



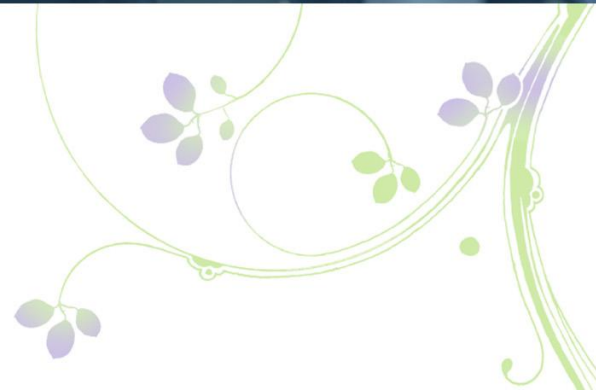
helping students flourish™



ARAMARK
EDUCATION



Central Bucks School District





ARAMARK Education

- ARAMARK Education partners with more than 500 school districts across the country, serving more than 2 million students
- ARAMARK is proud to partner with Central Bucks School District
- Team at CBSD:
 - Craig Linn, General Manager
 - Frank Milton, Food Service Director
 - Francisca Sohl, Food Service Director
 - Tori Ulrich, Registered Dietitian
 - Nicole Celano, District Chef





Mission

Helping Students Flourish:

Increase student participation in both the breakfast and lunch programs by:

- Creating innovative menus which exceed USDA nutrition recommendations
- Seeking input from students, staff, and parents to continuously improve the food service program.


FLOURish
PROMISE





ARAMARK at CBSD

Our Menu:

- Designed to offer healthier options
 - Less convenience foods, more cooking from scratch
 - Batch cooking
 - More fruits and veggies offered
 - Fresh fruit and vegetable bars
 - Wide variety
 - Whole grains
 - Low-fat or non-fat dairy products
 - Lean protein
- 



Menu Planning Change

- As of November 1st, CBSD changed to traditional food based menu planning

To reduce food waste

Simplify choices

Reduce lunch prices

Increase participation

Continue to uphold nutritional standards





Traditional Food Based Menu Planning

Traditional Food Based Menu Planning

- One of the four types of menu planning allowed the USDA
- Based on whole foods and food groups
- Minimum of three components, maximum of five
- Entrées generally contain two components
- Fresh fruits, vegetables, and milk are one component each
- Encourages students to take a variety from different food groups
- Held to nutritional standards for key nutrients





December Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
06 Pizza Dippers Chicken Nuggets Ham & Cheese Sub Chef Salad Sliced Carrots Broccoli Tops Chilled Fruit		07 Corn Dog served with Dipping Sauce Chicken Nuggets Turkey & Cheese Pita Pretzel & Yogurt Baked Beans Mandarin Oranges Applesauce		01 Chicken or Cheese Quesadilla with Rice Burger Works Bar Buffalo Chicken Wrap Caesar Salad Steamed Broccoli Cucumber Coins Diced Pears		02 Lasagna with Garlic Bread Burger Works Bar Chicken Salad Pita Pepperoni Pizza Salad Green Beans Fresh Tomato Salad Sliced Peaches		03 Pizza: Cheese or Pepperoni Burger Works Bar Mandarin Orange Salad Golden Sweet Corn Carrot Sticks Pineapple Chunks		Fruit & Veggie of the Month: Grapefruit and Cauliflower! Fresh Fruits & Veggies: Offered Daily: Apples Orange Smiles Baby Carrots Celery Sticks Side Salad
13 Pancakes with Turkey Sausage Grilled Cheese Italian Hoagie Chef Salad Tater Tots Broccoli Tops Chilled Fruit		14 Sweet & Sour Chicken with Rice Grilled Cheese Turkey & Cheese Pita Pretzel & Yogurt Peas Mandarin Oranges Applesauce		08 Hot Ham & Cheese on a Pretzel Bun Chicken Nuggets Turkey Ham & Cheese Wrap Caesar Salad Peas & Carrots Cucumber Coins Diced Pears		09 Philly Cheesesteak Chicken Nuggets Chicken Salad Pita Pepperoni Pizza Salad Baked Sweet Potato Fries Fresh Tomato Salad Sliced Peaches		10 French Bread Pizzas Chicken Nuggets Mandarin Orange Salad Steamed Cauliflower Carrot Sticks Pineapple Chunks		
20 Waffle with Turkey Sausage Chicken Patty Sandwich Ham & Cheese Sub Chef Salad Potato Stars Broccoli Tops Chilled Fruit		21 Hot Dog Chicken Patty Sandwich Turkey & Cheese Pita Pretzel & Yogurt Baked Beans Mandarin Oranges Applesauce		15 Hard Shell Taco with Rice Grilled Cheese Buffalo Chicken Wrap Caesar Salad Steamed Cauliflower Cucumber Coins Diced Pears		16 Spaghetti & Meatballs with Garlic Bread Grilled Cheese Chicken Salad Pita Pepperoni Pizza Salad Green Beans Fresh Tomato Salad Sliced Peaches		17 Pizza: Cheese or Pepperoni Grilled Cheese Mandarin Orange Salad Steamed Broccoli Carrot Sticks Pineapple Chunks		
27 No School		28 No School		22 Nacho Works Bar Chicken Patty Sandwich Buffalo Chicken Wrap Caesar Salad Golden Sweet Corn Cucumber Coins Diced Pears		23 Sloppy Joe Chicken Patty Sandwich Chicken Salad Pita Pepperoni Pizza Salad Sliced Carrots Fresh Tomato Salad Sliced Peaches		24 No School		
29 No School		30 No School		31 No School		30 No School		31 No School		

