



FRAC: Year-Round Programs

Model Programs

Montebello School District Feeds Children Year-Round with Federal Nutrition Programs Montebello School District, CA

District Demographics

- 33,500 students
- 76 percent of students qualify for free or reduced-price school meals
- Urban district

Afterschool Snack Program

- Approximately 1,300 children receive a snack each day.
- Fifteen afterschool programs participate- all of them are located on school grounds.
- All of the afterschool programs are located in low-income areas.

Snack Menus

- All of the snacks meet the nutrition guidelines for the afterschool snack program.
- Some of the children's favorite snacks include trail mix, sliced apples with peanut butter, yogurt, and string cheese.
- The food service department tries to serve seasonal fresh fruit whenever possible such as bananas, oranges and recently started serving packaged sliced apples because they are more kid-friendly than whole apples.
- The food service department places a lot of emphasis on variety in the menu cycle because the children get tired of eating the same snack and they want to make sure that the children are excited about what they are eating and have a chance to try new menu items.

Process for Serving the Snack

- The cafeteria staff prepares the snacks and leaves them in a designated area so they can be picked up by the afterschool program staff.
- The afterschool program staff are responsible for serving the snack, cleaning up, and keeping accurate meal counts and attendance rosters.
- The food service department staff works with the afterschool program employees to ensure that all employees know how to fill out the paperwork properly.

Funding and Costs

- Because the food service department is very focused on providing quality snacks including fresh fruits and vegetables, they consistently use their entire reimbursement to cover the cost of the snacks.
- To make sure the program is financially viable; the food service department balances high cost menu items such as yogurt and fresh fruit with lower cost menu items such as milk and graham crackers throughout the menu cycle to make sure that they are able to operate the program without losing money.
- They believe the key to breaking even is making sure that they are preparing enough snacks so they have an adequate economy of scale. The easiest afterschool snack programs to run are the ones that serve the most children.



FRAC: Year-Round Programs

Model Programs

Challenges and Solutions

- Food safety is always a big concern so the food service department works with afterschool program staff to make sure they understand how to store and serve perishable food items and that they are following all of the food safety guidelines.
- To ensure that all of the afterschool snack paperwork is filled out properly and turned in on time so that the overall NSLP claims do not get slowed down, the food service director explains the importance of accurate paperwork with the afterschool program staff and follows up with them via email if there are any problems.
- The school food service department also has found it helpful to get buy in from top level staff such as the heads of the afterschool programs and principals so everyone understands the importance of timely and accurate paperwork, which allows snack programs to operate efficiently.

Response to the Program

- All of the school district's afterschool programs use the afterschool snack program because they realize the importance of providing food to children after school.
- The afterschool program staff believes that it is easier to get children to meaningfully engage in the afterschool enrichment activities if they provide a snack.
- Staff have also pointed out that they think it's comforting for the children to get the snacks- it helps curb their hunger until dinner and is a good transition to their afterschool activities.

Summer Food Program

- Approximately 2,250 children receive lunch each day during the summer.
- Fifteen sites participate in the Summer Food Service Program.
- Twelve of the programs are located at schools and 3 of the programs are run by the city's Parks and Recreation Department.

Lunch Menus

- The lunches served during the summer are similar to the meals prepared during the traditional school year although more of them are cold meals, which are easier to prepare and serve. And cold meals often seem more attractive to students when the weather is so warm.
- Frequent menu items include cold sandwiches, hamburgers, burritos and pizza.
- All of the meals include fruits or vegetables and the food service department tries to serve whole fruit when possible because it is healthier than canned fruit and easier for staff to serve.

Process for Serving Lunches

- The school primarily operates the summer food service program for students that are participating in their summer school program however it is advertised to the community and all students in the area are welcome to attend.
- Food service staff prepare the meals, serve them, keep track of the meal counts and clean up after the meal service.
- If the sites have kitchens, the meals are prepared on site.
- The only meals that are transported from another kitchen are those for the Parks and Recreation programs since they do not have kitchen facilities.



FRAC: Year-Round Programs

Model Programs

- Typically, if the site serves less than seventy children, only one food service staff member is employed at the site. If the site has more than 70 on a daily basis, two food service employees are hired.

Funding and Costs

- The school uses all of the reimbursement dollars to cover the cost of food and labor and is able to break even with the program each year.
- Each of the school sites prepare enough meals for the amount of children they expect and the school district sends a set number of meals to the Parks and Recreation Department.
- The Summer Food Service Program allows the school district to employ many food service employees during the summer months.

