



**College Station ISD**

**Building Healthy Minds and Bodies  
through Child Nutrition.**



# CSISD Child Nutrition Services

November 14, 2023

# Overview of Child Nutrition Services

- Description of Program
  - Staff
  - Programs
  - Budget
- Program Challenges

# CN Staff- 130 Employees

- Bridget Goodlett, RD,LD Director
- Placida Moran, Assistant Director
  - Manager in Training Coordinator
  - Campus Sanitation
  - Cashier Training
  - Child Nutrition Technology
- Sarah Dluhos RD,LD, Child Nutrition Coordinator
  - Menu Analysis
  - Production Records
  - Special Dietary Needs

# Child Nutrition Staff

- Rachel Higgs- Child Nutrition Supervisor
  - Buyer
  - Bid Review Specialist
  - Procurement Specialist
  - Buy American Evaluator
  - New Employee Training Coordinator

# CN Office Staff

- Ana DeLeon
  - Receptionist
  - Catering Billing
  - Organizes Employee Uniforms
- Irma Mata
  - Free & Reduced Meal Applications
  - Child Nutrition Payroll
  - Child Nutrition Billing
- Consuelo Solano
  - Vending & Catering Manager

# Campus Staff

- Each Campus
  - State Certified Food Service Manager
  - Staffed according to meal participation
    - Average Staffing
      - Elementary Schools - 4 employees
      - Intermediate Schools - 5 employees
      - Middle Schools - 6 employees
      - High Schools - 1 Assistant Manager and 15 employees

# CNS Programs

- National School Breakfast (NSBP) and National School Lunch Program (NSLP)
- Summer Feeding Programs
- Catering for district events
- Manage Vending Machines

# NSBP & NSLP

- Prepare and serve approximately **3,100** breakfasts and **8,025** lunches each day to students.
  - Total Daily Meals – 11,125
  - 2022-2023 Breakfast meals – 466,621
  - 2022-2023 Lunch meals – 1,359,452
- On Average 45 adults purchase a meal each day as well.
- Compared to same time last year, 55 days.
  - 22-23 Breakfast - 146,792 / 23-24 Breakfast 164,912
  - 22-23 Lunches – 435,109 / 23-24 Lunches 435,036



# Menu Requirements

- The average daily calories must not exceed a maximum amount for each age group.
- Eighty percent of grains must be whole grain rich. (at least 51% whole grain)
- A variety of vegetable groups must be served each week, including legumes, dark green and orange.
- A reimbursable student meal must include either a fruit or vegetable at lunch and a fruit at breakfast.
- Total Fat must be <30% and Saturated Fats <10% of total calories
- Sodium has been reduced significantly.
  - Currently an entire meal has less sodium than one fast food hamburger. (<1230 mg)

# Healthier Menu Choices

- Healthier versions of children's favorite foods are developed for school meals.
- Most of the items on our menu items are low-fat, whole grain versions of familiar foods that are baked or steamed instead of fried.
- Portion sizes are age group appropriate to fit a healthy diet.



# Meal Service at a Glance

Campus	Daily Breakfast Served	Daily Lunch Served	Breakfast Participation	Lunch Participation
A&M Consolidated High School	289	962	30%	45%
College Station High School	394	1142	35%	52%
College View High School	49	96	34%	67%
College Station Middle School	183	421	44%	67%
A&M Consolidated Middle School	129	419	31%	60%
Wellborn Middle School	168	468	36%	56%
Oakwood Intermediate	188	442	43%	63%
Cypress Grove Intermediate	112	307	36%	59%
Pecan Trail Intermediate	139	394	35%	50%
South Knoll Elementary	187	422	44%	69%
College Hills Elementary	245	439	56%	74%
Southwood Valley Elementary	214	425	50%	71%
Rock Prairie Elementary	171	357	48%	61%
Pebble Creek Elementary	116	351	33%	58%
Forest Ridge Elementary	84	291	29%	58%
Creek View Elementary	140	267	42%	58%
Greens Prairie Elementary	84	266	32%	51%
Spring Creek Elementary	86	311	28%	46%
River Bend Elementary	160	356	45%	62%
Total	3138	8136		

# Smart Snacks

- Smart Snacks – Regulations for food items sold in schools.
- This applies to any food sold ala carte in the cafeteria, in school stores, vending machines or as a fundraiser held during the school day.
- The school day is defined as midnight until 30 minutes after the last period ends.
- Requirements for food sold include serving size, calorie, sodium, fat and sugar limits.
- CSISD Wellness Policy allows for six Smart Snacks exempt days.

# Children with Special Diets

- Substitutions are made for students with a physician's note stating they have a life-threatening food allergy or disability. This may require texture change, eliminating food allergies or writing an entire special menu.
- Currently CSISD has **45 students** on a specialized menu such as gluten free, soy free or egg free.
- Child Nutrition Dietitian works with the physician, parents and campus nurses to be sure the student's needs are met. Campus staff are trained on each diet as needed.

# Day at a Glance - High School Manager

6:00 AM	Arrival
	Prepare Kitchen for Meal Service
	Review Staffing and Duties
	Accept Deliveries
7:45 AM	First Breakfast Meal Service Starts
8:25 AM	First Breakfast Meal Service Ends
	Assess needs for second breakfast service
9:00 AM	Second Breakfast Service Starts
9:20 AM	Second Breakfast Service Ends
	Monitor meal preparations
	Prep for future meals
11:05 AM	Lunch Meal Service Opens
	Back up cook
	Monitor lines
	Assist with meal service
1:05 PM	Lunch Meal Service Ends
	End of Day Duties
	Submit Orders
	Receive Invoices
	Complete Work Schedule
2:30 PM	End of Day

# Free & Reduced Meal Applications

- Children in households that qualify for the Supplemental Nutrition Assistance Program (SNAP), TANF, foster children and homeless children can automatically qualify for free meals.
- Direct Certification – First of each month
  - Upload entire enrollment into Texas Department of Agriculture database.
  - Matches from the system will qualify students for free or reduced meals.
  - Medicaid enrollment qualifies students for free or reduced meals.
  - Benefits can be extended to others in the same household.
- Households may qualify if income is within limits of the Federal Income chart for free and reduced meals.

