CYCLE MENU PLANNING

Presented by, Peg Turner
One hour Professional Standard Code
1120 Cycle Menu





LEARNING OBJECTIVES

- Become familiar with best practices surrounding Cycle Menu Planning
- > Be able to Identify best practice actions that are currently being used
- > Gain knowledge of resource opportunities



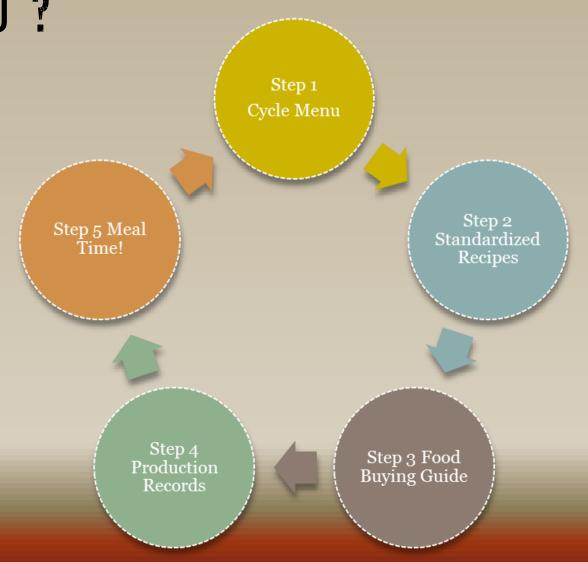
DO I HAVE TO USE A CYCLE MENU?

- ≻No, However...
- >It is a best practice, as you

 MUST Follow a Meal Pattern

Are you considering changes?

- >Request assistance from those who prepare and eat from your menu
- >Review current best practices and include them if you can
- Dig into all areas shown here on this diagram, as it is a dynamic cyclical process





TYPES OF CYCLE MENUS

Cycle menus are over a specific time period at the end of the cycle they go back to the beginning and repeat

- > Varied Time periods: Daily, Weekly or 2-5 week
- Seasonal: Winter, Spring, Summer and rand

 They are varied by Child Nutrition Program need, B or Louise Sets

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 Planning



CATHER INFORMATION

- Copy of meal pattern requirements for grade groups
- > Gather information to create a administrative review ready menu system
- Update current menu with notes after reviewing past production and costing records
- Access login to food buying guide and standardized recipes
- Food pricing from USDA foods and main stream vendors
- Budget Information, current year, do you need to make adjustments?



Dictionary

dynamic



dy·nam·ic

/dīˈnamik/ •

adjective

- (of a process or system) characterized by constant change, activity, or progress. "a dynamic economy"
- MUSIC

relating to the volume of sound produced by an instrument, voice, or recording. "an astounding dynamic range"

noun

- a force that stimulates change or progress within a system or process. "evaluation is part of the basic dynamic of the project"
- MUSIC another term for dynamics (sense 3).

KEEP IN MIND THAT A MENU IS DYNAMIC



There is one item in menu planning that should not be changed..

Can anyone tell me what that is?





Establish Your School's Unique Menu Focus

Ensure meals served are in compliance with the USDA guidelines.

Write Down the Following

- One way your school is accomplishing your unique menu focus?
- What else do you believe you could be doing to ensure you are serving the best possible meals, with highest participation level?

LETS WATCH A 3 MINUTE VIDEO

This video is an Introduction to a series created by UMassAmherst



Write down:

How many best practice ideas you hear during the video

We will share them together! Ready Set let's go!



USE RESOURCES TO HELP YOU PLAN

BREAKEAS

NCH

AFTERSCHOOL SNACK

FOOD PRODUCTION IN SCHOOLS

ACCOUNTABILITY

ACCESS

Food Production

Through videos □ this section of "Making It Count" focuses on weights and measures, and tools of the trade to help make your school menus count and comply with USDA requirements. It includes information on planning meals, ordering foods, and standardized recipes. It ties all this information to the Food Production Record, providing instructions on how to fill out the document. This module is designed for staff responsible for the correct completion of the food production record but may also benefit directors and administrative staff who have a role in menu planning and ordering foods.









