



School Lunch Program

Martin Turney, Director of Finance

Brian Olson, Director of Food Service



Statistics – Fiscal Year 2009

Total Meals Served
(Type A)

• 669,403

Average Daily
Participation

• 3,731

Percentage of
Students Participating

• 24%

USDA Guidelines

- Must offer 5 items per day as a meal

Milk	Vegetable/Fruit (2 Servings)	Meat/Meat Alternative	Bread
• 8 fl oz	• 3/4 cup	• 2 oz	• 1 slice or 1/2 cup of rice

- Student must take 3 of the 5 offerings for the meal to be considered reimbursable

District Nutrition Policy - 6700

Fresh fruits & vegetables daily

No more than 35% of a meal's total calories from fat

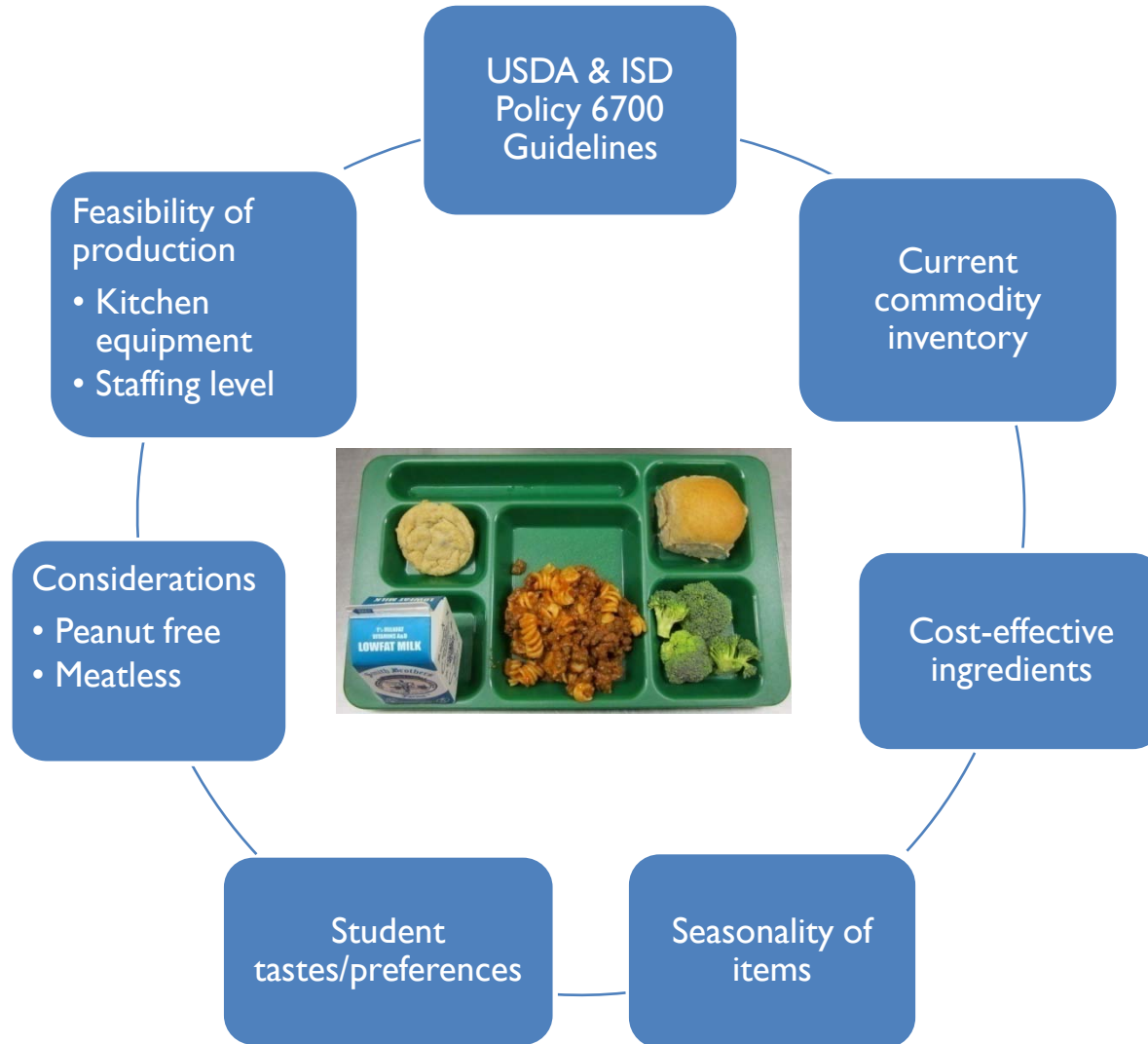
No more than 10% from saturated fat

Milk products should contain 2% or less fat

No deep fat frying

Use of whole wheat flour when possible

Meal Planning



NutriKids

- Menu planning and nutritional analysis software
- Ensures compliance with nutrition standards
- Provides breakdown of nutrients based on recipe ingredients and quantities

