



COOKING for KIDS



Eat with Your Eyes

Increasing participation by focusing on presentation

A little philosophy, a little psychology, a little theory and a whole lot of practice.









***Who has worked in a
restaurant?***



***It's time to rethink
some things.***







The National School Meal Program is one of the world's largest restaurants.

- 
- 12.1 million breakfast customers served each day
 - 30.7 million lunch customers served each day
 - 98,433 outlets nationwide

Why don't we think about school nutrition programs as restaurants?

Why don't we think about school nutrition professionals as chefs?





***When we go to a
restaurant, what do
we expect?***

Making the transition to restaurant quality service:

- Increases participation
- Increases likelihood that students will take AND eat fruits and vegetables
- Helps market the program to staff and community and create buy-in for change
- Increases employee job satisfaction



Restaurant Quality Service

- 
- Menu should sound tempting.
 - Line should be inviting.
 - Space must smell enticing.
 - Food must look delicious.

The service line is your best marketing program.

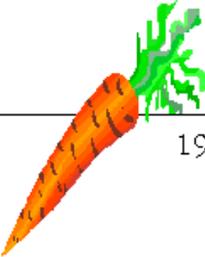
Menu should sound tempting

- 
- Naming is half the battle.
 - Menus shouldn't look clinical
 - Menus should be accessible

Good menus:

- **Highlight ingredients**
- **Tell a story**
- **Are easy to read and understand**

September 2010 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tacos Cheese / Corn Orange Wedges Chocolate Chip Cokie	2 Sub Sandwich Lettuce and Tomato Shoestring Fries Peaches	3 Chicken Nuggets Baked Beans Broccoli Cheese Sauce	
5	6 No School Today	7 Breaded Fish Cole Slaw Hushpuppies Applesauce	8 Sloppy Joe Carrot Sticks Dressing- If Ranch Black Eyed Peas Brownies	9 Country Fried Steak Mashed Potatoes Green Beans Roll	10 Hamburger Shoestring Fries Pineapple Chunks	
12 	13 Pepperoni Pizza Corn On The Cob Tossed Salad Dressing- If Ranch	14 Corndog Baked Beans Broccoli Cheese Sauce	15 Spaghetti and Meat Tossed Salad Peaches Roll	16 Chicken Filet Sandwich Baked Potato Green Beans	17 Cheeseburger Shoestring Fries Carrot Sticks Dressing- If Ranch Peanut Butter Bars	18
19	20 Chicken Nuggets Baked Beans Broccoli Cheese Sauce	21 Sub Sandwich Lettuce and Tomato Shoestring Fries Peaches	22 Tacos Corn/ Cheese Apple Cobbler Chocolate Chip Cookie	23 Sloppy Joe Carrot Sticks Dressing- If Ranch Black Eyed Peas Brownies	24 Pepperoni Pizza Buttered Corn Pineapple Chunks	25
26	27 Healthy Hot Dog Chili Cole Slaw Shoestring Fries	28 Country Fried Steak Mashed Potatoes Green Beans Roll	29 Pepperoni Pizza Buttered Corn Tossed Salad Brownies	30 Chicken Pot Pie Sweet Potato Souffle Biscuit Green Beans		

Monday	Tuesday	Wednesday	Thursday	Friday
DECEMBER LUNCH MENU		 Pizza Munchable w/ Pretzel and Cheese Sauce Side Dish Bar/ Milk Choice 1-Dec	Orange Chicken Pork Riblets Side Dish Bar Milk Choice 2-Dec	Chicken Dinner Teriyaki Beef Strips Side Dish Bar Milk Choice 3-Dec
Italian Sandwich Potato Bar Side Dish Bar Milk Choice 6-Dec	Lasagna Corn Dog Side Dish Bar Milk Choice 7-Dec			
Hard Shell Taco Pigs in a Blanket Side Dish Bar Milk Choice 13-Dec	Pulled Pork Sandwich Chicken Nuggets Side Dish Bar Milk Choice 14-Dec	Pizza Munchable w/ Breadsticks & Yogurt Side Dish Bar/Milk Choice 15-Dec	Turkey Gravy Fish and Chips Side Dish Bar Milk Choice 16-Dec	Breakfast Pizza Southwest Rice Bowl Side Dish Bar Milk Choice 17-Dec
Country Fried Steak Chef Salad Side Dish Bar Milk Choice 20-Dec	Cheese Nachos Chicken Sandwich Side Dish Bar Milk Choice 21-Dec	Pizza Munchables W/ Grilled Cheese Side Dish Bar/ Milk Choice 22-Dec	HAPPY HOLIDAYS! 	



