

Monthly Update

School Nutrition Programs



January 29, 2020

Distributed to School Nutrition Program Authorized Representatives and Food Service Directors via Email

Proposed Rule: Simplifying Meal Patterns and Monitoring Requirements in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

The purpose of this proposed rule is to provide several meal pattern flexibilities in the NSLP and SBP to make it easier for local program operators to administer the Programs and to reduce the burden for State administering agencies that are responsible for conducting administrative reviews of Sponsors. All Sponsors are encouraged to read the Proposed Rule at <https://www.regulations.gov/docket?D=FNS-2019-0007>.

Submit comments by March 23, 2020:

- *Federal eRulemaking Portal:* Go to <http://www.regulations.gov>. Follow the online instructions for submitting comments.
- *Mail:* Send comments to School Programs Branch, Policy and Program Development Division, USDA Food and Nutrition Service, P.O. Box 2885, Fairfax, VA 22031.

Please note: The Proposed Rule does not change any current Child Nutrition Program requirements. Any changes would be implemented in a Final Rule.

USDA Guidance

SP 05-2020 Questions & Answers Regarding Professional Standards for State and Local School Nutrition Program Personnel

This Questions & Answers memorandum is designed to provide an overview of the policies related to the Professional Standards regulations (7 CFR 210.30 and 235.11(g)). The regulations seek to ensure that school nutrition program personnel have the knowledge and skills to manage and operate the National School Lunch Program and School Breakfast Program correctly and successfully. This document has been updated to include questions regarding the final rule titled Hiring Flexibility Under Professional Standards and to answer frequently asked questions such as this one:

Q. If a Food Service Management Company staff person performs food service director type duties, but reports to a district business manager who is responsible for the school district's school food service activities, who is required to comply with the professional standards requirements?

A. The Sponsor maintains oversight and responsibility for planning, administering, implementing, monitoring, and evaluating the school meals programs; therefore, the role of the program director must remain with the Sponsor (Note: In Kansas as the Authorized Representative). The Sponsor-State Agency permanent Program Agreement names the Authorized Representative. This person must meet the hiring standards for new directors. Thus, in some cases, both the Sponsor and the FSMC Food Service Director must meet the hiring standards. With regard to training, both individuals would be responsible for meeting the training standards for program directors because they share director responsibilities.



The Professional Standards rules, a training tracking tool, and other resources to assist in implementing the professional standards are available at <https://www.fns.usda.gov/school-meals/professional-standards>.

SP 06-2020 School Breakfast Program: Continuation of the Substitution of Vegetables for Fruit Flexibility

Sponsors participating in the School Breakfast Program may continue to credit any vegetable offered, including potatoes and other starchy vegetables in place of fruit without including vegetables from other subgroups in the weekly menus, through June 30, 2021. Sponsors that offer 1 cup of fruit or vegetable at breakfast each day will be considered to be in compliance.

SP 07-2020: Paid Lunch Equity: Guidance for School Year 2020-21

In Section 747 of Division B of the Further Consolidated Appropriations Act, 2020 (P.L. 116-94) enacted on December 20, 2019, Congress provides that only Sponsors that had a negative balance in the nonprofit school food service account as of December 31, 2019, shall be required to establish prices for paid lunches according to the Paid Lunch Equity (PLE) provisions for school year 2020-2021.

SP 40-2019: Smoothies Offered in Child Nutrition Programs – Select Q & As

Q. Can smoothies prepared by operators or purchased commercially be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit, and grain components?

A. Milk may be credited toward the fluid milk requirement in smoothies to meet meal pattern requirements for all meals, including snacks. Fruits and vegetables may be credited as juice in smoothies to meet meal pattern requirements for all meals, including snacks. Whole vegetables and fruit in a smoothie may credit as a vegetable and/or fruit component. Vegetable and fruit puree in a smoothie can credit as juice and are subject to the applicable juice limitations. Yogurt may be credited as a meat alternate in smoothies for all meals, including snacks. This does not include probiotic dairy drinks, drinkable yogurt, or yogurt drinks as these are not creditable in CNPs. Yogurt in smoothies for CACFP participants must not exceed 23 grams of sugar per 6 ounces of yogurt. The CACFP Adult Meal Pattern allows six ounces by weight or $\frac{3}{4}$ cup by volume of yogurt to be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal. However, grains may not be credited when served in a smoothie. As an example, a $1\frac{1}{2}$ cup blueberry, yogurt, and milk smoothie could contribute the following to meal requirements: Ingredient - 8 fl. oz fat free milk (Credits-1 c milk); Ingredient- $\frac{1}{2}$ c blueberry puree, prior to freezing (Credits- $\frac{1}{2}$ c fruit juice); Ingredient- 4 oz low fat yogurt (Credits- 1 oz meat alternate).