# Free & Reduced Meal Applications

- Percentages of free and reduced students are the basis of many state and federal programs and are how the district defines the economically disadvantaged students.
  - Determines State Compensatory Education Allotment
  - Families become eligible for discounts on-
    - Kids Klub Tuition
    - Summer School Fees
    - AP Exams
    - College Application Fees



# Child Nutrition Budget

- 2022-23 Budget of \$9,220,747.93
- Child Nutrition operates self sufficiently on a non-profit basis, all revenue goes back to the department. This revenue supports.
  - Salaries & Benefits
  - Equipment
  - Utilities
  - Supplies
    - Food and Non-Food
- Our goal is to use no local general funds.

# Child Nutrition Budget

- Revenue

- 60% Federal Money to reimburse for student meals

Current NSBP and NSLP Reimbursement rate for each student meal

	<b>Breakfast</b>	<b>Lunch</b>
<b>Free Students</b>	<b>\$2.28</b>	<b>\$4.25</b>
<b>Reduced Students</b>	<b>\$1.98</b>	<b>\$3.85</b>
<b>Paid Students</b>	<b>\$ .38</b>	<b>\$ .40</b>

- 32% Payments for meals and ala carte purchases

Current Meal Prices are:

	<b>Breakfast</b>	<b>Lunch</b>
<b>Reduced Students</b>	<b>\$ .30</b>	<b>\$ .40</b>
<b>Paid Students</b>	<b>\$1.50</b>	<b>\$2.85/\$3.10</b>
<b>Non-Students</b>	<b>\$2.25</b>	<b>\$4.50</b>

- 7% Other – Interest and Supply Chain Grants
- 1% Catering and Vending

# Child Nutrition Budget

- Expenditures
  - 52% Food
  - 36% Labor- salary and benefits
  - 12% Other expenses including cleaning and paper supplies, employee uniforms, training, new equipment and equipment repairs. Child Nutrition does reimburse the district for utility costs.
- Replacement of old equipment is paid for by Child Nutrition

# Child Nutrition Food Cost

Campus	Weekly Gordon Food Service	Weekly Produce	Weekly Milk	Weekly Total	Yearly Total
A&M Consolidated High School	\$12,070.00	\$909.66	\$1,793.21	\$14,772.87	\$509,664.02
College Station High School	\$16,490.01	\$1,230.13	\$1,989.78	\$19,709.92	\$679,992.24
College View High School	\$1,659.74	\$147.48	\$260.88	\$2,068.10	\$71,349.45
College Station Middle School	\$5,531.62	\$472.74	\$674.03	\$6,678.39	\$230,404.46
A&M Consolidated Middle School	\$4,890.88	\$242.65	\$674.03	\$5,807.56	\$200,360.82
Wellborn Middle School	\$6,861.76	\$319.50	\$968.08	\$8,149.34	\$281,152.23
Oakwood Intermediate	\$4,960.31	\$322.13	\$1,219.97	\$6,502.41	\$224,333.15
Cypress Grove Intermediate	\$3,595.18	\$332.53	\$917.80	\$4,845.51	\$167,170.10
Pecan Trail Intermediate	\$5,319.75	\$300.08	\$909.46	\$6,529.29	\$225,260.51
South Knoll Elementary	\$4,616.30	\$395.95	\$1,177.17	\$6,189.42	\$213,534.99
College Hills Elementary	\$4,619.08	\$397.10	\$1,577.00	\$6,593.18	\$227,464.71
Southwood Valley Elementary	\$5,614.05	\$454.20	\$1,322.58	\$7,390.83	\$254,983.64
Rock Prairie Elementary	\$4,078.71	\$507.00	\$991.75	\$5,577.46	\$192,422.37
Pebble Creek Elementary	\$3,696.76	\$351.75	\$794.66	\$4,843.17	\$167,089.37
Forest Ridge Elementary	\$2,607.88	\$371.55	\$765.47	\$3,744.90	\$129,199.05
Creek View Elementary	\$4,064.33	\$371.35	\$725.70	\$5,161.38	\$178,067.61
Greens Prairie Elementary	\$3,327.61	\$336.00	\$720.69	\$4,384.30	\$151,258.35
Spring Creek Elementary	\$3,570.72	\$301.90	\$749.93	\$4,622.55	\$159,477.98
River Bend Elementary	\$3,867.12	\$545.70	\$1,144.92	\$5,557.74	\$191,742.03
Total	\$101,441.81	\$8,309.40	\$19,377.11	\$129,128.32	\$4,454,927.04

# Capital Expenditures 22-23

- Serving Lines at A&M Consolidated Middle School \$127,811.00, in addition to \$95,000 bond funds.



# Capital Expenditures 22-23

- Cafeteria Tables for Pebble Creek & Southwood Valley Elementary  
\$35,621.55
- Toyota Sienna Van  
\$34,599.50
- Steamer Southwood Valley Elementary  
\$24,681.31
- Steamer South Knoll Elementary  
\$24,681.31

# Challenges for Child Nutrition

- Staffing
  - Current Openings – Six Full Time, One Part Time
  - Currently no floaters
- Balancing student preferences, healthy meals, federal requirements and food costs.
- Feeding a large number of students in a short amount of time while maintaining great customer service.
- Forecasting amount of food to prepare each day.
- Replacing aging equipment as needed.



# Questions