Breakfast Menu

Assorted Cereals With Milk,
Fresh Cut or Whole Fruit, A Bagel or
Muffin. Pancakes w/ Syrup served on
Wednesday
Hot Egg Wrap Served Tuesday &
Thursday



June

Menu Subject to Change



Elementary Lunch



Breakfast
Full Paid \$1.75
Reduced \$3.30
Lunch
Full Paid \$2.50
Reduced \$4.00



EAT HEALTHY



Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

<p>2</p> <p>CRISPY FISH STICKS W/ TARTAR SAUCE BOLOGNA & CHEESE ON WHOLE WHEAT BREAD GREEN BEANS BROWN RICE PILAF FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>3</p> <p>CLASSIC BAKED MACARONI & CHEESE PASTRAMI & CHEESE ON WHOLE WHEAT BREAD STEAMED SPINACH FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>4</p> <p>NEW ENGLAND BROILED COD W/ HERB CRUMB TOPPING OVEN BAKED POTATOES STEAMED CARROTS HAM & CHEESE ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>5</p> <p>SUPER NACHOS W/ SPICY GROUND BEEF, SALSA, CHEESE, LETTUCE TORTILLA CHIPS REFRIED BEANS TURKEY & CHEESE ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>6</p> <p>SICILIAN STYLE NORTH END CHEESE PIZZA MIXED GREENS SALAD TUNA SALAD ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>Cal 604 T.Fat 19.88 G S.Fat 7.1 G Chol 55.1 Mg Sodm 803.95 Mg Carb 77.40 G Fiber 9.8 G</p>
<p>9</p> <p>ALL AMERICAN CHEESE BURGER OVEN FRIES BOLOGNA & CHEESE ON WHOLE WHEAT BREAD GREEN BEANS FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>10</p> <p>CHICKEN CACCIATORE W/ ELBOW PASTA TUSCAN MARINARA STEAMED SPINACH TURKEY & CHEESE ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>11</p> <p>ROAST TURKEY FRICASSEE BUTTERED PASTA STEAMED BROCCOLI ITALIAN COLD CUT ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>12</p> <p>CHICKEN FAJITAS W/ PEPPERS & ONIONS WHOLE WHEAT TORTILLA BLACK BEAN COMPOTE STEAMED CARROTS HAM & CHEESE ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>13</p> <p>SICILIAN STYLE NORTH END CHEESE PIZZA MIXED GREENS SALAD TUNA SALAD ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>Cal 592 T.Fat 15.74 G S.Fat 5.5 G Chol 79.4 Mg Sodm 798.57 Mg Carb 79.65 G Fiber 8.5 G</p>
<p>16</p> <p>CRISPY POPCORN CHICKEN TURKEY & CHEESE ON WHOLE WHEAT BREAD OVEN FRIES STEAMED CARROTS FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>17</p> <p>SOUTHERN STYLE BBQ RIB ON A WHOLE WHEAT ROLL HAM & CHEESE ON WHOLE WHEAT BREAD BROWN RICE PILAF GREEN BEANS FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>18</p> <p>JUMBO HOT DOG IN A WHOLE WHEAT ROLL Peanut Butter/Jelly ON WHOLE WHEAT BREAD OVEN FRIES STEAMED BROCCOLI FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>19</p> <p>SICILIAN STYLE NORTH END CHEESE PIZZA MIXED GREENS SALAD TUNA SALAD ON WHOLE WHEAT BREAD FRESH OR CANNED FRUIT VEGETABLE STICKS</p>	<p>20</p>  <p>Last Day of School Only Breakfast Served Early Dismissal</p>	<p>Cal 681 T.Fat 26.03 G S.Fat 8.2 G Chol 51.9 Mg Sodm 984.74 Mg Carb 86.44 G Fiber 8.6 G</p>



