

The logo for Turlock Unified School District is a solid dark brown rectangle located in the top right corner of the page.

TURLOCK
UNIFIED
SCHOOL
DISTRICT

Turlock Unified School District

- Scott Soiseth, Director of Child Nutrition, 19 years.



CDE Ambassador

- One of four original Ambassadors.
- Traveled to over 20 districts.
- Presented to over 200 Directors.
- 1 of the first 15 Districts to implement California Thursdays.

If the United States is going to compete effectively in the world, we absolutely must educate our children, and feeding students is a precondition to education.



Turlock Schools Child Nutrition

Turlock Unified School District

- 14,023 students
- K-12 district
- 9 Elementary
- 1 Junior high school
- 1 Middle School
- 2 large High Schools
- 1 Continuation High school

Percentages / Participation

- Free 52%
 - Reduced 10%
 - Paid 38%
-
- Free 85 % participation
 - Reduced 70 % participation
 - Paid 30 % participation
 - 68% total participation rate.

Menu

- 10 month menu, 3 week cycle.
- Elementary 3 Entrees
- Secondary 15 Entrees, plus seasonal options



Serving Real Fresh California Food For California Kids

2015 - 2016 Elementary Breakfast and Lunch Menus
2015 - 2016 Menús de Desayunos y Almuerzos de la Escuela Primaria



Turlock Unified School District



2015 - 16
Elementary
Breakfast
and Lunch
Menus



Turlock Unified School District

Learning Today... Leading Tomorrow

we're
rethinking
school
lunch.

{ and it's making us hungry. }

real.fresh.lunch
{ getting hungry? }

Elementary menu

September 2014

Lunch Menu / Menú de Almuerzo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Labor Day</i></p> <p>8 Chicken Nuggets w/baked beans Home-style Cheese Sandwich Garden Salad</p> <p>Nuggets de pollo con frijoles horneados Sándwich de queso fundido Ensalada del jardín</p>	<p>2 Pizza Home-style Cheese Sandwich</p> <p>Pizza Sándwich de queso fundido</p>	<p>3 Brunch 4 Lunch Roasted Turkey on Hoagie Roll Chicken Berry Salad</p> <p>"Brunch" para almorzar Pavo asado en pan Hoagie Ensalada con pollo y frutos</p>	<p>4 Hot Dogs Tri Tip on Hoagie Roll Garden Salad</p> <p>Perritos calientes Bistec de solomillo en pan Hoagie Ensalada del jardín</p>	<p>5 Mac & Cheese w/mini HD Fish Sandwich Chef Salad</p> <p>Mac & Cheese con mini HD Sándwich de pescado Ensalada Chef</p>
<p>15 Chicken Nuggets w/spuds Home-style Cheese Sandwich Garden Salad</p> <p>Nuggets de pollo con papas Sándwich de queso fundido Ensalada del jardín</p>	<p>9 Pizza BBQ Chicken on Hoagie Roll Taco Salad</p> <p>Pizza Pollo barbacoa en pan Hoagie Ensalada de taco</p>	<p>10 Macho Nacho Roasted Turkey on Hoagie Roll Chicken Berry Salad</p> <p>Macho Nacho Pavo asado en pan Hoagie Ensalada con pollo y frutos</p>	<p>11 Natural Burrito Tri Tip on Hoagie Roll Garden Salad</p> <p>Burrito Natural Bistec de solomillo en pan Hoagie Ensalada del jardín</p>	<p>12 Ravioli w/marinara Fish Sandwich Chef Salad</p> <p>Ravioli con salsa marinara Sándwich de pescado Ensalada Chef</p>
<p>22 Chicken Nuggets w/com Home-style Cheese Sandwich Garden Salad</p> <p>Nuggets de pollo con maíz Sándwich de queso fundido Ensalada del jardín</p>	<p>16 Pizza BBQ Chicken on Hoagie Roll Taco Salad</p> <p>Pizza Pollo barbacoa en pan Hoagie Ensalada de taco</p>	<p>17 Hamburger Roasted Turkey on Hoagie Roll Chicken Berry Salad</p> <p>Hamburguesa Pavo asado en pan Hoagie Ensalada con pollo y frutos</p>	<p>18 Hot Ham & Cheese on Hoagie Roll Tri Tip on Hoagie Roll Garden Salad</p> <p>Jamón y queso fundido en pan Hoagie Bistec de solomillo en pan Hoagie Ensalada del jardín</p>	<p>19 Mac & Cheese w/mini HD Fish Sandwich Chef Salad</p> <p>Mac & Cheese con mini HD Sándwich de pescado Ensalada Chef</p>
<p>29 Chicken Nuggets w/spuds Home-style Cheese Sandwich Garden Salad</p> <p>Nuggets de pollo con papas Sándwich de queso fundido Ensalada del jardín</p>	<p>23 Pizza BBQ Chicken on Hoagie Roll Taco Salad</p> <p>Pizza Pollo barbacoa en pan Hoagie Ensalada de taco</p>	<p>24 Sloppy Joe Dip w/chips Roasted Turkey on Hoagie Roll Chicken Berry Salad</p> <p>Dip al estilo "Sloppy Joe" con chips Pavo asado en pan Hoagie Ensalada con pollo y frutos</p>	<p>25 Natural Burrito Tri Tip on Hoagie Roll Garden Salad</p> <p>Burrito Natural Bistec de solomillo en Hoagie Ensalada del jardín</p>	<p>26 Spaghetti w/Meatballs Fish Sandwich Chef Salad</p> <p>Pasta penne con salsa marinara Sándwich de pescado Ensalada Chef</p>
<p>30 Pizza BBQ Chicken on Hoagie Roll Taco Salad</p> <p>Pizza Pollo barbacoa en pan Hoagie Ensalada de taco</p>				

