

Expanding Beyond Beans and Cheese: Stepping Up the Vegetarian Menu

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SUPPORTED BY THE CALIFORNIA WALNUT COMMISSION



OBJECTIVES

- After the session, attendees will leave with a better understanding of how to implement scratch-cooked, innovative plant-based meals in schools that garner positive response from students, staff, and parents.
- Attendees will understand how nuts and seeds can be used as a plant-based protein to satisfy the meat/meat alternate requirements in the National School Breakfast and Lunch Programs, and how pilot programs can introduce students to new foods.

OUTLINE

- Nutrition and plant-based meals
- Case Study: School Nutrition Plus
- Case Study: Weld County School District 6
- Practical Tips for including more plant based meals to your school menu
- Recommended resources

CALIFORNIA WALNUTS NUTRITION



Nutritional Value of Walnuts

A 1 oz serving of walnuts contains:

- 190 calories
- 18 grams of total fat
- 2.57 grams of omega-3 fatty acids: alpha-linolenic acid (ALA)
- 4 grams total carbohydrate
- 4 grams protein
- 2 grams dietary fiber

OMEGA-3 FATTY ACIDS: ALPHA-LINOLENIC ACID

Walnuts

- All nuts contain healthy monounsaturated fat, but walnuts are the only tree nut rich in alpha-linolenic acid (ALA), the plant-based omega-3 fatty acid
- These fatty acids lower cholesterol and triglyceride levels in the liver and provide Vitamin E, an antioxidant which widens blood vessels
- One serving of walnuts provide the daily recommended intake of ALA for both men and women

ADDITIONAL NUTRIENTS

- Vitamin B1 (thiamin)
- Vitamin B6
- Folic acid
- Phosphorus
- Magnesium
- Copper



Case Study: School Nutrition Plus



- School Catering Company in Southern California, established in 2009
- Serves 20,000 meals per day to charter schools, most of which are over 90% F/R
- Scratch-cooking operation

Walnuts at Breakfast



Chorizo Burrito with
Walnuts

VS.

A muffin

**60% of students took
the burrito**

Walnuts at Lunch

Chili with Walnuts & Sweet Potato w/ Walnut Cornbread

VS.

Pulled BBQ Chicken Sandwich



40% took the chili

Additional Plant-Based Entrees

- Pesto Pastas with various greens used in the pesto
- Tofu Stir-frys
- “Sloppy Jane”
- Black Bean Stew
- Southwestern Salad
- Black Bean Hummus
- Quinoa Granola



About Weld County School District 6

- School District of 22,000 students, serves over 15,000 meals a day
- 75% of menu is from-scratch in our 80,000 sq. ft. central kitchen
- Began purchasing local *produce* in 2010 & local *proteins* purchased in 2014 (Chicken, Turkey)
- Besides produce, D6 currently purchases local **beef, pork, chicken, turkey, tortillas and milk**
- D6 currently spends ~ \$500,000/yr locally