SOUTHWEST GRILL

FAJITAS • QUESADILLAS • TACOS



FAJITA TRIO



CRISPY SHRIMP TACOS

FAJITAS

Served with warm tortillas, house-made pico de gallo, cheese and sour cream. Double up on one of these or choose guacamole.

Try it Cadillac style with rice and black beans. .99

CHICKEN OR STEAK FAJITAS

With grilled onions and peppers. Chicken 11.79
Steak 12.79

FAJITA TRIO

Grilled steak, chicken and spicy garlic and lime grilled shrimp. 14.49

QUESADILLAS

Served with sour cream, house-made pico de gallo and signature dressing.

Add guacamole for .99

BACON RANCH QUESADILLAS

Grilled chicken or steak 9.59

NEW

CHICKEN CLUB QUESADILLAS

With applewood smoked bacon, Fire-Grilled Corn Guacamole, grilled onions and peppers, Jack cheese and ancho-chile ranch dressing. 9.59

TACOS

Served with rice and black beans.

CRISPY CHICKEN TACOS

Three flour tortillas with applewood smoked bacon, tomatoes, cheese, lettuce, honey-chipotle drizzle and ranch dressing. 9.29

CHICKEN CLUB TACOS

Three flour tortillas with grilled chicken, applewood smoked bacon, tomatoes, cheese, lettuce and ancho-chile ranch dressing. 9.29

CRISPY SHRIMP TACOS

Three flour tortillas with tomatoes, cheese, lettuce, honey-chipotle drizzle and ranch dressing. 10.79



BACON RANCH CHICKEN QUESADILLAS

SIDE DISHES

- Homestyle Fries
- Sweet Corn on the Cob
- Black Beans
- Loaded Mashed Potatoes
- Steamed Broccoli
- Cole Slaw
- Mashed Potatoes with Black Pepper Gravy
- Rice
- Cinnamon Apples

JUST FOR KIDS

Each Pepper Pal® meal comes with your choice of entree, side item and drink. Choose one from each section. For kids 12 and under.

ENTREES

- Burger 4.59
- Cheeseburger 4.59
- Cheese Pizza 4.59
- Corn Dog 4.59
- Cheese Quesadilla 4.59
- Kraft® Macaroni & Cheese 4.59
- Little Chicken Crispers® 4.59
- Crispy Chicken Crispers® 4.59
- Grilled Chicken Platter 4.59
- Grilled Cheese Sandwich 4.59
- Grilled Chicken Sandwich 4.59

SIDES

- Mandarin Oranges
- Corn on the Cob
- Corn Kernels
- Steamed Broccoli
- Mashed Potatoes
- Rice
- Fresh Pineapple
- Homestyle Fries
- Cinnamon Apples
- Salad with low-fat ranch
- Celery Sticks with low-fat ranch

DRINKS

- Coke®
- Diet Coke®
- Coke Zero®
- Sprite®
- Dr Pepper®
- Lemonade
- Milk
- Chocolate Milk
- Juice

CHILLIN' FRUIT FREEZERS (Add .99)

- Electric Blue Blast
- Rockin' Tropical Punch

TRY A CHOC-A-LOT SHAKE FOR 2.49!



