



School Lunch High School Update

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Challenges

- Nationwide shortages and delays have affected availability of certain food items, leading to last minute substitutions of menu items we've been able to offer regularly in the past
- These supply issues are occurring throughout the country and are especially challenging for school systems, due to the quantity of meals we serve and the nutrition standards we follow
- The entire food service industry is currently faced with unprecedented shortages and massive delays or cancellations of deliveries
- Haverhill Nutrition Department has experienced an extremely high labor shortage during this recent surge

Daily Offerings at the High School

- We offer a variety of sandwich options daily including ham & cheese, turkey & cheese, and chicken Caesar salad wraps in addition to a specialty sandwich that changes daily
- We offer two daily soup specials that include either a salad or a sandwich
- We have a daily pizza station with three types of pizza offered made from whole grain pizza dough and low-fat cheese as well as calzone specials
- We have a daily grill station serving burgers, veggie burgers and chicken patties on 100% whole grain buns



Daily Offerings at the High School

- We have a daily nacho bar station with whole grain tortilla chips. Students have a variety of toppings to choose from including beef or chicken, whole grain rice, homemade pica de gallo and guacamole, lettuce and low-fat cheese
- We have a Hillies station where baked whole-grain chicken tenders and baked fries are served
- Each day there is a hot entrée special ranging from grain bowls to cinnamon French toast
 - Each Monday we offer a Meatless hot entrée
- With each meal students have a choice of:
 - 3-4 fruit options available from fresh apples, pears, bananas and oranges as well as dried fruit and canned fruit
 - 3-4 vegetable options available
 - Students can return to receive additional servings of fruit or vegetables
- We have also re-introduced our salad bar at the High School due to the return of normal staffing levels



Update

On a weekly basis at the High School alone we serve approximately:

- 25 cases of fresh apples
- 9 cases of bananas
- 20 cases of oranges
- 8 cases of fresh apple slices
- Dozens of cases of cucumbers, grape tomatoes, peppers and carrots
- The average daily participation at the HS is 86% and district wide its over 75%



Update

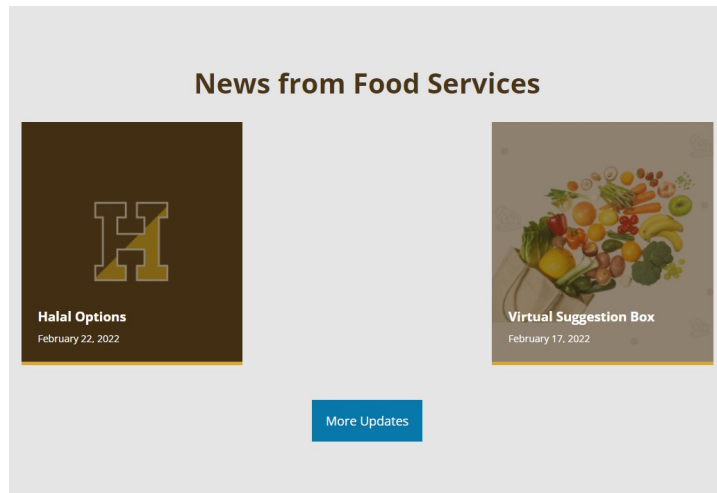
As part of Whitsons ongoing effort to work collaboratively with Elementary students of Haverhill we have:

- Surveyed and engaged with the students at Tilton Lower
- By using a sticker system survey
- We prepared homemade spiced sweet potatoes and used the sticker system with students to gauge their acceptance
 - This was a great success and many students asked if this would be a permanent menu item



Update

- We met with the entirety of student council to gain feedback on recommendations to improve the lunch program
- Students asked for the ability to provide immediate feedback to us, so we implemented a Virtual Suggestion Box link for students to provide their likes and dislikes as well as suggestions of the program to us in real time



Virtual School Meal Program Suggestion Box

Welcome to the virtual suggestion box! Our customers are very important to us and getting your feedback can help us improve our program. Please answer a few questions below about our School Meal Program.

[Switch account](#)

* Required

Email *

Your email

What school do you attend? *

Choose

What lunch period are you in? *

Your answer

Please rate your meal you had today *

Not good ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Delicious!

