



# Dysart Schools

## Menu Advisory Board Meeting October 7, 2024

The purpose of the Food and Nutrition Services Menu Advisory Board is to ensure that the Department is providing a variety of appealing and nutritious meals while supporting student performance in a safe and effective manner.



# Agenda

- Introductions
- Our Mission
- Overview
- Menu Planning Process
- Obstacles and Challenges
- Program Additions and Improvements



# Department Mission

Nutrition Services will support our students and their education through fresh, wholesome food, a strong focus on nutrition and unparalleled customer service.  
Full bellies support hungry minds!



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# Overview

- 18,000 meals served each day = 3,240,000/year
- 25 different menus in Dysart!
  - High school, middle school, K-8, K-4, preschool, headstart, growing minds, breakfast in the classroom, grab-and-go carts, etc.
- Focused on a mix of made-from-scratch options and grab-and-go options
- Student preferences, participation, surveys, and taste tests drive our menus



# High School Menu

- 10-12 Breakfast Entrees offered each day
- 12-20 daily lunch options plus salad bar and finishing bars
  - Mix of made-from-scratch items such as fresh baked bread, variety of salads, pizza, calzones, wraps, sandwiches as well as convenience or grab-and-go options such as burgers, chicken sandwiches, etc.
- Several build-to-order concepts
- Food Truck visits each High School once per week



# Middle School Menu

- 4-6 Breakfast Entrees offered daily
- 4-6 daily lunch entrée options plus salad bar
  - Mix of made-from-scratch items such as lasagna, tacos, fresh baked cinnamon rolls, variety of salads, pizza, wraps as well as convenience or grab-n-go options such as popcorn chicken, burgers, chicken sandwiches, etc.
- Cheeseburgers, spicy chicken fillet sandwiches, and/or pizza offered everyday
- Special events such as BBQ's, Blender Bikes, Roving Chef Challenges, Farmer's Markets



# Elementary Menu

- 4-6 Breakfast Entrees offered daily
- 3-5 daily lunch entrée options plus salad bar
  - Mix of made-from-scratch items such as cheesy beef penne, tacos, fresh baked cinnamon rolls, variety of salads, pizza, wraps as well as convenience or grab-n-go options such as popcorn chicken, burgers, chicken sandwiches, etc.
- Occasional spicy items to appeal to the older grades at K-8 schools
- Special events such as BBQ's, Blender Bikes, Roving Chef, Mystery Baskets, etc.



# Menu Planning

- Over 3,000 recipes in our menu database
- Monthly Process
  - Utilize feedback from students and kitchen staff
    - Feedback is obtained during site visits, focus groups, roving chef events, student surveys, etc.
    - Daily participation reports for prior month are reviewed
      - Items are added or removed based on participation





# Challenges

- Stigma- generalizations about “school food”
- Marketing and communication regarding what we offer our students
- Flavor profiles and nutritional content meets our federal regulations vs. competing with outside food that is high in fat and salt
- Cost
  - All costs must be including in the student meal price of \$2.75-\$3.00. This includes all labor, food, paper, chemical/cleaning, delivery costs, and maintenance and repair
- Substantial increase in labor cost and food cost vs. minimal increase in federal reimbursement each year



# Program Improvements

- Offering only all-white-meat premium chicken products district wide
- Offering only premium burger patties made with no fillers district wide
- Wrapping all sandwiches district wide
- Instagram page just for Dysart Nutrition!
  - Showcase what we are doing in cafeterias across the district
    - Menu items, special events, etc.
- Middle schools now have a food truck that visits each site biweekly
- Added additional scratch-made items at all elementary level such as lasagna, enchiladas, hand-rolled bean and cheese burritos

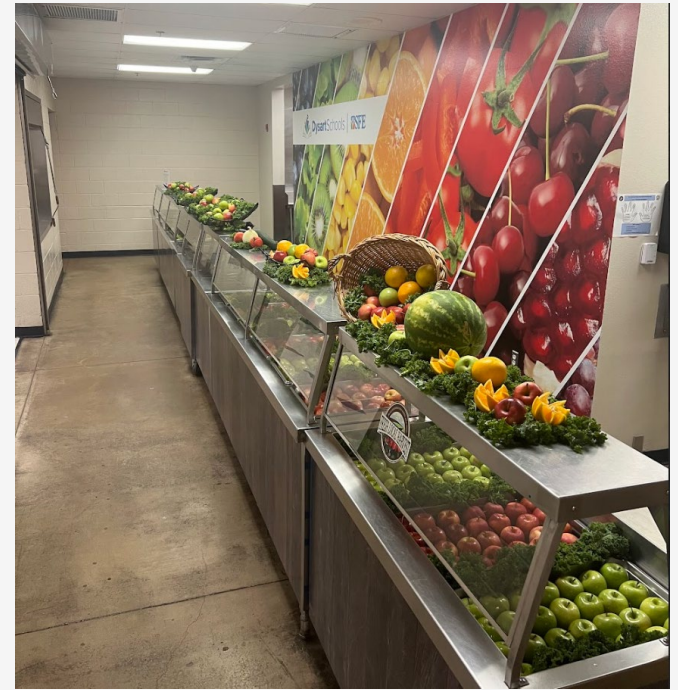
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# What's next?

- StuCo surveys
- Elementary level taste tests and focus groups
- R&D- New food Truck Recipes
  - Chicken LoMein w/ Egg Roll
  - Carnitas Quesadilla w/ Avocado Salsa
  - Carnitas Loaded Nachos
- House-baked, whole grain donut holes tossed

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# Taste Test & Survey

- Taste Test
  - Turkey Nuggets
  - Turkey Fillet Sandwich
  - Chicken Tamales
- Instagram Engagement
  - Parent and student interaction
  - What to showcase



# Feedback

- Communication
  - What method of communication is preferred/most effective?
    - Parents
    - Students
    - Staff
  - How do we reach more students and parents regarding Dysart's school lunch program.
    - Perception vs. Reality
- Suggested future meeting topics

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