



Special Diets

Amy A'Hearn, RDN, LD, SNS

Director of Food & Nutrition Services

Southeast Polk Community School District

Amy.Ahearn@southeastpolk.org

2016-2017 Demographics

- Student population: approx. 7000
- Free & Reduced: 29%
- Employees: 60
- # of Schools: 11 (8 elementary, 6th grade center, Junior High and High School)
- Programs: NSLP, SBP, Special Milk, Afterschool snack

Participation

- Breakfast 20%
- Lunch 72%

Staff training

- ▶ Train staff on Food Allergies
 - ▶ Back-to-School
 - ▶ Utilize resources from the ICN
 - ▶ Head Cook meetings
 - ▶ Utilize dietetic interns
 - ▶ Work with and talk with staff that prepare the meals



Menu development

- ▶ Develop menus for these allergens
 - ▶ Gluten free
 - ▶ Gluten & Dairy free
 - ▶ Dairy Free
 - ▶ Gluten & soy free
 - ▶ Added to menus this disclaimer:
 - ▶ *We are not a gluten free kitchen. Cross contamination could occur and our department is unable to guarantee that these menu items can be completely free of allergens.*
**
- ▶ Menus are not posted. Sent home with students or emailed to parents

October 2016 GF Southeast Polk Elementary Menu

Breakfast includes choice of:
1 – Entrée
1 or 2 fruits or juice
1 – 8 oz milk
Cereal + string cheese served daily

Lunch includes choice of:
1 – Entrée
1 or 2 vegetables
1 fruits
1 – 8 oz milk

Meal Prices
Lunch \$2.70
Reduced lunch: \$0.40
Breakfast \$1.70
Reduced breakfast \$0.30

Join your child for lunch! Please call the school by 9 a.m. to make your lunch reservation. Guest lunch costs \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
3 GF chicken strip GF roll Mashed potatoes Baby carrots/ GF ranch Strawberries & bananas	4 GF cheese pizza Steamed broccoli trees Red & green peppers strips/ GF ranch Frozen fruit sidekick	5 Walking taco/ GF chips Steamed corn Lettuce/tomatoes/salsa Dried cranberries or cherries	6 Hotdog on GF bun* Lettuce salad Cucumber slices/ GF ranch Orange smiles	7 Cheesy Ram Bread/GF bread Italian dipping sauce Green beans Garden salad/ GF ranch Fruit cocktail
10 GF chicken strip GF roll Mashed potatoes Baby carrots/ GF ranch Diced peaches	11 GF Pepperoni pizza Steamed broccoli trees Fresh zucchini sticks/ GF ranch Apple smiles	12 Beef & cheese nachos/ GF chips Refried beans Celery sticks/ GF ranch Banana GF cookie	13 Cheeseburger on GF bun Tiger Fries Garden salad/ GF ranch Diced pears GF cookie	14 GF waffle Egg patty Potato wedges Dragon juice Rosy applesauce
National School Lunch Week: School Lunch Show your SPIRIT!!!!				
17 Grilled chicken on GF bun Cucumber slices Pineapple tidbits	18 GF cheese pizza Steamed broccoli trees Red & green peppers/ GF ranch Red grapes	19 GF Macaroni & cheese Steamed peas Grape tomatoes Raisels	20 Turkey & cheese sandwich on GF bread French fries Baby carrots/ GF ranch Kiwi smiles	21 Yogurt + GF roll Country trio veggies Garden salad/ GF ranch Mandarin oranges
24 GF chicken strip GF roll Mashed potatoes Baby carrots/ GF ranch Strawberries & bananas	25 GF cheese pizza Steamed broccoli trees Red & green peppers strips/ GF ranch Frozen fruit sidekick	26 Walking taco/ GF chips Steamed corn Lettuce/tomatoes/salsa Dried cranberries or cherries	27 Hotdog on GF bun* Lettuce salad Cucumber slices/ GF ranch Orange smiles	28 Cheesy Ram Bread/GF bread Italian dipping sauce Green beans Garden salad/ GF ranch Fruit cocktail



****We are not a gluten free kitchen. Cross contamination could occur and our department is unable to guarantee that this menu items can be completely free of allergens. ****

*Entrees may contain pork. Menu Subject to change. **Breakfast offered daily: Gluten free cereal/ GF muffin, string cheese, fruit, fruit juice and milk**
USDA is an equal opportunity provider and employer. 2nd choice fruit served daily: Applesauce cups