Update

Increasing our culturally diverse foods we offer:

- February 28th, we celebrated National Dominican Republic Independence Day at the HS
 - The menu included chicken, empanadas, plantains and Moro (rice and beans)
- In March we welcomed Whitsons Guest Chef Raymon Lebron to assist with our Ramen Bar at the High School
- We have an Acai Bowl Bar planned at the High School in March
- Added new Halal options by labeling items to help students better identify Vegetarian options and sourced Halal certified beef to include in meals on a regular basis



Update

Engaging in Nutrition Education by:

- Celebrating National Breakfast Week from March 7th-11th by offering new breakfast items at the MS and running a raffle for students who tried these offerings
 - Banana Chocolate Oatmeal, Smoothies, Fruit Parfaits and Avocado Toast
- Celebrating National Nutrition Month by partnering with Health and Gym classes in various schools to allow students to try out a Blender Bike
 - Teaching students the basics of nutrition and importance of including fruits and vegetables in their diet



TRY OUR NEW BREAKFAST ITEMS AND EARN
A CHANCE TO WIN OUR RAFFLE PRIZE!

Fruity Parfait
Chocolate Banana Oatmeal
Strawberry Smoothie
Pancakes with Fresh Berries



Future Upgrades

- The existing HS TV are being turned into high impact visual electronic menu boards
- They will also have the capability to provide internal digital messaging to students regarding schools activities and updates during lunch
- They can also provide virtual training for the nutrition team



- We have also purchased new display small wares to enhance our food presentation

Future Offerings

- Haverhill High School was recently awarded a Smoothie Grant allowing us to purchase a smoothie machine for students to choose and dispense their own smoothie as part of a lunch meal component
 - This will include spinach/kale and banana strawberry smoothie offerings
 - Grant includes smoothie kits for the middle schools to start offering smoothies
- We plan to offer a build your own yogurt parfait bar and would include:
 - A variety of fruit toppings
 - Whole grain granola



Future Offerings

Haverhill will be participating in the Veggabowls pilot program next month

- Whitsons has partnered with the Humane Society to increase healthy, sustainable plant-based menu items
- The HSUS team of chefs have developed 10 new plant-based recipes which will pilot and receive feedback from the students just some of these items include:
 - LO MEIN CHICKPEA NOODLE BOWL: Soy sauce coated noodles tossed with stir-fried vegetables and chickpeas
 - ENERGIZING EDAMAME & CHICKPEA BOWL: Roasted spicy chickpeas served over brown rice with edamame, corn, bell pepper, mandarin orange segments and a soy vinaigrette
 - RAINBOW HUMMUS BOWL: Classic hummus alongside brown rice, served with spinach, red cabbage, carrots and zucchini with a side of pita triangles



Whitsons Standards

Whitsons continues to encourage and promote:

- Continual expansion of the use of organic, all-natural and non-GMO products, whenever possible
- Meals that are free of MSG, high fructose corn syrup, artificially added trans fats, artificial colors, flavors and/or preservatives
- Entrees made with lean meats, plant-based proteins, low-fat cheeses and whole grains
- Poultry and pork products that are hormone free
- Cage-free shelled and liquid eggs, and pasture-raised eggs when possible
- Fresh fruit and vegetables every day
- A variety of balanced choices to satisfy the needs of our customer



Lunch Standards

The school lunches offered meet all the USDA meal requirements and nutritional standards

- A variety of fresh fruits and vegetables are offered daily
- A subgroup of each vegetable group is offered weekly including:
 - Dark Green Vegetables
 - Red/Orange Vegetables
 - Beans/Legumes
 - Starchy Vegetables
- Canned fruit is packaged in light syrup, water or fruit juice and only offer 100% fruit juice
- Flavored milk is always fat free and unflavored 1% milk



Lunch Standards

- All grain products are 100% whole grain rich
 - Granola bars and breakfast cereals
 - Muffins
 - Breads
 - Pizza Crust
 - Pasta
- No trans fats in our meals including partially hydrogenated oils
- All food items are baked without the use of frying
- Use of low-fat dairy products in all of recipes