Join Us for Breakfast!

Breakfast is beneficial...make it a priority! Research shows that children who eat breakfast have higher test scores. Students who eat breakfast pay better attention in class. Students learn best when they have eaten a good breakfast – make it a habit!

Water is an essential nutrient for good health. Water fountains or water stations for students are available at each cafeteria.

Meal Prices

Breakfast - \$0.75
Lunch - \$2.00
Milk - \$0.35

Online meal payment, school meals, and more at <http://cnd.turlock.k12.ca.us>

¡Desayune con nosotros!

El desayuno es fundamental... ¡que sea su prioridad! Los estudios en nutrición demuestran que los niños que desayunan tienen mejores calificaciones. Los estudiantes que desayunan ponen más atención en clase. Los estudiantes aprenden mejor cuando han disfrutado de un buen desayuno. ¡Que se convierta en su hábito!

El agua es un nutriente esencial para la buena salud. Fuentes de agua o estaciones de agua están disponibles para los estudiantes en cada cafeteria.

Precios de cada comida

Desayuno - \$ 0.75
Almuerzo - \$ 2.00
Leche - \$ 0.35

Infórmese sobre el pago electrónico de comidas, comidas escolares, y más en <http://cnd.turlock.k12.ca.us>

Lunch

\$2.75

FRESH DELI

- Chicken Salad
- Turkey
- Tuna ♦
- Tri-Tip

Sandwiches served with Fresh Garnishes & Condiments

ROTISSERIE CHICKEN

- Chicken Plate with Vegetables
 - BBQ Shredded Chicken Sandwich
 - Spicy Chicken
- (Sandwich or Wrap)*

All served with Fresh Garnishes & Condiments

REAL FRESH GRILL

- Hamburger or Cheeseburger
- Hot Dog
- Ortega Turkey Burger
- BBQ Tri-Tip

Fresh Garnishes & Condiments available with all the above entrées

FRESH MEX

BURRITO

- Chipotle Beef, Chicken or Vegetarian ♦

SMOTHERED BURRITO ♦

Choice of Red or Green Sauce

Burrito Bowl

May Select Rice or Beans with any Fresh Mex Entrée

Fresh Garnishes & Condiments available with all the above entrées

Menu subject to change due to availability of products, allergies, holidays and other considerations.

A Meal Consists of:

- Choice of one Entrée
- Fruit or Vegetable and Milk
- Must select a Vegetable and/or Fruit, then select two other items of choice*

SALADS

- Garden ♦
- Chef Salad
- Chicken Ranch
- Chicken Salad

PIZZA

Cheese or Pepperoni

FISH FRIDAYS

- Fish Sandwich OR
- Fish & Wedges

Fresh Choices Offered with all Lunch Entrées
 Seasonal Fruits and Vegetables
 Side Salad with Ranch Dressing
 Seasonal Vegetable Packs
MUST SELECT ONE CHOICE

Beverages

Variety of Milk Available for each Meal
 Non-Fat Chocolate or 1% White
 OR Non-Fat White

Seasonal Menu Item

ASIAN BOWL
 Teriyaki or Orange

Balance Food with Physical Activity

Breakfast

\$1.25

- Cereal
- Cinnamon Crumb Cake
- Egg Wrap
- Ham & Cheese English Muffin
- French Toast Sticks
- Honeybun
- Pancake & Sausage Sandwich

Served with Fresh Fruit & Milk Daily

Good Morning Menu

- Protein
- Grains
- Fruits
- Dairy

A Healthy Breakfast will include 4 Items. Choice of an Entrée (2 Items), must select a Fruit (1 Item), and/or a Milk (1 Item). Must take at least 3 Items for a Complete Breakfast. Build your meal the real.fresh way!

we're rethinking school lunch.
 { and it's making us hungry. }

real.fresh lunch
 [getting hungry?]