Challenges and Solutions

- One problem that the district faces each year is convincing site administrators to run open sites so that students from the community can participate. Often, they are reluctant to open up sites to children outside of their program.
- To overcome this challenge, the food service department highlights the benefits that summer food brings to the students, families and the entire community.

Response to the Program

- Many school administrators have observed that if the children did not receive lunch through the Summer Food Service Program they would be left on their own to prepare the meals themselves and would probably be eating less healthy meals.
- Providing lunches ensures that all of the children have access to a variety of healthy food throughout the summer months.
- The Parks and Recreation Department appreciates receiving the meals from the school because it is easier and more cost effective than sponsoring the program themselves or using an outside vendor.

For more information, contact:

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FRAC: Year-Round Programs

Model Programs

Santa Monica School District Uses NSLP and SFSP **Santa Monica School District, CA**

District Demographics

- 35,000 students
- 90 percent of students qualify for free or reduced-price school meals
- Rural district

Afterschool Snack Program

- Approximately 8,000 children receive a snack each day.
- Twenty afterschool programs participate – all of them located on school grounds.
- All of the programs are located in low-income areas.

Snack Menus

- Some of the children's favorite menu items include strawberries, broccoli, cheese, and tuna salad with crackers.
- The school district runs a very unique Harvest of the Month program where they highlight a different fruit or vegetable each month and serve it once a week that month.
- Teachers also feature the item in a cooking demonstration in their classroom so the children have several opportunities to taste it and learn about it.
- The school tries to select food that is healthy for the children and are items that they also want to eat so there is very little food waste.

Process for Serving the Snack

- The afterschool program staff brings the children to the cafeteria and the food service staff prepares and serves the meals to the students and also keeps track of the meal counts.

Funding and Costs

- The school spends approximately 58 cents per snack on food and the rest of reimbursement goes to covering labor costs.
- The school has never lost money on the afterschool snack program.

Creative Practices

- Once a month the food service staff does cooking demonstrations for the children such as fruit smoothies that include spinach. The children enjoy the "cooking shows" and have an opportunity to learn more about the food they are eating and how to prepare kid-friendly, low-prep snacks.

Response to the Program

- The school food service director hears great feedback about the afterschool snack program particularly about the Harvest of the Month Program.
- Through the program, children are eating more fresh fruits and vegetables and they go home and talk to their parents about the new items they tried at school.



FRAC: Year-Round Programs

Model Programs

Summer Meals Program

- Approximately 1,500 students receive breakfast and lunch each day during the summer.
- There are eight summer food sites- all located at schools.
- All of the sites are located in low-income areas.
- Most of the students that attend the meal program are attending summer school but some of them are from the community.

Summer Menus

- The meals served through the Summer Food Service Program are very similar to the meals served during the school-year.
- Most of the meals are served hot and some of the children's favorite lunch entrees include ravioli and beans and cheese burrito. For breakfast, breakfast bagels and waffle sticks are very popular.
- All of the schools in the district have kitchens and most of the food is prepared from scratch.

Process for Serving Summer Meals

- Children go to the school cafeteria to eat breakfast before their summer school classes start and come back after class ends to eat lunch before they go home.
- Each summer food site has two food service staff members working at it.

Funding and Costs

- The food costs for summer lunches are approximately \$1.08 per meal and the rest of the reimbursement covers labor costs.
- The school district is able to operate the Summer Food Service Program each year without losing money.

Challenges and Solutions

- One of the challenges to running the program is letting families know that the meal program is open to all students, regardless of whether or not they are enrolled in summer school.
- The school markets the program to students and parents in the spring so they know the children can receive meals during the summer months and so that summer school students know they should visit the cafeteria before and afterschool to eat breakfast and lunch.

Creative Practices

- The school uses a special touch screen monitor to take meal counts. The computer screen shows pictures of the students by class and the food service staff member just touches the picture of the child going through the line. The program is very user friendly and helps get the children through the line faster.

Response to the Program

- The community really appreciates the fact that the summer food program is open to all children in the area.



FRAC: Year-Round Programs

Model Programs

- The school district is located in a very low-income area and a lot of the students are in foster care, live in shelters or live with families that have very limited resources. The children really look forward to eating breakfast and lunch at the school and their families appreciate the help in stretching their food budgets.
- The school puts a lot of emphasis on scratch cooking and tries to limit the amount of processed food on the menu and this has been very positively received by the students. In fact, the food service department has received letters from children about how much they like the school food and the staff.

For more information, contact:

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