Improving the Quality of School Meals  
(Strategies and Corresponding Activities)

**Strategy 1: Increase Menu Variety and Choices for Student Selections**
- **Activity 1:** Provide at least 1 (2 or 3) cultural menu option(s) a week (month).
- **Activity 2:** Use food bars or salad bars to provide students with menu variety and choices of at least 2 (3, 4, or 5) fruit and/or vegetable offerings served each day (week).
- **Activity 3:** Make fruit available daily at all points of sale.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

**Strategy 2: Enhance Visual Appeal of Meals at Breakfast and Lunch**
- **Activity 1:** The staff will use garnishes to add color and eye appeal to dishes served daily (weekly).
- **Activity 2:** The manager will utilize quality scorecards daily (weekly) to identify acceptable quality products of each meal prepared to ensure meals meet a set of quality standards.
- **Activity 3:** The manager will ensure the staff does not serve brown, bruised, or otherwise damaged produce on serving lines or salad bars daily.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

**Strategy 3: Enhance Culinary Preparation Techniques**
- **Activity 1:** The manager will incorporate batch cooking within the operation based on the menu offerings to ensure the best appearance, temperature, and texture of food are provided to maintain meal quality.
- **Activity 2:** The staff will prepare menu items using a different culinary technique (i.e., roasting, steaming, sautéing, etc.) each month (semester, etc.).
- **Activity 3:** The staff will incorporate the use of at least 1 (2 or 3) herb(s) and spice(s) to enhance flavor each week to a menu item.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.
Meal Quality Improvement Goal and Action Plan Process

1. **Select the Strategy**
   - Ex. Increase Menu Variety and Choices for Student Selections.

2. **Identify a Corresponding Activity**
   - Ex. Provide at least 1 cultural menu option a week.

3. **Identify who will implement the strategy and the activity. List the name of the school.**
   - Ex. The staff at ABC Middle School

4. **Documentation**
   - Ex. Provide cultural menus and how often are they being provided? How are you tracking this information?

5. **Date of Completion**
   - Ex. By May 30, 2022

6. **Baseline & Expected Outcome**
   - Ex. Baseline Outcome (currently offering)—None
   - Ex. Expected Outcome (target offering)—Once every week

7. **SMART Goal**
   - Ex. By May 30, 2022, the manager at ABC Middle School will provide cultural menu options from none a week to at least once every week to increase menu variety and choices for student selection.

8. **Trainings**
   - Identify 4 Manager's Corners trainings
Meal Quality Improvement Goal and Action Plan

Identify one (1) strategy under Meal Quality that you want to implement in your operation.

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Select an activity that corresponds with the chosen strategy.

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Why did you select the strategy and activity?

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Identify who will be doing the activity and where will the activity take place (name of school)?

____________________________________________________________________________________________________
____________________________________________________________________________________________________

Baseline Outcome: What can you currently measure as it relates to the activity (how often, how many, numbers, frequency, etc.)? This measure will be tracked over time to monitor the progress and show improvement as a result of implementation of the activity.

____________________________________________________________________________________________________
____________________________________________________________________________________________________
Target Outcome: What will you want the change to be as it relates to the activity (how often, how many, measurements, numbers, frequency, etc.)?

Date of Completion: When do you anticipate to reach your goal?

Documentation: What type of documentation will illustrate the accomplishment of the goal (i.e., menus, photos, etc.)? Who will be responsible for developing the documentation to track the measure? How often will you track the measure?

Goal: Write out your goal.

Identify four (4) Manager’s Corner lessons that you plan to train your staff as it relates to your selected strategy and activity.
Improving Student Perception of Meal Quality  
(STRATEGIES AND CORRESPONDING ACTIVITIES)

**Strategy 1: School Environment**
- Activity 1: The staff will maintain a **pleasant, safe, and clean physical environment** daily in the school cafeteria to encourage student participation.
- Activity 2: The staff will **display posters and signs in the cafeteria** each year to promote healthy eating among students.
- Activity 3: The staff will **upgrade one aspect within the cafeteria environment** (i.e., painting walls, seating arrangements, serving dishes, baskets for displays, updated signs, etc.) each year.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

**Strategy 2: Nutrition Education**
- Activity 1: The staff will **provide students with nutrition education** each month (semester).
- Activity 2: The staff will work with the **school/classes to incorporate food from classroom themes/lessons** on the menus each month (semester).
- Activity 3: The staff will **provide nutrition education messages on the website or on menus** each week.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

**Strategy 3: Marketing Efforts**
- Activity 1: The staff will **provide teachers with promotional materials** each month (semester).
- Activity 2: The manager will develop a **student advisory committee** each year.
- Activity 3: The staff will host a **student recipe competition** each year.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.
Student Perception of Meal Quality Goal and Action Plan Process

1. Select the Strategy
   Ex. School Environment

2. Identify a Corresponding Activity
   Ex. The staff will display posters and signs in the cafeteria each month to promote healthy eating among students.