♦ Indicates Vegetarian

Secondary Menu 13/14



High School, Junior High & Dutcher Menu
2015-2016

Lunch

\$2.75

FRESH DELI

- Chicken Salad ●
- Turkey
- Tuna ◆
- Tri-Tip ●

Sandwiches served with choice of Fresh Baked Bread and Fresh Garnishes & Condiments

ROTISSERIE CHICKEN

- Chicken Plate with Vegetables ●
- BBQ Shredded Chicken Sandwich ●
- Spicy Chicken Sandwich

All served with Fresh Garnishes & Condiments

REAL FRESH GRILL

- Hamburger or Cheeseburger ●
- Hot Dog or Chili Dog ●
- Jalapeño Turkey Burger
- BBQ Tri-Tip Sandwich ●

Fresh Garnishes & Condiments available with all the above entrées

FRESH MEX

BURRITO ●

- Chipotle Beef, Chicken or Vegetarian ◆

SMOTHERED BURRITO ◆ ●
Choice of Red or Green Sauce
Burrito Bowl

"Street" Taco ●

May Select Rice or Beans with any Fresh Mex Entrée

Fresh Garnishes & Condiments available with all the above entrées

Menu subject to change due to availability of products, allergies, holidays and other considerations.

- ◆ Indicates Vegetarian
- Made with California Ingredients

Seasonal Menu Item

August/September
Boneless Wings

SALADS

- Garden ◆
- Chef Salad
- Chicken Ranch
- South Western

SOUP OF THE WEEK

PIZZA

- Cheese or Pepperoni
- BBQ Chicken
- Veggie Pizza ◆

CATCH OF THE DAY

- Fish Sandwich OR
- Fish Sticks & Spuds

Fresh Choices Offered with all Lunch Entrées

MUST SELECT ONE CHOICE

- Seasonal Fruits and Vegetables
- Side Salad with Ranch Dressing
- Seasonal Vegetable Packs

Beverages

- Variety of Milk Available ●
- Non-Fat Chocolate or 1% White
- OR Non-Fat White

A Meal Consists of:

- Choice of one Entrée
- Fruit or Vegetable and Milk
- Must select a Vegetable and/or Fruit, then select two other items of choice*

Good Morning Menu



\$1.25

- Bagel (Plain or Cinnamon Raisin)
- Breakfast Burrito
- Cereal
- Cinnamon French Toast Sticks
- Honeybun
- Muffins

Grab n' Go Breakfast

Yogurt Graham Cracker & Fruit

Special of the Day

"Made Fresh Every Morning"

USDA Requirements Breakfast

A Healthy Breakfast will include 4 items. Choice of an Entrée (2 items), and/or a Milk (1 item), must select a Fruit (1 item).

Must take at least 3 items for a Complete Breakfast.

Balance Food with Physical Activity



California Food for California Kids

Secondary menu 15/16

Met sodium target 1 2013

<u>Daily Amounts Based on the Average for a 5-day week</u>			
Nutrient	Measure	Required Range	Assessment
Calories	Daily Average 647.24	600-650 kcals	Estimated calories are within the required range
Saturated Fat	Percent of Calories 9.00%	Less than 10% of total calories	Estimated percent of saturated fat meets the requirement
Sodium	Daily Average 945.66	Less than or equal to 1,230 mg	Estimated sodium level MEETS the requirement

Meet target 2: 6-8/ 9-12 menu

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

Nutrient Standards	New Standards K-12		
<p>Sodium Reduce, no set targets</p>	<p>Target I: SY 2014-15 Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)</p>	<p>Target 2: SY 2017-18 Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12)</p>	<p>Final target: 2022-23 Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)</p>
<p>Calories (min. only) <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12)</p> <p><i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12)</p> <p><i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p>	<p>Calorie Ranges (min. & max.) <i>Only food-based menu planning allowed</i> Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>		
<p>Saturated Fat <10% of total calories</p>	<p>Saturated Fat <10% of total calories</p>		
<p>Trans Fat: no limit</p>	<p>New specification: zero grams per serving (nutrition label)</p>		

How do we do it!

- Cathy Ford, Manager of Child Nutrition
Turlock Unified School District.

“If we were not serving the quality of food that we are, we could not meet the targets!”

What is our style?