NutriKids

Issaquah School District Food Service

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Recipe

Mar 17, 2010

Recipe: 000057 Thai Peanut Chicken
 Recipe Source: May Valley
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: Each

900149 Thai Peanut Seasoning.....	1/4 CUP	Combine the milk, peanut butter, and Thai Peanut Seasoning together in a large pot over medium-high heat on a burner or in a kettle. Stir frequently to avoid burning the milk on the bottom of the pan or on the sides of the kettle.
900006 MILK,LOWFAT,1%.....	1/2 GAL	
900151 Peanut Butter (FSA Signature)...	1 1/2 CUP	
900150 Chicken Fajita Strips.....	1 LB + 5 OZ	While the sauce is cooking, put the chicken on a parchment lined sheet tray and place in a 350 degree oven. Cook the chicken until it reaches an internal temperature of 165 degrees. Remove from the oven and place in a 4 inch pan with room for the sauce to be poured over it. Keep above 140 degrees in warmer or on the steam table.
		Make sure all the ingredients in the sauce are mixed together well. If the sauce is too thin, add some more peanut butter (a little at a time). If the sauce is too thick, add some more milk (a little at a time). Once the sauce is hot and at the proper consistency (should coat the back of a plastic spoon), remove from the heat and pour the sauce over the chicken meat. Keep above 140 degrees until service.
900142 Calrose Rice (Dry).....	2 1/2 CUP	Rinse the rice completely until the water runs clear. This will help remove some of the starch from the rice so it won't be a clumpy mess when cooked. Cook the rice with equal parts water until the rice has absorbed all the moisture and has doubled in size. Keep above 140 degrees until service.
900143 Stir Fry Veg Mix.....	2 LB	Place the vegetable mix in a perforated pan and cook in the steamer for 3-5 minutes or until the vegetables turn a bright color and are a little crunchy (al dente). Remove from the steamer and transfer to the pan that you will use to serve from on the line. Hold the vegetables in the warmer or on the line until service. This should be done as close to the start of service as possible as these vegetables will not hold for very long before getting mushy.
		For service, portion 1/4 cup of rice onto the center of the plate. Surround the rice with 3/4 cup of the vegetable mixture. Portion 1/2 cup of the chicken with peanut sauce over the rice. Serve 1 per customer.

Calories	600	Iron	3.47 mg	Protein	30.65 g	20.43%	Calories from Prot
Cholesterol	45 mg	Calcium	286.93 mg	Carbohydrates	60.52 g	40.34%	Calories from Carb
Sodium	791 mg	Vitamin A	1063.9 IU	Total Fat	24.25 g	36.37%	Calories from T Fat
Dietary Fiber	4.78 g	Vitamin A	212.8 RE	Saturated Fat	4.90 g	7.35%	Calories from S Fat
		Vitamin C	11.56* mg	Trans. Fat	0.00 g		% Calories from Trans. Fat
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

Program Highlights



Whole Wheat Flour

- Rolls
- Pizza
- Burger/Hot Dog Buns
- Desserts



Milk

- 1% White
- Fat free chocolate



Baked French Fries



Salad Bars

Salad Bars

Fresh Fruits

- Apples, oranges, grapes, kiwi, strawberries (seasonal), banana

Canned Fruits

- Peaches, pears, mixed fruit cocktail, applesauce, pineapple tidbits

Fresh Vegetables

- Carrots, celery, salad mix, spinach, broccoli, cauliflower, cucumbers

Canned Vegetables

- Corn, peas, green beans

Legumes

- Kidney beans, black beans, garbanzo beans

Protein

- Ham, turkey, hard boiled eggs, cheddar cheese

Misc

- Sunflower seeds, cottage cheese, sour cream, potato salad, macaroni salad, Asian noodle salad

Salad Bars



Salad Bars



Summary

- **Follow USDA / District Guidelines**
 - Audited by OSPI
- **Progressive Approach to Meal Planning**
- **Nutrient Analysis**
- **Wholesome Meals Provided Daily**

Questions?