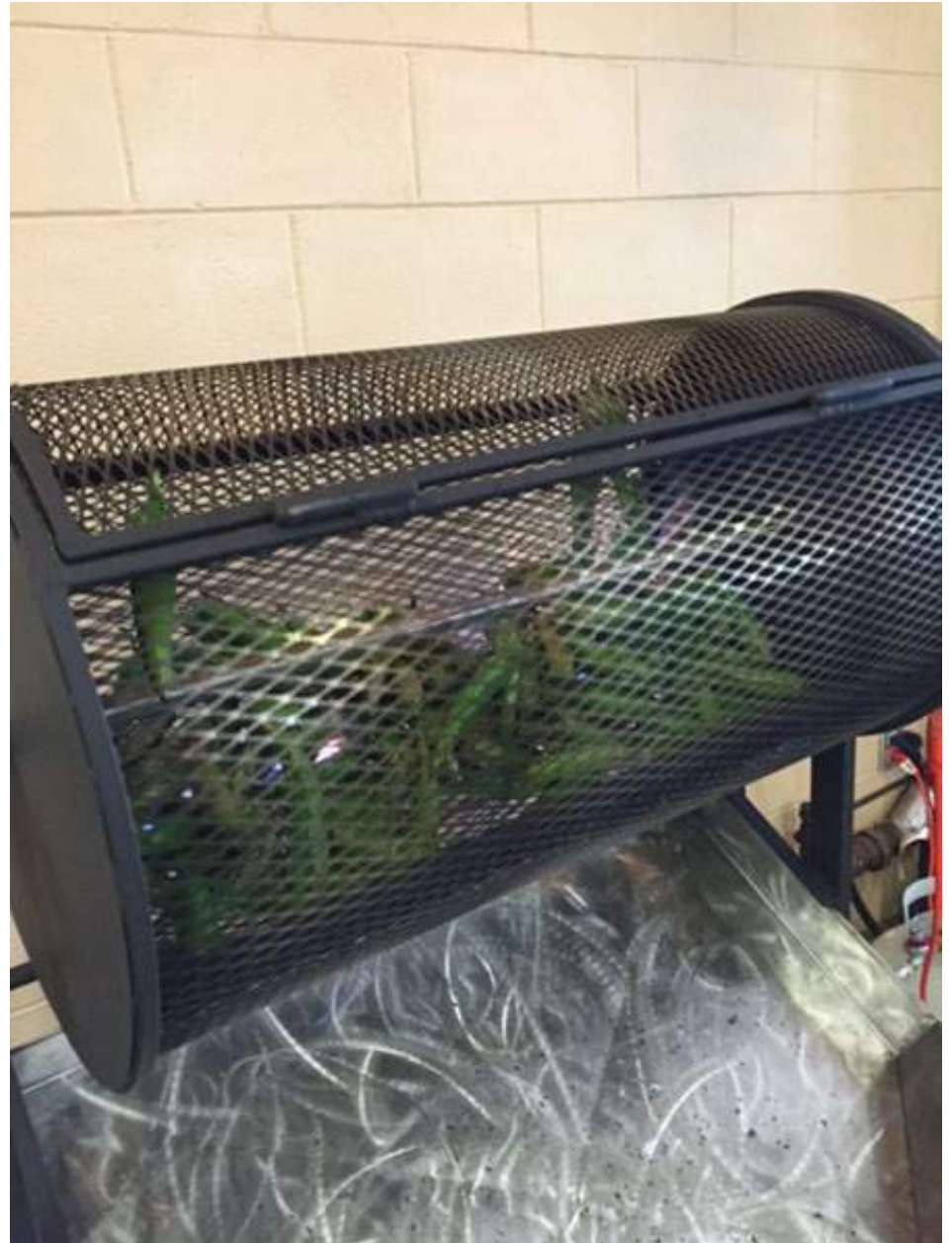
Some Pics Of Our Central Kitchen



Hand Rolling Bean Burritos



Yes, we have our own
chili roaster...
We're that cool



D6 Current Plant-Based or Vegetarian Entree Recipes

- Bean and Cheese Burritos
- Tater Tot Breakfast Bowl
- Bean and Cheese Quesadilla
(Pictured)
- Mac and Cheese Bar



Okay, it's not vegetarian...but it's healthy fat!

Colorado Sushi Roll



Served on our food truck



D6 Nut-Based Recipes

- Caramel Apple Walnut French Toast (*Pictured*)
- Walnut Hummus (Apple Dip)
- Thai Peanut Sauce (For Chicken Satay)
- Peanut Butter Banana Wrap
- Walnut and Refried Bean Taco/Burrito Filling



April 2017 District 6 Walnuts In Schools Pilot

- Tested at two schools
 - ✓ Brentwood Middle and Jefferson High
 - ✓ Brentwood MS enrollment-**1300 students**
 - ✓ Jefferson HS enrollment-**300 students**
- Individual packs of walnuts for BIC
- Bulk walnuts on the salad bar
- Overall very well received

Pilot Pics! Bulk Walnuts On Salad Bar



Walnuts In Schools Pilot Pics! IW Walnuts for Breakfast In Classroom



Lessons Learned From District 6 For Implementing Plant-Based Foods

- Extensive testing, and not just samples. Make it their lunch for factual data
- Provide recognizable and familiar food.
- *Blending* for food cost savings
- Scratch cooking will almost always save \$\$ (Labor permitting)
- Bid local when possible

Lessons Learned From District 6 For Implementing Plant-Based Foods

- Add *umami* so the “meatiness” isn’t missed
 - ✓ Black Olives, Caramelized Onions, Soy Sauce, Stock Base, Mushrooms
- Call in the experts
 - ✓ Humane Society-Meatless Monday Online Toolkit
 - ✓ CIA Healthy Kids Collaborative-Plant Based Research
 - ✓ Fellow School Chefs
- Simply Google “Kid Friendly Vegan Recipes” if all else fails

Summary

- Plant-based proteins, especially nuts, provide healthy fats and positively impact the environment
- Blend with other proteins to save on cost
- Scratch-cooking requires the right equipment and training. It's okay to start slowly, just start.
- Resources: Food Forward of the Humane Society, Fellow School Chefs, Equipment Grants

Trivia



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QUESTIONS?