Q. Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter to improve flavor and consistency even though such ingredients in smoothies do not contribute to meal pattern requirements?

A. Yes. Yogurt is the only creditable meat/meat alternate allowed in a smoothie. Though other (extra) ingredients in smoothies do not contribute to meal pattern requirements, all added ingredients in smoothies must be counted toward the weekly limits on calories, saturated fat, and sodium in school meals.



Q. What type of milk must be used when making smoothies?

A. The type of milk used in smoothies must be consistent with CNP guidance for each specific meal service and age group being served. For School Meal Programs and CACFP, the types of allowable milk include low-fat (1 percent milk fat or less, unflavored or flavored) or fat-free (unflavored or flavored), in accordance with age restrictions (children under age 6 may not be offered flavored milk, and children 1 year of age must be offered whole, unflavored milk). For SFSP, all types of milk are allowable (whole milk, reduced fat milk, low-fat milk and fat-free milk, flavored or unflavored). Operators may use Ultra High Temperature Milk, Acidified Milk, Cultured Milk, and Lactose Reduced Milk as long as these types meet the specific fat levels and flavor requirements allowed by Program and age groups. Non-dairy milk substitutions for CNPs must follow existing FNS guidance for milk substitutions.

Annual On-site Accountability Reviews

The School Food Service On-Site Accountability Review (Form 9-G) can be accessed online at www.kn-eat.org, School Nutrition Programs, Food Service Facts, Chapter 9. **By February 1**, Sponsors must review each site approved to participate in the National School Lunch Program at least once per year and review 50% of all sites approved to participate in the School Breakfast Program once per year. Someone not involved in the daily meal accountability procedures at the site must conduct the On-Site Accountability Review. Keep completed reviews on file with school food service program documents for review or audit. Each on-site review must ensure the school's claim is based on the counting system, as reported on the site application, and yields the actual number of reimbursable free, reduced price, and paid lunches, respectively, served for each day of operation. If the review discloses problems with a school's meal counting or claiming procedures, the Sponsor must ensure that the school implements corrective action, and within 45 days of the review conduct a follow-up on-site review to determine that the corrective action resolved the problems.

Recommended Minimum Adult Meal Prices for SY 2020-21

The prices charged for adult meals must be sufficient to cover the overall cost of the meal, including the value of cash-in-lieu of commodities. If cost data is not available, the sponsor should set the adult meal charge at least equal to the free meal reimbursement rate or the paid student price plus paid reimbursement, whichever is greater. Some school districts have requested recommendations for minimum adult meal prices for SY 2020-21 so that they can set adult meal prices. Recommended minimum adult meal prices for SY 2020-21 based upon estimated free meal reimbursement rates are: Breakfast \$1.90, Severe Need Breakfast \$2.25 and Lunch \$3.85.

School Breakfast – Out of This World! National School Breakfast Week: March 2-6, 2020

March 2nd kicks off National School Breakfast Week (NSBW) – get ready to energize students and stakeholders with the #NSBW20 theme, “School Breakfast: Out of this World.” National School Breakfast Week can be a great time to pilot an innovative breakfast delivery model such as second chance breakfast or grab and go breakfast as well as to try new menu items! Start planning your celebration today. [Click here](#) for more information, resources, and ideas to help you celebrate. During National School Breakfast Week, the Kansas State Department of Education asks you to share photos from your National School Breakfast Week Celebrations by using the hashtag, **#FuelingKSKids**. One lucky school that uses the hashtag will receive an apple trophy and certificate for their participation.