CRISPY HONEY-CHIPOTLE CHICKEN CRISPERS®

CHICKEN & SEAFOOD

CHICKEN CRISPERS®

Served with corn on the cob, homestyle fries and honey-mustard dressing. 9.59

CRISPY HONEY-CHIPOTLE CHICKEN CRISPERS®

Tossed in our honey-chipotle sauce. Served with corn on the cob, homestyle fries and ranch dressing. 9.59

CRISPY CHICKEN CRISPERS®

Extra crispy chicken with corn on the cob, homestyle fries and your choice of black pepper gravy, BBQ sauce, honey-mustard or ranch dressing. 9.59

MONTEREY CHICKEN®

Topped with BBQ sauce, tomatoes, cheese, green onions and applewood smoked bacon. Served with mashed potatoes with black pepper gravy and steamed broccoli. 10.79

MARGARITA GRILLED CHICKEN

Classic Margarita-flavored grilled chicken with hints of lime and citrus, served with rice, black beans, tortilla strips and house-made pico de gallo. 10.79

CAJUN PASTA

Penne pasta with creamy garlic Alfredo sauce with Cajun spices and topped with Parmesan, tomatoes and green onions. Grilled chicken 10.79
Grilled shrimp 11.99

GRILLED SALMON WITH GARLIC & HERBS

Served with rice and steamed broccoli. 13.99

FRIED SHRIMP

Served with homestyle fries, cole slaw and cocktail sauce. 11.29

ADD SPICY GARLIC & LIME GRILLED SHRIMP OR FRIED SHRIMP TO ANY ENTREE: THREE...3.79 SIX...6.59

SWEET ENDINGS

Shhhh... listen. We're pretty sure one of these is calling your name.

MOLTEN CHOCOLATE CAKE

Topped with vanilla ice cream under a hard chocolate shell. 6.29

FROSTY CHOCOLATE SHAKE

Delicious thick & frosty chocolate shake made with real ice cream. 3.99

BROWNIE SUNDAY

Warm, rich chocolate brownie topped with vanilla ice cream and hot fudge. 6.09

CHEESECAKE

Decadent creamy New York style cheesecake with graham cracker crust. Served over fresh strawberry puree. 5.59

CHOCOLATE CHIP PARADISE PIE®

Chewy bar of chocolate chips, walnuts and coconut. Topped with vanilla ice cream, hot fudge and caramel. 6.09



MOLTEN CHOCOLATE CAKE

CHOCOLATE CHIP PARADISE PIE®

MANGO ICED TEA

BLACKBERRY ICED TEA

BEVERAGES



- Blackberry Iced Tea
- Mango Iced Tea
- Strawberry Lemonade

BOTTLED BEVERAGES



*NOTICE: MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

a reminder:
 Meal Benefit Forms
 are due by 10/9/14.
 Forms should be
 returned to
 Nutrition Cafeteria
 Staff

Christina School District High School Menu
August/September 2014 Menu
Week of 8/25/14 - 8/29/14



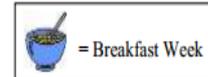
CHS



GHS



NHS



= Breakfast Week 1

Entrées

Grab & Go/Express

Side Choices (served w/any meal)

Monday Meatball Sub
 OR Toasted Cheese

Chicken Nuggets w/Cheez-Its

String Beans
 Baby Carrots w/Lite Dip
 Mixed Fruit Cup or Fresh Fruit
 Milk

Tuesday Cheesesteak
 OR Season's Pizza

Buffalo Chicken Sandwich OR
 Chicken Patty Sandwich

Oven Baked Fries
 Celery w/Lite Dip
 Diced Peaches or Fresh Fruit
 Milk

Wednesday Cheeseburger on Bun
 OR Italian Grinder

Popcorn Chicken w/Dinner Roll

Crispy Roasted Chickpeas
 Garden Tossed Salad w/FF Ranch
 Grape Tomatoes w/Lite Dip
 Chilled Pears or Fresh Fruit
 Milk

Thursday BBQ Chicken Sandwich
 OR Season's Pizza

Chicken Tenders w/Dinner Roll

Mashed Potatoes w/Gravy
 Cucumber Slices w/Lite Dip
 Fresh Apple Slices or Fresh Fruit
 Milk

Friday Cheese Calzone
 OR Hot Ham & Cheese Sandwich

Chicken Patty Sandwich OR
 Spicy Chicken Patty Sandwich

Steamed Broccoli Florets
 Red Pepper Strips w/Lite Dip
 Pineapple Tidbits or Fresh Fruit
 Milk

Daily Offerings:

Deli Bar, Veggie Burger, Fresh Fruit Yogurt & Cheese Platters, Jamwich® PBJ w/Cheesestick & Cheez-Its, Assorted Deli Subs, Salads & Wraps



Line should be inviting



- Clean
- Labeled
- Efficient Flow
- Creativity
 - Food Art
 - Serving Vessels

Excellent Customer
Service Enhances
Guest Experience

- Uniforms
- Greeting
- Information
- Making it
Personal

























Space must smell enticing!