HTTP://MAKINGITCOUNT.INFO/MAKING-IT-COUNT/INTRODUCTION

MAKING IT COUNT





DID YOU RECOGNIZE ANY BEST PRACTICES IDEAS IN THIS VIDEO?



SOME BEST PRACTICE IDEAS FROM THE 3 MINUTE VIDEO?

- > Prepare nutritious meals that meet USDA requirements. (regulations)
- Prepare popular meals. (student input)
- > Plan, prepare and serve meals consistent in flavor and quality. (recipes)
- > Provide meals so every student who wants a meal can have access to one. (planning, provide a reimbursable meal)
- > Track and record accurately foods used, prepared and served, do this for each meal, every day. (production records)
- > Training resources in this series that can be shared with your staff to reinforce best practices. (professional standard regulations)
- > Proper steps must be followed during the planning process as well as completion of a production record. (regulation)
- > Use of a production record to help forecast future food use and consumption. (financial responsibility)
- > Keep track of daily and weekly menu items contributions to the required meal pattern. (regulation)
- > Use proper tools: recipes, equipment, measuring tools, serving utensils, using these correctly is a staff responsibility to provide accurate information to the production record. (all of the above)



ORGANIZING YOUR PROCESSES

Step 1

Creation of a Men

Assemble your current and past menu histor

Step 2

Standardized Recipe

Create recipes for each food item prepared

Step 3

Food Buying Guic

Use the food buying guide to help with yield and purchasing.





INCLUDE STUDENT INPUT

- >Use Student preferences when planning a menu
- >Use past production records to determine dislikes and likes
- >Consider offer vs. serve option for all grade levels
- >Take into account cultural, religious as well as lifestyle differences
- Solicit feedback from students
- >Be flexible and creative
- Create a friendly environment







Healthy Meals Resource System



Home | About HMRS | News | Topics A-Z | Get Connected | Help | Contact Us

Search HMRS

Search HMRS

Browse by Subject

- Local Wellness Policy Resources
- Resource Library
- · State Sharing Center
- · Best Practices
- What's Shaking?
- · Nutrition Education
- Recipes
- Menu Planning

Best Practices Sharing Center

Welcome to the Best Practices Sharing Center! This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy menus that meet school meal regulations.

Select from the options below to search for resources.

Topics

Smart Snacks

Sodium reduction

Vegetables

Whole grains

Meal pattern

Fluid milk

Meat / Meat alternatives

Dietary specifications (calories, sat. fat, trans fat)

Planning tools

Monitoring tools

Promotional materials

Hold the CTRL key to select multiple options.

Formats

Menu

Success story / feedback

Recipe

Checklist

Training material (video, webinar, etc.)

Method of implementation

Handout / Brochure / Poster

Hold the CTRL key to select multiple options.

New Materials

School Wellness Resources

USE RESOURCES FROM WEB PAGES

state sharing sheets sheets

Standardized Recipes **Best Practices**

> https://healthymeals.fns.usda .gov/best-practices



MENU PLANNING TOOLS ON USDA SHARE SITE

HTTPS://HEALTHYMEALS.FNS.USDA.GOV/MENU-PLANNING/MENU-PLANNING-TOOLS

Wisconsin Department of Public Instruction Menu Planning Worksheet

Menu Planning Worksheet - 9-12 High School

Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:
Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:
Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:
3	Min:	Min: Max:	Min: Max: Min:	Min: Max: Min: Max:	Min: Max: Min: Max: Min:	Min: Max: Min: Max: Min: Max:	Min: Max: Min: Max: Min: Max: Min:	Min: Max: Min: Max: Min: Max: Min: Max:	Min: Max: Min: Max: Min: Max: Min: Max: Min:

Menu Planning and Meal Patterns Tool Kit Washington State

National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12			
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)			
Meat or Meat Alternates -Daily / Weekly minimum	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)			
Vegetables (total) -Daily / Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)			
Dark Green Subgroup	½ cup/wk	½ cup/wk	½ cup/wk			
Red / Orange Subgroup	¾ cup/wk	¾ cup/wk	1¼ cup/wk			
Legumes Subgroup	½ cup/wk	½ cup/wk	½ cup/wk			
Starchy Subgroup	½ cup/wk	½ cup/wk	½ cup/wk			
Other Subgroup	½ cup/wk	½ cup/wk	¾ cup/wk			
Fruits -Daily / Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)			
Grains / Breads -Daily / Weekly minimum -All whole grain rich	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)			
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850			
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%			
Sodium* -Weekly average	≤1230 mg	≤1360 mg	≤1420 mg			
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving			

^{*} Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23

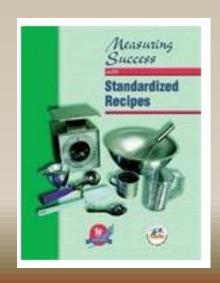
RESOURCES



Measuring Success with Standardized Recipes

Video format 15 minutes

http://www.nfsmi.org/ResourceOverview.aspx?ID=88









Production Record Date: Site Name: Total Meals Production Record Age/Grade Group Meals Planned Meals Served Student Meals Adult Meals/a la carte Total Meals Total Meals

Menu Item Include name of Recipe/recipe # or product brand name description	size are)		Total Planned Quantity (in purchase units) case, #10 can, lb's	Component Contribution									ngs	ë		
		Jo .		oz eq		cups(s)					4)		ble ble	S		
	Planned Serving Size (weight or measure)	(weight or measure) Planned Number of Servings		Meat Meat Alternate	Grains (whole Grain Rich)	Fruit	Dark Green Vegetable	Red/Orange Vegetable	Beans/Peas (Legumes)	Starchy Vegetable	Other Vegetable	Additional Vegetable	Total Vegetable	Actual Number of Servings Prepared/Available	Actual Quantity Prepared in Purchase Units	Left Overs
						L										
Condiments	Production Notes															
				-												
				-												
1% Low fat Milk	1/2 pint (1 cup)															$\overline{}$
Skim (fat-free) Unflavored Milk	1/2 pint (1 cup)			İ												$\overline{}$
Skim (fat-free) Chocolate Milk	1/2 pint (1 cup)															

This institution is an equal opportunity provider.

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ADE PRODUCTION RECORD

A Production Record along with the meal pattern requirement documentation are a required part of the cycle.

Please access our web page

http://www.azed.gov/hns/nslp/

MORE REASONS TO RUN A CYCLE MENU:

Prevention of:

The <u>Top 9 Food Cost Killers</u>, according to the National Restaurant Association

- > Waste
- > Theft
- ➤ Spoilage (FIFO)
- > Portion Control
- > Value Proposition (portion relative to price)
- > Menu Engineering (balanced menu)
- > Recovery (run out of food items, run to the store)
- Yield (adjust product/portion/cost)





Is it Mandatory to have a Cycle Menu?

- A) Yes, It is because that is the only way to have a good menu.
- B) No, because it is too time consuming to do and my students don't eat the food any way.
- C) No, however it is the Best Practice to ensure USDA meal pattern compliance.
- D) Yes, because it helps me plan my order.



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Do you see a best practice?

- A) Completing production records accurately and timely
- B) Using standardized recipes
- C) Practicing First in First out food usage
- D) All of the Above



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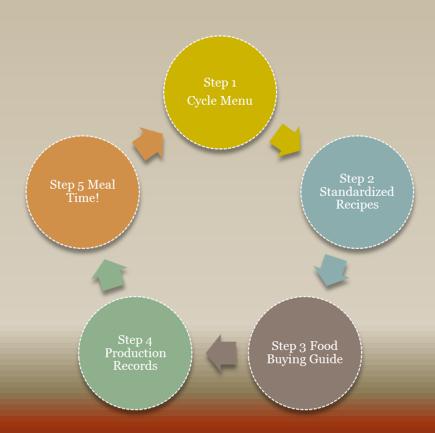


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THANK YOU FOR ATTENDING







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