8%	32%
Larrabee	201	41%	15%	47%
Lowell	286	25%	12%	41%
Northern Hts	474	35%	17%	44%
Parkview	276	48%	17%	50%
Roosevelt	372	62%	24%	68%
Silver Beach	421	13%	9%	42%
Sunnyland	400	59%	23%	59%
Total	4796	38%	16%	49%
<u>Middle Schools</u>				
Fairhaven	518	21%	7%	38%
Kulshan	592	30%	10%	50%
Shuksan	541	57%	12%	54%
Whatcom	604	27%	11%	47%
Total	2255	33%	10%	47%
<u>High Schools</u>				
Bellingham	1098	24%	7%	27%
Sehome	1009	20%	7%	22%
Squalicum	1143	32%	16%	37%
Total	3320	26%	10%	29%
Grand Total	10,454	34%		

School Meals – The Facts

■ School meals are balanced and healthy

- Lunches that are part of the National School Lunch Program (NSLP) must meet nutrition guidelines including:
 - limiting fat (less than 30% of the calories) and saturated fat (less than 10% of the calories) in meals
 - providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C.
- These guidelines apply over the course of one week of school lunch menus.
- No super-sizing here. Lunches are served in age appropriate portion sizes and provide the right balance of protein, dairy, whole grains, fruits and vegetables – making schools one of the last places in the U.S. where you can purchase a meal with the recommended serving sizes.

School Meals – The Facts

■ School meals are balanced and healthy

- School lunches must meet federal guidelines based on the *Dietary Guidelines for Americans*.
- Less than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat.
- Must provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.
- These guidelines apply over the course of one week of school lunch menus.

■ School meals are healthier than ever!

Kids are offered healthy, tasty and appealing choices:

- Whole grains
- Reduced or zero TransFats
- Fresh fruits and vegetables
- Salad options and Salad Bars
- Pizza with whole grain crust, low-fat cheese
- Whole grain pasta
- Low sugar Breakfast Cereals
- Healthful cooking/preparation techniques
- the foods are baked, roasted, broiled, boiled or steamed - nothing is fried.

■ **Nutrition and Wellness Policy**

In the summer of 2005, Bellingham School District adopted its Nutrition and Wellness Policy, based on guidelines from the U.S. departments of Health and Agriculture. Under the policy, vending machines, student stores and fundraising groups can't sell anything with “**minimal nutritional value**” during school hours. That means no soda, no caffeine, no candy and no fatty snacks

• **Our school district has guidelines for**

- School meals
- A la carte cafeteria sales
- Vending machines
- Student stores
- Concession stands
- Classroom parties and special events
- Fundraising events

■ School Meals help kids maintain a healthy weight

- Students who eat school meals are more likely to be at a healthy weight.*
- School lunch participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks.**
- Students are less likely to gain weight during the school year when in school than during the summer when school is out.
- Research consistently shows that school lunches contain less fat and more fruits, vegetables, and whole grains than either bagged lunches brought from home or food purchased off campus.

**Source Archives of Pediatric and Adolescent Medicine, August 2003*

***Source USDA*

■ School meals help students to do better in school

- Research has shown that students who eat school meals perform their best academically.
- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.*
- Healthy eating correlates with less trips to the school nurse and less absenteeism.
- Providing nutritious school breakfast on testing days – and every school day - leads to improved test scores.

*Source: Classroom Breakfast Scores High in Maryland, Maryland Meals for Achievement. October 2001

Bellingham School District Milk Choices

Darigold 1% Low Fat White Milk

Darigold Fat Free Chocolate Milk

Serving Size	8 oz.	8 oz.
Total Calories	110	140
Fat Calories	20	0
Total Fat	2.5g	0g
Saturated Fat	1.5g	0g
Total Carbohydrates	13g	28g
Dietary Fiber	0g	0g
Sugars	12g	26g
Protein	9g	8g