- Chemicals aren't food
- Learn from for-profit companies
 - Auntie Anne's Pretzel Model
- Using herbs and spices are key
 - Realtors' tricks



Food must look delicious



- Colors
- Packaging
- Serving line always looks full















AP Photo/Ted S. Warren













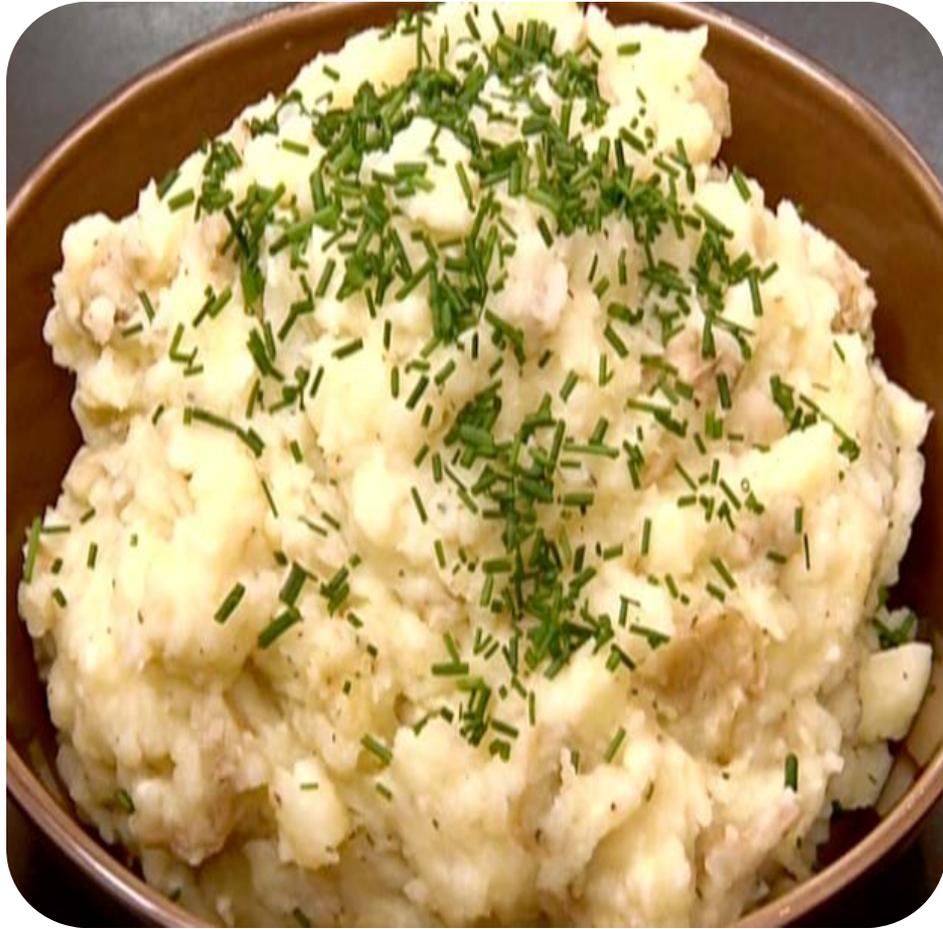














Restaurant Quality Service

- 
- Menu should sound tempting.
 - Line should be inviting.
 - Space must smell enticing.
 - Food must look delicious.

The service line is your best marketing program.

What can you do in YOUR restaurant?

