

**HOPE ACADEMY**  
**CHILD NUTRITION MEETING MINUTES 12-19-2017**

**ATTENDANCE:**

STAFF: Donna Torres, Business Manager

Patricia Callahan, Business Asst.

Felicia Kennedy, Food Service Manager

Cindy Norkus, Faculty, 6-8<sup>th</sup> grade

Lisa Strassle, Faculty, KF

STUDENTS: Karla Aparacio, 6<sup>th</sup> Grade

Helen Martinez-Reano, 7<sup>th</sup> Grade

Joseph Schnider, 8<sup>th</sup> Grade

PARENTS: Jessica Rojas; Antonella Pola-KF

Mrs. Rojas; Antonella Pola-KF

Alicia Herrera; Litzy Colin-Herrera-KF

GUESTS: Bob Kardane, Karson Foods Services – Vendor

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Mrs. Torres opened the meeting at 10:05am. She gave an introduction and welcomed everyone. Mrs. Torres gave an overview of our last meeting held on March, 30, 2017.

Mrs. Torres explained the focus of today's meeting is to review the "In-School Celebratory Policy" and to discuss nutritional meal updates along with menu changes and alternatives.

The "In-School Celebratory Policy" is passed out and reviewed by all prior to discussion. Mrs. Torres explains the purpose of this policy is to limit the amount of non-compliant foods and snacks being served for celebrations, specifically, student birthday celebrations. Plan for each classroom to designate 1 day per month for birthday celebrations that will include items with sugary foods such as cupcakes and juice boxes.

**Open forum:**

Mrs. Strassle asks if all celebrations such as: birthdays, rewards, clubs etc. are to be including in the 1 day per month?

Mrs. Torres explains that some students are in multiple clubs and receive awards which can be receiving unhealthy snacks in more than 1 celebration, therefore asks that the teachers use discretion, but the policy is specific to in classroom birthdays.

Mrs. Torres suggests that teachers encourage parents to bring in other celebratory items such as pencils, erasers, stickers, etc. as an alternative to cupcakes on other days. Our goal is to move towards more nutritional eating and begin to set healthy patterns for life. Mrs. Norkus also suggested incorporating fun healthy snacks such as fruit kabobs, or fresh fruit parfaits.

Mr. Kardane offered to donate supplies in preparation for healthy items (ie. kabob sticks for fruit kabobs) at no cost to Hope Academy.

Mrs. Norkus added that this policy is similar to a past practice. Monthly letters were sent home to the parents of the students within that particular month. The process took planning but was very affective.

**Conclusion:** Parents and Faculty understand and agree with the details of the “In-School Celebratory Policy” and will comply with proper communication.

At the start of our menu review, Mr. Kardane explains that Karson Food Services is in compliance the USDA food service guidelines and is required to provide healthy eating. He asks for honest opinions and encourages “No Holds Barred”

### **Open Forum:**

Beginning with the **breakfast menu**, Mrs. Torres asks those present what items are liked vs items disliked.

Students:

**Likes:** bagels, muffins, croissants, graham crackers, fruit cups and fruit juices.

**Dislikes:** Bakecrafters brand Cinnamon Bun (too dry) and another bun (too hard)

Mrs. Strassle added that the cereal was a popular item and mentioned that there is a yogurt cup offered as an after school snack.

Ms. Rojas questions ‘is serving cookies and juice healthy for breakfast?’ And, can yogurt be included for breakfast?

Mr. Kardane explains that the graham cracker cookie provided is whole wheat and fulfills one of the bread requirements of the healthy breakfast component and the juice box is served in combination with the fruit cup (which is ½ serving) to fulfill the fruit requirement of the healthy breakfast component.

2 breads	}	Healthy Breakfast Component
1 fruit		
1 Milk		

Ms. Rojas askses of oatmeal can be added to the menu?

Mr. Kardane explains the inability to provide properly portioned oatmeal with the necessary contents to prepare and keep warm.

Mrs. Torres adds that Hope Academy is not equipped to supply the items necessary as well.

Mrs. Norkus suggests that parents interested can send their child(ren) to school with a thermos capable of keeping the oatmeal adequately stored for serving.

Mr. Kardane concludes: the Bakecrafters brand Cinnamon Bun and the second bun that students indicated was hard will be removed from the Breakfast menu. USDA approved cereal, yogurt and hardboiled eggs (deshelled) will be added to the menu. He will provide a supply of cereal for Mrs. Strassle to accommodate a student with an egg allergy at no cost to the school.

Mrs. Torres asks those present what items are liked vs items disliked on the **lunch menu**.

Students:

**Likes:** Salisbury Steak, Mashed potatoes, Tacos w/ lettuce, Chicken patties, Chicken tenders, Meatball subs, corn, mandarin fruit cups and they are requesting to put Chicken parm., Mac n Cheese and Strawberry milk back on the menu. Domino’s Pizza Friday is a keeper!

**Dislikes:** Meatloaf, Roasted potatoes, Chicken fries, Hot dogs, French fries and pineapple fruit cups.

Parent concerns:

- The amount of waste from students accepting items, then throwing them away uneaten.
- The increased amount of sugar in flavored milk vs white milk.
- Are students allowed to opt out of milk?
- Beans added to the menu

Mrs. Strassle shares her classroom etiquette: Students are required to take 3-4 bites from their fruit before eating their meal to ensure that the students are partaking in the healthy foods options.

Mrs. Torres informs the group that staff encouraged all students to return all uneaten items. Our upper grade students are sometimes still hungry after lunch. Karson Foods are limited in what they are allowed to provide due to the USDA maximum allowed portion & calorie control mandated. In order to keep our growing students energized and filled, they are offered a healthy snack in the afternoon.

Parents are informed that students are not required drink milk. Water is the only other option and is provided by the school.

Mrs. Strassle also lets the parents know that they can send in a note along with a water bottle for those that do not wish for their child(ren) to have milk.

Mr. Kardane concludes:

- Meatloaf, Roasted potatoes, Chicken fries, Hot dogs and French fries will be removed from the menu.
- Flavored milk and pineapple fruit cups will be limited.
- Chicken Parmesan and Mac n Cheese will be added to the menu.
- Corn can be added once a week in the place of roasted potatoes.
- A garbanzo bean salad can be added.

Mr. Kardane informs the group that the Domino's Pizza Friday is not their standard slice of pizza, there is recipe of school approved ingredients in every bite! It will remain on the menu!

Plan to revise the January Menus for approval before the winter break. Students and Staff will survey the changes made to the menu over the next few months. We will meet again in Spring 2018.

Mrs. Torres thanks all in attendance and closed the meeting at 11:10am.

**Thank you to all the parents, students and staff that attend the nutrition meeting. Your input was very valuable in helping us make decisions about school nutrition!**