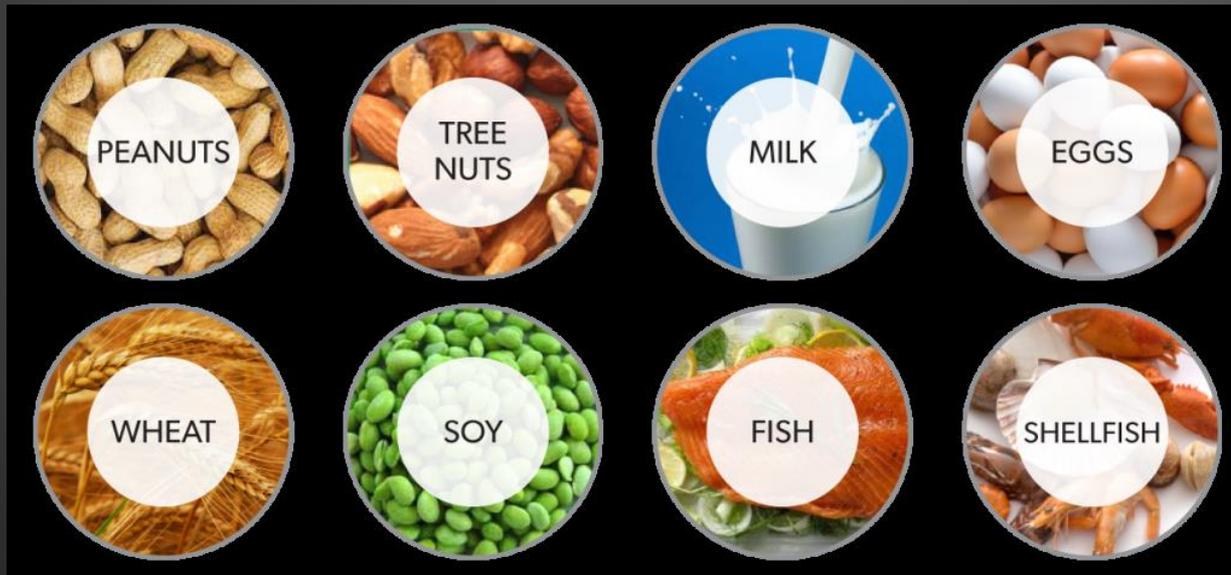
National School Lunch Week: School Lunch Show your SPIRIT!!

A week to celebrate school lunch and the changes that have occurred to make them healthier and better than ever!
Watch your email for a coloring contest!

Wednesday, October 12th is National Bring an Adult to Lunch Day! Join your student and eat school lunch with us Wednesday, October 12th. An adult lunch costs \$3.50. If you plan to join your student, please call the student's school by 9 a.m.

What we do at SEP....

- ▶ Allergens listed on Food Production Sheets
 - ▶ Staff checks to verify
- ▶ Allergen information on cheat sheets