Daily Items:
 An assortment of fresh fruit & veggies, PB&J, pretzel & yogurt, 1%, and skim milk will be offered daily.

Elementary Lunch Prices:
 \$2.15 Full Price
 \$0.40 Reduced

Central Bucks School District

Made with healthy whole grains.
 Ovo-Lacto Vegetarian, may contain egg & milk.



Be sure to try out Dip & Dunk menu items this month the week of the 6th – 10th!

Menus are subject to change without notice.



ARAMARK Approach to Nutrition

Focus on Wellness

- Fruit & Vegetable Bars
- Featured fruits & veggies
- Wellness messages



NOVEMBER

Fresh and Delicious

Oranges
Try them on a salad!
Mix with apples and bananas.
Great for breakfast or a sweet snack!



Sweet Potatoes
Try baked sweet potato fries!
Grill it, bake it or mash it.
Try them sprinkled with cinnamon!



Visit acefanclub.com to learn more.



Enjoy Your Tasty GRAINS!

make $\frac{1}{2}$ your grains **WHOLE!**



bread



oats



cereal



pasta



bagel



WHOLE grains are grained that have not been processed.

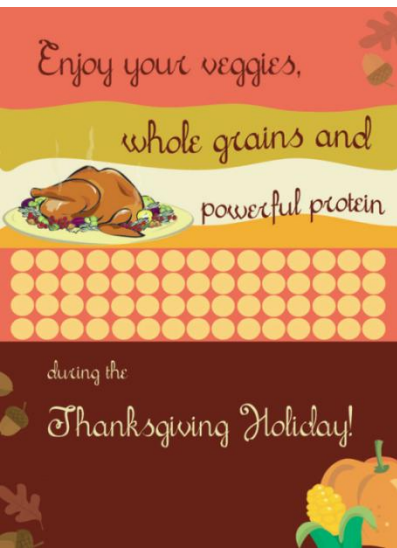


ARAMARK Approach to Nutrition

Elementary: ACE Nutrition Mascot

- ACE Visits in October: Warwick, Bridge Valley, Mill Creek, Pine Run, Buckingham
- Remaining elementary schools will be visited in January and March
- ACE Monthly Program with lunch specials and featured menu items

**ACE'S
LUNCH
SPECIALS**





Healthy for Life

- Installed in the elementary schools and the middle schools.
- Program which monitors and improves the nutritional value of the menus:
 - Increase the amount of fresh fruits, veggies and whole grains
 - Ensures that only lean protein, low-fat dairy, 100% fruit juice, and water are offered.
- Creates healthier school environments through:
 - Nutritious menus
 - Wellness education
 - Parental resource materials
 - Nutrition mascot
- ARAMARK continues to reduce added fats, sugar and salt; eliminate added trans fats; and offer healthy, nutrient-dense items.





ARAMARK Involvement

- Home & School Association Meetings:
 - Doyle, Groveland, Linden, Barclay, Gayman
 - Holicong, Unami
- One-on-One and small group meetings with parents and nurses
 - Allergy Awareness
 - Gluten-Free diets
- Participation in Wellness Committee
- Secondary School Surveys:
 - Rated on the menu, food quality, speed of service, dining environment
- Menu Committee Meetings





ARAMARK Involvement

- High Schools:
 - Grant for a Salad Bar
 - Student Council Meetings: South, West, and East
 - Student food service advisory committees
- Tohickon Middle School:
 - Dairy Day
 - Fuel Up to Play 60
 - Recipes for Healthy Kid's Challenge
- Gayman:
 - Student Council sponsored menu days
- Groveland:
 - Chef's Club
 - Nutrition education





Future Plans

- Ace visits in January and March
- Sampling of menu items
- Roll out marketing concepts to all schools over the next year and a half
- Create innovative menus with input from student surveys, advisory committees, school leads, registered dietitian, and district chef
- Continue to participate in the wellness committee



Changing the Structure of a Lunch Meal

Traditional Food Based Menu Planning

After approval from the Pennsylvania Department of Education, Central Bucks School District moved from a Nutrition Based to a Traditional Food Based menu plan as of November 1st 2010.

