

Manager's Corner

Food Bars

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NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/
MARKETING

Key Area: 1 Nutrition

Code: 1110 Nutrition Requirements

2019

Institute of Child Nutrition

The University of Mississippi

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PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Suggested Reference Citation:

Institute of Child Nutrition. (2019). *Manager's corner: Food bars*. University, MS: Author.

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February 27, 2019

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Professional Standards

Menu Planning – 1100

Employee will be able to effectively and efficiently plan and prepare standardized recipes, cycle menus, and meals, including the use of USDA foods, to meet all Federal school nutrition program requirements, including the proper meal components.

1110 – Plan menus that meet USDA nutrition requirements for reimbursable meals, including calculating meal components.

Introduction

Manager's Corner: Food Bars is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Food Bars* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

Objective: Identify the value of including food bars as an option for reimbursable meals.

Why it is important: Food bars offer a variety of choices for students to select a reimbursable meal. Food bars can also help to reduce food cost and plate waste because students have the ability to choose their preferred food items.

Materials included in this document:

- **Food Bar Choices Activity**

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the staff:

- **What information is important for a staff to know when a student selects choices from a food bar?**

Answer: The staff must know the food component/menu item provided on the bar, the minimum serving size for each of the components, and what constitutes a reimbursable meal.

- **What are the benefits of including a food bar as a choice for a reimbursable meal?**

Answer: The benefits of including a food bar as a choice for a reimbursable meal are:

- Students are provided a variety of choices.
- Students can select the food they enjoy.
- Students may try new items since they can select a multitude of choices.

Activity: Food Bar Suggestions

Activity instructions:

Assign the staff one of the following food items:

- Black Beans
 - Carrots
 - Broccoli
 - Corn
-
- Allow staff 5-7 minutes to create a list of potential food bar choices for the food item that they were assigned. At the conclusion ask the staff to share their responses. Other food items may be included in their choices.
 - Example
 - black beans: spicy black beans and lentils
 - carrots: carrot and apple salad
 - broccoli: broccoli, tomatoes, and white beans tossed in a ginger vinaigrette
 - corn: oven-roasted corn

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