3. Identify who will implement the strategy and the activity. List the name of the school.
   Ex: The staff at ABC Middle School

4. Documentation
   Ex. How often are the signs and posters being changed? How are you tracking this information?

5. Date of Completion
   Ex. By May 30, 2022

6. Baseline & Expected Outcome
   • Ex. Baseline Outcome (currently offering)—None
   • Ex. Expected Outcome (target offering)—3-signs or posters each month

7. SMART Goal
   Ex. By May 30, 2022, the staff at ABC Middle School will display signs and posters in the cafeteria from none each month to at least 3 each month to improve the school environment.

8. Trainings
   Identify 4 Manager’s Corners trainings
Student Perception of Meal Quality Goal and Action Plan

Identify one (1) strategy under Student Perception that you want to implement in your operation.

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Select an activity that corresponds with the chosen strategy.

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____________________________________________________________________________________________________

Why did you select the strategy and activity?

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____________________________________________________________________________________________________

Identify who will be doing the activity and where will the activity take place (name of school)?

____________________________________________________________________________________________________

____________________________________________________________________________________________________

Baseline Outcome: What are you currently doing as it relates to the activity (how often, how many, numbers, frequency, etc.)?

____________________________________________________________________________________________________

____________________________________________________________________________________________________
Target Outcome: What is your target goal as it relates to the activity (how often, how many, measurements, numbers, frequency, etc.)?

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____________________________________________________________________________________________________

Date of Completion: When do you anticipate to reach your goal?

____________________________________________________________________________________________________

Documentation: What type of documentation will illustrate the accomplishment of the goal (i.e., menus, photos, etc.)? Who will be responsible for developing the documentation?

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Goal: Write out your goal.

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Identify four (4) Manager’s Corner lessons that you plan to train your staff as it relates to your selected strategy and activity.
Action Plans Tracking in REDCap

Each action plan will track “what was accomplished” as a result of the implemented activity. This accomplishment will be documented as defined in the action plan above and tracked by the E-STAR participant and uploaded in REDCap!

1. Tracking “what was accomplished” —you can upload multiple trackers over the course of the year.
   a. Upload the tracker
      i. Date uploaded
   b. Upload the tracker
      i. Date uploaded
   c. Upload the tracker
      i. Date uploaded
   d. Upload the tracker
      i. Date uploaded
   e. Upload the tracker
      i. Date uploaded

2. Delivery of Manager’s Corner lessons (4 for each action plan; 8 total for year 1) to frontline staff
   a. Meal Quality Improvement Action Plan Manager’s Corner Topic 1
      i. When did the training happen?
      ii. Who delivered the training?
      iii. How many frontline staff were present at the training?
   b. Meal Quality Improvement Action Plan Manager’s Corner Topic 2
      i. When did the training happen?
      ii. Who delivered the training?
      iii. How many frontline staff were present at the training?
c. Meal Quality Improvement Action Plan Manager’s Corner Topic 3
   i. When did the training happen?
   ii. Who delivered the training?
   iii. How many frontline staff were present at the training?

d. Meal Quality Improvement Action Plan Manager’s Corner Topic 4
   i. When did the training happen?
   ii. Who delivered the training?
   iii. How many frontline staff were present at the training?

e. Student Perception of Meal Quality Manager’s Corner Topic 1
   i. When did the training happen?
   ii. Who delivered the training?
   iii. How many frontline staff were present at the training?

f. Student Perception of Meal Quality Action Plan Manager’s Corner Topic 2
   i. When did the training happen?
   ii. Who delivered the training?
   iii. How many frontline staff were present at the training?

g. Student Perception of Meal Quality Action Plan Manager’s Corner Topic 3
   i. When did the training happen?
   ii. Who delivered the training?
   iii. How many frontline staff were present at the training?

h. Student Perception of Meal Quality Action Plan Manager’s Corner Topic 4
   i. When did the training happen?
   ii. Who delivered the training?
   iii. How many frontline staff were present at the training?