This change was made in order to reduce food waste, reduce the price of a traditional well balanced lunch, simplify choices for students, and increase participation in both the breakfast and lunch programs.

Changing the Structure of a Lunch Meal

Traditional Food Based Menu Planning (continued)

Traditional food based menu planning is one of the four types of menu planning permitted by the United States Department of Agriculture (USDA). This type of menu planning is based on whole foods and food groups, which encourages a variety of nutrients to be consumed. The food groups are similar to the Food Pyramid, and are referred to as “components”. The five components are:

1. Meat/Protein
Examples: Meat , Cheese, Yogurt, Peanut Butter
2. Bread/Grains:
Examples: Pasta, Bread, Rice, Tortillas
3. Fruit:
Examples: Juice; Fresh, Canned, or Frozen fruit
4. Vegetable:
Examples: French Fries, Fresh, Canned, or Frozen Vegetables
5. Milk:
Examples: White or Flavored Milk (2%, skim, etc)



Changing the Structure of a Lunch Meal

Traditional Food Based Menu Planning (continued)

At lunch, all five food components are offered.

Students must take at least three of the five components, in any combination, to make a meal and qualify for the value priced lunch.

Students may take up to five components for the same price as a three component meal. Fruits and vegetables are interchangeable--students may take two fruits, two vegetables, or one of each, as long as they're not from the same base.

For example, an orange and apple juice count as two separate components while an orange and orange juice is not allowed. An orange and orange juice are not allowed on the same meal because these items are from the food same base and don't promote a variety of nutrients in a lunch.



Changing the Structure of a Breakfast Meal

Traditional Food Based Menu Planning (continued)

At least four components are offered at breakfast:

- Meat/Protein
- Bread/grains
- Fruit
- Milk

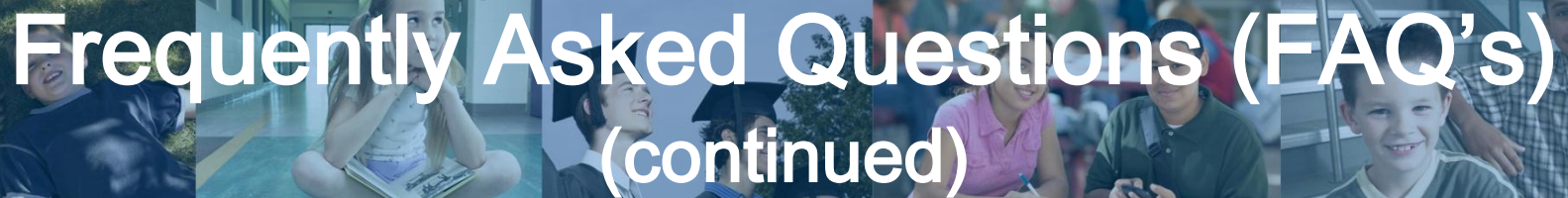
Occasionally a vegetable may be offered with a hot breakfast, for example, tater tots. At breakfast a student must take 3 components to make a meal but may take 4 or all 5 components for the same price as a 3 component meal.



Frequently Asked Questions (FAQ's)

What is a reimbursable meal?

- A reimbursable meal is a meal that meets the United States Department of Agriculture's (USDA) nutritional guidelines. If a student chooses a complete meal (i.e. a minimum of 3 components), Central Bucks School District receives both federal and state reimbursement for that meal.
- A la carte purchases do not receive federal or state reimbursements and therefore results in a higher lunch price for parents/students.
- Under traditional food based menu planning, a student needs a minimum of three components to make a reimbursable meal.



Frequently Asked Questions (FAQ's) (continued)

Can I have a double portion of an item?

- Not with a traditional value meal. A double portion may be served, but the second portion is considered an a la carte purchase.

Why isn't water included with a reimbursable meal?

- The USDA's guidelines do not permit water to be included with a meal or substituted for milk as water does not contribute nutritional value to the meal.

Where can I find the menus for Central Bucks?

- All menus are posted on the CBSD homepage on the left hand side under "Quick Links", titled "Cafeteria Menus". This will bring you to a new page hold the mouse over the menu link and the breakfast and lunch menus will appear.

<http://www.cbsd.org/aramark/Pages/default.aspx#>

Questions?

Please feel free to call the Aramark
Food Service Offices at Central Bucks

(267) 893-5750



helping students flourish