Increase Participation with the Community Eligibility Provision (CEP)

For more information or to find out if CEP would be a good choice for your school, please contact Julie Henry at jhenry@ksde.org.



2020 Vision for Wellness!

Child Nutrition & Wellness will be hosting five interactive regional workshops focused on actions to implement modeling level wellness policies. Participants will hear best practices, gain knowledge, and obtain resources to help their schools envision and create a healthier school environment. Attending sponsors are strongly encouraged to bring at least one student that is in 7th-11th grade. Students will participate in interactive, student-focused, activities that encourage student involvement in school wellness. Save the date now and start recruiting a team to attend! Workshop dates and locations are:

- January 31, 2020 – Topeka (registration closed)
- February 4, 2020 – Garden City
- February 5, 2020 – Clearwater
- February 18, 2020 – Girard
- February 25, 2020 – Salina

The free workshops will be conducted from 9 am to 2:30 pm with lunch provided. Sponsors that attend with at least one student and one administrator will receive a \$200 stipend to offset travel costs and substitute pay. Register online at <https://www.surveymonkey.com/r/6FW53CM>. Contact Emily Brinkman at ebrinkman@ksde.org or 785-296-2276 with any questions about the workshop.

Scheduling Body Venture for SY2020-21

Body Venture is KSDE's traveling health education exhibit for students in grades K-5. Each year this exciting exhibit visits approximately 100 schools and helps students learn why it is so important to "Eat Smart. Play Hard." Requests to schedule Body Venture for the 2020-2021 school year must be received by April 17. Request form is available at www.bodyventure.org, Schedules.

A Summer Mind-Set

It is time to start thinking ahead and making plans for the 2020 Summer Food Service Program NOW is a great time to begin making plans for summer 2020 and the Child Nutrition & Wellness team is here to help! Contact your area Child Nutrition Consultant or Sean Hoffman at shoffman@ksde.org with questions!

Summer Food Service Program Outreach

All Sponsors are required to conduct outreach for the Summer Food Service Program (SFSP). If the Sponsor does not have the SFSP in their school, consider posting a link to the site locator tool that is available on-line at www.kn-eat.org, Summer Food Service Program, Locate a Site Near You on the school website or providing the link on a flyer to send home with students. This would allow families to find a location to receive free meals at sites across Kansas.

Kansas Farm to Plate

Want to meet producers and learn about producer guidelines? The Kansas Department of Agriculture and K-State Research and Extension will host six regional workshops in February 2020 to assist farmers' market vendors and managers. Kansas farmers' markets not only provide a fresh food source, but also help stimulate the local economy. Registration for the February workshops is now open. The cost is \$20 per participant to cover the cost of lunch. Workshops near you can be found at www.fromthelandofkansas.com/fmworkshop or at local extension offices. Onsite registration for the workshops will open at 8:30 a.m. and the workshops will begin at 9:00 a.m. and conclude by 3:00 p.m.



Save the date for the **10th National Farm to Cafeteria Conference**, coming to Albuquerque, New Mexico, April 21-23, 2020! Hosted by the National Farm to School Network, this biennial event will convene hundreds of movement leaders working to source local food for institutional cafeterias and foster a culture of healthy food and agricultural literacy across America. Registration costs are still being finalized and will be posted here when available <http://www.farmtoschool.org/our-work/farm-to-school-cafeteria-conference> . If needed for your planning and budgeting purposes, full-conference ticket will be around \$400.

Reminder – you can sign up for the **Farm Fresh Friday Challenge** anytime through June 2020. If you are currently or plan to serve at least two ‘locally sourced’ menu items at least once a month, this is an opportunity to win small equipment to enhance your program. Join the challenge now at <https://www.surveymonkey.com/r/DTMMXKR> and receive a KS Farm Fresh Fridays Marketing Kit!

SNA-KS Spring Conference – Save the Date

The SNA-KS Spring Conference that will be held March 27-29 in Mulvane. KSDE will be offering two Child Nutrition Management classes free of charge for the Pre-Conference on Friday, March 27. Watch for the registration details coming from SNA-KS soon!

