

Milton School Food Service Program

Serving Education Daily



Breakfast

- All 4 Elementary Schools are participating in the Better Breakfast Initiative.
 - 1%white milk
 - Fresh fruit
 - Whole grain bread items
 - Low sugar cereal
 - Low fat proteins (Canadian Bacon, Lite Sausage)
- Cunningham/Collicot School was the pilot project for this program
 - Feb.08- June 08
- All elementary schools – August 2008

Breakfast

- Served Daily at All Six Schools
- 380 breakfasts served daily
- Promotes better nutrition / healthy lifestyle
- Promotes increased academic performance

Elementary Lunch Program



We serve 1200 elementary meals per day with an participation of 65% of the children eating a school lunch daily.

Four to Five choices per day.

- Daily Choice
- Whole grain low fat pizza
- PBJ/PBF on whole wheat
- Tues/Thurs Lunch Muncher

All children come through the line at the Computerized cash register by homeroom.

We are using the classroom roster system coming through the line. Children state their name and the cashier touches their name and their selection. Lines much faster.

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Pierce Middle School

- 575 meals per day
- 70% of the students eating school lunch
- 10 choices each day
 - Main Choice
 - IMove
 - Daily salad selection
 - Daily sandwich selection
 - 6 daily grab and go selections.
- Salad offered with every meal on the two main lines
- Daily fresh fruit on all lines
Quick wrapped veggie sticks on our grab and go.



IMove at the Middle School

- Our IMove line is offered daily
- Sponsored by Costa Fruit and Produce
- Encourages children to eat healthy and to keep moving
- The IMove lunch has 25% calories from fat daily
- Monthly fruit selection received at no charge.
 - Offered to children on all of our serving lines to help educate and to motivate them to try new foods
- Fruit or veggie sampling for all children four times a year
 - Prizes to children who participate in IMove
 - All prizes encourage exercise and movement
 - Basketballs, skateboards, racket ball sets, mountain bikes, etc
 - sometimes Red Sox tickets



Milton High School

- Multiple offerings at MHS
 - 670 -719 meals per day
 - Participation of 66%
- 50 fresh dough ball pizzas made daily (3-4 types)
- Daily lunch selection (one)
- Daily salad selections (4-5 types)
- Full scale Deli Bar (6 Selections)
- “Grab & Go” line similar to the middle school.
- Salad is available with all meals (rotate on the menu)
 - Tossed salad
 - Caesar salad,
 - Broccoli salad
 - Carrot raisin salad
 - Salad greens with feta and dried cherries
 - Pasta salad
 - Currently developing salads with beans
- 3 to 4 fresh fruit selections each day

Milton High School Deli Bar

- Old Neighborhood Thin and Trim deli meat is served daily
 - Deli Turkey
 - 2 ounce selection - 45 calories & 0.5 gram of fat ; 290 mg sodium
 - Deli Ham
 - 2 ounce selection - 60 calories & 2 grams of fat ; 360 mg of sodium
 - Deli Roast Beef
 - 2 ounce selection -70 calories & 2 grams of fat; 180 mg. of sodium
- Delivered fresh to us and sliced freshly each day
- Lettuce, tomato, pickles and onions as compliments
- Made to order in front of the student.
- Wait is a little longer but the sandwich is worth the wait



Snack Program

- All snacks comply with the Massachusetts Action for Healthy Kids
- All beverages are all approved on the American Healthy Generations list
- Both American Healthy Generations & Massachusetts Action for Healthy Kids are voluntary programs
- Each snack must be 1.25 oz or less and must be 7 grams of fat or less. Many of the selections we offer are far lower than these standards
- Elementary students are limited to one snack per day
- Parents who do not want to participate funds from their Prepaid Account used for the snack program may opt out



Exciting Things are happening!

- Hamburger and hot dog rolls to whole grain (07-08)
- All of our breads to whole grain or whole wheat (08-09)
- This includes:
 - Hamburger/Hot Dog Rolls
 - Sub Rolls (even the MHS Deli Bar)
 - All bread for PBJ/PBF and Deli Bar
 - English muffins for breakfast sandwiches
 - Our Rotini Pasta is now whole grain
- Farm to School
 - Milton has been participating in this program for three years
 - Each year we purchase significantly more
 - Continue to participate in this during the fall and spring as the (seasonal)
- We are using a new cook book that was developed by the Farm to School Initiative
- 21 staff certified in Serve Safe as of November 7, 2008

A Huge Thank you to our staff!
These are the people who work so hard to serve
healthy food at an affordable price to the
children of Milton

- MHS- Nora Goonan (manager), Kay Walsh, Sonja Fisher, Caroline Maglio, Maureen King, Elaine Rico-Moore, Mary Beaulieu Barbara Doherty.
- Pierce Middle- Connie Catinella (manager), Marika Varnerin, Mary Turner, Lessie Spann, Ellen Brusard, Carol Hunt and Roseline Deronvil
- Cunningham/Collicot- Debbie Abdon (manager), Tula Todis, Rosa Aielli, Maryellen Comer, Trisha Newayno and Jennifer Kussmann
- Tucker- Pat Mclsaac (manger), Annie Cooper and Gail Chase
- Glover- Sandy Zalios (manager), Jane Molloy, Kathy Aldrich and Debbie Lassis
- Food Service Assistant- Hugh Bonner
- Van Driver- Bill Fitzpatrick

A Special Thank you to Our Health & Wellness Committee

- School Committee Representative
 - Kristan Bagley-Jones
- School Department Representatives
 - Superintendent Mary Gormley
 - Assistant Superintendent John Phelan
 - Aidan Cooper
 - Jackie Morgan
 - Bill Ritchie
 - Margaret Gibbons
 - Barbara Plonski
- Parent & Consulting
 - Laurie Stillman