High School Fall Product Cheat Sheet

MB#	Item Description	Brand	Pack size	Serving Size	Svg/cs	Component	Allergens	GF
Beef								
304162	Beef patty	Advance Pierre 69067	15.09#	1	115	2M	S	Y
929660	Beef crumbles	Advance Pierre 8737	40#				S	Y
977980	Salisbury steak	Advance Pierre 9600	100/2.67	1	100	2M	S	
361710	Beef meatballs	Advance Pierre 1-17-505-0	30#	5 meatballs	192	2M	M,S,W	N
WH/303030	Beef shreds	Asian Food Solutions 26002	4/8# bags	3.9 oz	131	2M		
Chicken								
972950	Corndog	Foster Farms 95150	72	1	72	2M, 2B	W,S,E	N
917200	Ballpark Hotdog	Tyson 16720	8--1	1	80	2M		Y
978200	Chicken nugget	Tyson 70364-928	745 piece/cs	7	106	2.8M+1.4B	W,S	N
972500	Chicken patty	Tyson 2154-928	150	1	150	2M+1B	W,S	N
	Chili Fiesta Stix	Fernando's 5229	54/2.9	2	27	2M,2B	W,S,M	N
999790	Crispito	Tyson	72	1	72	1M+1B	W	N
353100	Fajita chicken	Tyson 3522-928	8/4#	2.8oz	228	2M	S	S
970920	Grilled Chicken breast	Tyson 3822-928	60/3.00	1	60	2.25M	2M	Y
	Popcorn chicken	Goldkist 698100	20#	14 pieces(1 scoop)	103	2M + 1B	M, S, W	N
422230	Cinnamon Crisp	GM 48256	120/1.2	1	120	1B	M,W,S	N
964440	Fortune cookie	Green Dragon 79203	400/1oz	1	400	1	W, S	
PB&J								
610235	Uncrustable	Smuckers 5150006960	72/2.6	1	72	1M, 1B	P,W	N
Pizza								
951370	Max Cheese pizza	Congra 100-77387-12584-5	96/4.65	1	96	2m/2b, 1/8 r/o	M,W,S	N
WH/951240	Breaded cheese sticks	Schwans 73338	200/2.1oz	3 sticks	66	3M,3B	M,E,W,S	N
948780	Cheese quesadilla	Conagra Max 12699	96/4.83	1	96	2M,2B, 1/8 veg	M,W,S	N
950390	Deep dish cheese pizza	Congra 100-77387-12514-2	60/5.05	1	60	2m/2b, 1/8 r/o	M,W,S	N
939700	Pepperoni French Bread Pizza	Nardones 60WUMP2	60/5.5	1	60	2M,2B, 1/4 c r/o	W, M, S	N
939690	Cheesy Ram Bread	Nardones 60WGUM2	60/4.5	1	60	2M,2B, 1/4 c r/o	M,W,S	N
951360	Max pepperoni pizza	Congra 100-77387-12585-2	96/4.65	1	96	2M, 2B, 1/8R/o	M,W,S	N
947640	Pepperoni Stuffed crust pizza	Conagra Max 12682	72/4.87	1	72	2M, 2B, 1/8 R/O	M,S,W	N
996260	Mozz Cheese sticks	Rich's 65219	8/3#	5 sticks	85	2M, 2.25B	M,W	N
940180	Pizza Crunchers	Rich's 65225	8/3.1	4	72	2M, 2B	M,W	N
Potatoes								
961400	Swt Potato fries	McCain MCF04566	6/2.5#	2.15 oz	110	1/2 r/o		Y
997510	Swt Potato Crosstrax fries	McCain MCF5074	6/2.5#	2.18	109	1/2 c R/O		Y
	Swt potato Savory fry	McCain 1000004309	6/2.5#	3.09	77	1/2 c R/O		Y
	Curly Fries (seasoned spiral)	McCain 1000004108	6/4#	2.1	183	1/2 c S		Y
356247	French fries	Simplot 10071179221227	6/5#	1.98oz wt	240	1/2 c S		Y
356257	Potato wedge	Simplot 10071179238027	6/5#	2.69oz	178	1/2 S		Y
602650	Mashed potatoes	Basic american 81056	12/30.7 oz	1/2 c	520	1/2c S	M	Y
356267	Tri tators	Simplot 1007117980224	6/5#	2	106	1/2c S		Y
966520	Tater tots	Simplot 10071179004189	6/5#	2.52 oz	190	1/2c S		Y

What we do at SEP....

- ▶ Separate utensils for allergen meal prep
- ▶ Work closely with nurses
 - ▶ Shared google doc containing all food allergen students' information
 - ▶ Nurses make cards for students in elementary buildings that they carry to lunch with them
 - ▶ Signed release during District Online Registration
- ▶ Diet modification forms

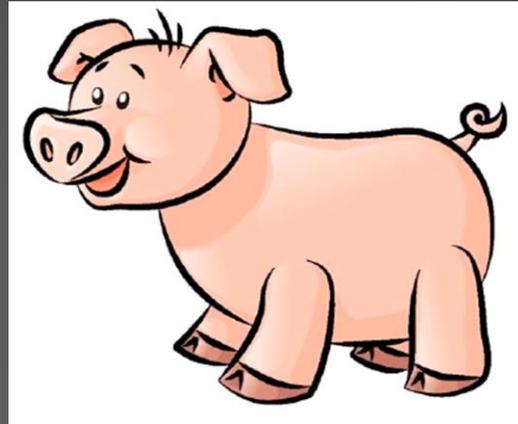
Nurses shared file

Last Name	1st Name	Grade	Allergy	Disability (Y or N)	Notes	Eat lunch (yes or no)	Form Rec'd - Nurse	Form Rec'd - FS	Epi Pen	Contact information (Phone, email)
[REDACTED]	[REDACTED]	1	Costco (Kirkland) fruit snacks	no	has had other fruit snacks with no problems		no need		No	[REDACTED]
[REDACTED]	[REDACTED]	1	Gluten	Yes	Celiac	Yes	Yes	Y	No	[REDACTED]
[REDACTED]	[REDACTED]	1	Lactose intolerant	no	Mom will provide lactose free milk for him, no ice cream but otherwise no dietary restrictions		no need	Y	No	[REDACTED]
[REDACTED]	[REDACTED]	1	Tomatoes	No	No pizza sauce, ketchup, BBQ sauce, spaghetti sauce, some flavored crackers, baked beans, etc.		Yes	y	Yes	[REDACTED]
[REDACTED]	[REDACTED]	1	Apples	No	Cannot have apples.	yes	Yes		No	[REDACTED]
[REDACTED]	[REDACTED]	2	Gluten	Yes	Celiac	Yes	Yes	Y	No	[REDACTED]

Non-allergy avoidance

- ▶ Ethnicities

- ▶ Pork
- ▶ Beef



- ▶ Work with our EL teachers

- ▶ NSLP education
- ▶ Answered their questions
- ▶ Resource



Questions