Kansas Professional Development System

Child Nutrition Management Classes in 2020

Child Nutrition Management Classes offer a path for aspiring managers and directors to obtain a Kansas Certificate in Child Nutrition Management. To make management level classes available to more Child Nutrition Program personnel, KSDE is offering management-level classes in both face-to-face and electronic delivery formats. The schedule for Child Nutrition Management Classes in 2020 is posted at www.kn-eat.org, School Nutrition Programs, Training. The January management class, Kansas Procurement, was a great success! KSDE will continue the series by offering **Meal Modifications** on Thursday, February 20, 8:30 am – 3:30 pm. Face-to-face attendees should preregister by emailing Cindy Johnson at cljohnson@ksde.org and attend the class in person at the Child Nutrition & Wellness Office in Topeka. Skype webinar attendees can use this link, <https://meet.lync.com/ksde/cljohnson/F7Q1N49H> to attend the session remotely. This class counts as 6 hours of professional development.

Food Safety Basics Professional Development

Food Safety Basics classes will be taught face to face in February, March, and April at locations across Kansas. Go to www.kn-eat.org, School Nutrition Programs, Training for dates and locations. Registration for these classes is available in KN-CLAIM.

Baking Boot Camp – Quantity Baking Classes

Due to the popularity of quantity baking classes, KSDE will offer Baking Boot Camp again in 2020. Baking Boot Camp offers a hands-on baking experience that covers techniques for producing healthy quick breads and healthy yeast breads in quantity. Registration for these classes is available in KN-CLAIM. Plan now to attend one or both days:

- March 17-18 in Dodge City
- May 20-21 in Overland Park
- August 4-5 in Nickerson/South Hutchinson
- July 28 in Chanute (Yeast Breads class)



Jump Start for Directors

A two-day training opportunity for new directors will be held in Manhattan at the KSU Alumni Center on February 25 and 26, 2020. Registration for these classes is available in KN-CLAIM. For more information, go to www.kn-eat.org, School Nutrition Programs, Training or call 785-296-2276.

Child Nutrition Management Classes at SNAKS Conference

Two Child Nutrition Management Classes will be offered as pre-conference sessions for the 2020 Kansas School Nutrition Association Conference in March in Mulvane. Leading the Team (6 hours) and Professional Communications (6 hours) will be presented on Friday, March 27, 8:30 am – 3:00 pm. There is no charge to register for the preconference sessions and a catered lunch will be provided at no charge to registered attendees. For more information contact Cindy Johnson at cljohnson@ksde.org.

Save-the-Dates for Child Nutrition Professional Development Summer 2020

Face-to-face professional development opportunities will be available in May, June, and July 2020 at six regional locations across the State. Three tracks of classes will include Implementing HACCP in Kansas, Kansas Food Safety in Schools, Kansas Nutrition 101, Culinary Champions classes, and a series of one and two hour classes. Plan now to attend one, two, or three days of classes in a location near you! Class selections and registration information will be made available in March.

- May 26-28 in Haysville
- May 26-28 in Topeka
- May 26-28 in Hays
- June 2-4 in Garden City
- July 28-30 in Chanute
- July 28-30 in Salina

Face-to-Face Professional Development

A wide range of face-to-face, high quality, professional development opportunities are available for Child Nutrition Program personnel. Contact Cindy Johnson at cljohnson@ksde.org or call 785-296-2276 to request face-to-face professional development.

Online Professional Development Classes and Tutorials

Over 30 classes and tutorials, including the 3-hour Food Safety Basics class, can be accessed free of charge 24/7 via the KSDE Training Portal. Create an account at <https://learning.ksde.org>. For detailed instructions on creating an account and accessing the training, go to www.kn-eat.org, School Nutrition Programs, Training.

Food Safety Tip of the Month

Proper handling of toxic substances is critical to food safety in in food service establishments. Toxic substances can easily be confused as foods and beverages since the colors and textures of toxic substances are often similar to common foods and beverages. Toxic substances include products such as sanitizing solutions, cleaning chemicals, machine lubricants, pesticides, medicines, and first aid supplies. Examples of incidences involving toxic substances include a white descaling acidic powder used in place of sugar to make lemonade at a restaurant; pine sol served as apple juice at a preschool; and window cleaner served on a snow cone instead of blue raspberry syrup at a concession stand. Toxic substances must be clearly labeled and stored in a designated area away from or below foods and food-contact surfaces. Toxic substances must be used for their intended purposes and handled in accordance with the manufacturer's instructions.