- What ever comes to me in my sleep...
- Fresh meals.
- Exciting eating environments.
- Great marketing.
- Healthy choices.
- As far away from the perception of school lunch as possible...
- That is changing!

Farm to School

- 100 % local produce.
- 85 % Entitlement towards DOD.
- \$100,000 towards USDA pilot program.
- 15% Brown box.
- 0 \$ towards further processed items.

Principles of Scratch cooking/ Procurement

- Speed scratch/ plated items.
- Fresh ingredients.
- Local free range chicken.
- Local all natural turkey.
- Local never ever and grass fed tri-tip/ burgers.
- Local Dairy products.
- Fresh local breads.
- All natural pastas and sauces.
- 90% California fresh menus.
- 3-5 natural ingredients only.



Rotisserie Chicken



Cooked
Tri-Tip

























BBQ Tri Tip





Packaging

























Meet "Vai" ...





Real Fresh Packaging







Fruit stands



Speed line





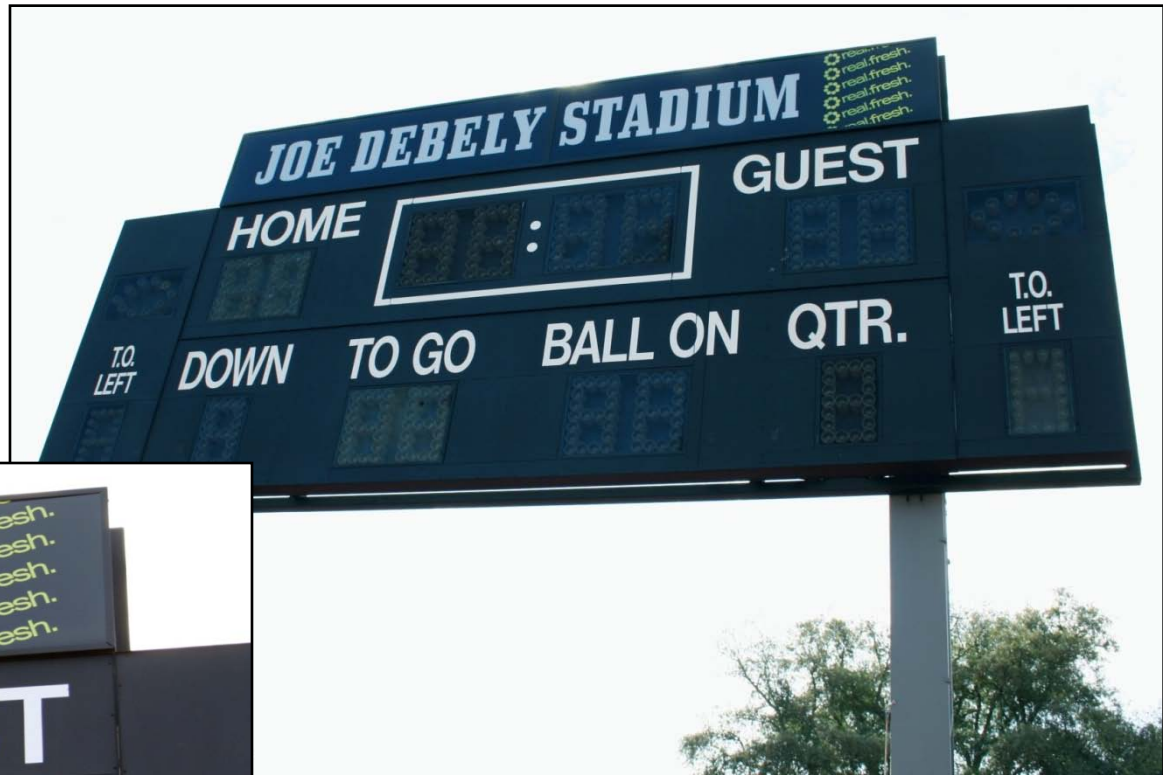




Marketing



Marketing





Water Bottle Used and Sold throughout the District









PROHIBITED
UNAUTHORIZED
PRESENCE OF
PERSONS OR VEHICLES
PROHIBITED
24 HOURS A DAY

USE OF
SKATEBOARDS,
ROLLER SKATES,
ROLLER COASTERS AND
SIMILAR DEVICES
PROHIBITED

fresh
DeLana









Milk

Fruit

Please...
Put Milk or Fruit here if
you want to share!
Thank you.
TU Child Nutrition
real.healthy.













Serving Real Fresh California Food for California Kids



Turlock Unified School District
Learning Today... Leading Tomorrow



CA 51207

CONTACT INFORMATION

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May I answer any questions?