Sunflower Spotlights – Celebrating Successes in Kansas Child Nutrition Programs

Additional Information about all schools featured as a part of the Sunflower Spotlight can be found at www.kn-eat.org, School Nutrition Programs, Recognition.

D0466 Scott County has seen a dramatic rise in breakfast participation after starting a grab and go breakfast at the start of the school day. Students can come to the cafeteria and grab a breakfast to take to their first period class. The district has continued to offer its traditional hot breakfast and has maintained participation during that service method even with adding the grab and go option. An additional 45 students are eating breakfast each day as a result of the grab and go options. Scott City High School had a 78% increase in breakfast participation during October 2019 as compared to October 2018. Kathy Eaton, Food Service Director, states the most popular grab and go entrée item is an Unrustable Sandwich which is offered every day at the high school along with one other main entrée choice. Choices include cereal bar, blueberry muffin loaf, cheese crackers, rice cereal treats, banana bread, yogurt parfaits, squeezable yogurt & granola bar. Scott City Elementary and High School started offering a grab and go option in April of last school year. The middle school began offering a grab and go option at the start of this school year. As a result of grab and go breakfast Kathy says more students are starting their day with breakfast and they are seeing a difference in student behavior as students are more attentive in class and have less behavior problems.

D0385 Andover Central Middle School is a part of the Kansans CAN School Redesign Project, specifically part of the Gemini II Project. The school has been working to improve students' emotional well-being as part of their redesign work. Part of that work included redesigning the cafeteria, called "The Spot", to give students more social opportunities, and the addition of second-chance breakfast helps students learn by not being hungry. The school started offering a second chance breakfast in September of this school year. The school has three locations in which students can grab a breakfast between first and second period. Those locations include two breakfast carts which are located in two of the pods of the school as well as the cafeteria. This second chance breakfast is reaching over 90 students each day. In October 2019 the school saw a 68% increase in participation compared to October 2018. Principal, Tim Hayden, states that "the changes that the school has made as part of school redesign have led to better attendance, better grades, a reduction in behavior issues, students being more engaged in learning and more balance in their lives. Students are happy, which also means happy parents and happy teachers."

"Great things are happening at Haven High!", shares Sheree Jones, Food Service Director at **USD 312 Haven**. We have received our first harvest from our new greenhouse that is being tended by our Ag classes! The district approved the purchase of the greenhouse last year, and the Ag classes got in there as soon as it was completed this Fall. After a meeting with the students and Ag. teacher it was decided that the first "test plots" would be romaine lettuce. We have a sign in our lunchroom that is telling students about the greenhouse lettuce. It is also going on the website and the district Facebook page. Students responses are all in the area of "That's cool!", and our AG students are excited to see their hard work pay off. We can hardly wait until we have tomatoes and peppers! With the many recalls involving romaine, and the ease of growing lettuce, this turned out to be perfect for everyone. With the success of the lettuce, we are hoping to add tomatoes and peppers in the near future. We are excited to be a self-served "Farm to School!!!"



#FuelingKSKids

Thank you for being the heart of the Child Nutrition Programs, ensuring that children are receiving nutritious foods that contribute to wellness, good health and academic achievement. Please use the **#FuelingKSKids** hashtag to showcase the great things that are happening in your school- photos, media articles and more to showcase Kansas Child Nutrition Programs and share the positive impact on student success. LOOKING forward to see many of you at one of the *2020 Vision for Wellness* workshops as we work together to create healthier school environments and to fuel Kansas' future!

Please call or email your area child nutrition consultant or the Topeka office with any questions or if we can assist in any way.

Cheryl, Jill and Julie



For more information, contact:

Cheryl S. Johnson
Director, Child Nutrition & Wellness
(785) 296-2276
www.kn-eat.org
csjohnson@ksde.org

Kansas State Department of Education
900 S.W. Jackson Street, Suite 102
Topeka, Kansas 66612-1212
(785) 296-3201
www.ksde.org

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