

## Healthy Changes at Champ's Cafe

as of November 2011  
Charlotte County Public Schools  
School Food Service Program

The mission of the School Food & Nutrition Services Department is to support the district's vision of **Student Success!** by providing nutritious, high quality food choices that are attractive, reasonably-priced, and served in a safe, sanitary and customer-friendly environment so students develop lifelong healthy eating habits.

### **We at Champ's Café have made the following nutritional improvements to our program:**

#### **Breakfast**

- eliminated chocolate milk as a choice at all levels at breakfast; offer both “fat-free” white milk and 1% lowfat white milk
- increased protein items as choices, such as scrambled eggs, sausage, bagel sandwich with egg/cheese, ham/cheese, egg/ham
- eliminated highest carbohydrate/highest sugar content breakfast cereals as choices
- increased the choices of reduced-sugar breakfast cereals
- increased the choices of whole grain breakfast cereals
- offer reduced-fat, whole grain muffins
- offer oatmeal every day at every school to students and adults as part of the breakfast meal or ala carte

#### **Lunch**

- offer fresh fruit and canned fruit in natural juice or light syrup
- increased portion size of fresh fruit and vegetables servings
- increased quantity of servings of vegetables as part of the meal (1 required by USDA; Champ's Cafe offers and encourages 2 different vegetables per day per customer)
- increased variety of raw, steamed and cooked vegetables, such as fresh relish cup of broccoli, carrots, cucumber & tomato, salsa, cole slaw, broccoli, green beans, corn, spinach, beets, carrots, mixed vegetables, peas, sweet potatoes, cabbage, California Blend, peas and carrots, etc.
- increased legumes: kidney beans, baked beans, chickpeas, refried beans, soybeans, etc.
- prepare vegetables, rice, etc. with Butter Buds\* instead of margarine or butter
- add spinach to the lettuce mix for all chef salads as a Vitamin A, K and iron source
- offer raisins as an extra fruit to all customers as an iron-source
- created **nut-free** Champ's Cafe kitchens as needed for student allergies

School Year 2011/2012: 18 of 20 kitchens/serving lines are nut-free: Sallie Jones, Peace River, Charlotte Harbor Center, Baker Center, East Elementary, Neil Armstrong Elementary, Meadow Park, Vineland, Liberty, Myakka River, Deep Creek, Kingsway, Punta Gorda Middle, LA Ainger Middle, Murdock Middle, Charlotte High, Port Charlotte High and The Academy. ***Port Charlotte Middle and Lemon Bay High School may offer products containing nuts.***

- switched to reduced fat, sugar and salt USDA standardized recipes in 1989
- and then switched to revised reduced fat, sugar and salt USDA standardized recipes in 2004
- switched from peanut butter sandwiches to turkey sandwiches at elementary schools to reduce fat
- develop customized menus for students with food allergies, food intolerances, health needs or religious preferences
- developed vegetarian offerings such as: Vegetarian wraps and sub sandwiches, Gardenburgers, meatless pasta, bean & rice burrito, cheese pizza, yogurt, garden salad, etc.
- developed nutrition guidelines in alignment with the Institute of Medicine and President Clinton's Alliance for a Healthier Generation to evaluate ala carte products before they are selected to offer to students
- removed unrestricted access to salt shakers and butter (1990)
- eliminated daily desserts
- eliminated frying from all sites (1998)
- eliminated whole milk as a choice except for customers under age 2
- offer fat-free white milk, 1% lowfat white milk and fat-free chocolate
- offer Lactaid milk and calcium-fortified juices to customers who cannot drink milk due to lactose intolerance
- reduced the number of times potatoes are offered each week
- switched from potatoes to tossed salad for pizza food courts and from potatoes to steamed rice at chicken nugget food courts
- offer whole wheat sliced bread and buns
- freshly-baked whole grain yeast-raised rolls and cinnamon rolls
- control portion size of condiments such as mayonnaise and ketchup
- offer choice light and fat-free salad dressings such as FatFree Raspberry Vinaigrette, FatFree Ranch, FatFree Honey Dijon and Lite Italian
- reduced portion size of bottled sports drinks offered (now 12 oz.) at secondary schools
- reduced portion size of Champ Chiller beverages offered (now 12 oz. in 16 oz. cup) at secondary schools
- eliminated offering sports drinks at elementary schools
- increased offerings of low calorie sports drinks at high schools
- eliminated regular ice cream products changing to low fat and nonfat frozen products

- offer nutrient-dense Nutri-Grain fruit bars
- reduced portion size of cereal bar offered at elementary schools and at middle schools
  - eliminated cookies sold ala carte to elementary students
  - eliminated brownies, previously sold ala carte to high school students
  - reduced portion size of cookie offered to middle school students
  - limited cookies and bars to one (1) to middle school students
  - often offer reduced-fat cookies at all levels
- create healthy menus to reflect USDA federal meal standards for each age level: calories, protein, Vitamin A, Vitamin C, calcium, iron, % of calories from total fat, % of calories from saturated fat, and the 2010 Dietary Guidelines for Americans
- reduced sodium by offering unsalted chips as part of nachos entree

### **Healthy Choices:**

- offer daily choices to elementary students: fruit, ChampPack (turkey or turkey ham, cheese & crackers), turkey deli sandwich, chef salad, yogurt and cheese in addition to menued entrees: pizza, beef or chicken nuggets, nachos, soft taco, beefaroni, baked chicken, etc.
- offer daily choices to all eligibilities of middle school students at four or more food courts: pizza, hamburger, chef salad, turkey or ham deli sandwich and plain or spicy chicken fillet, in addition to the menued entrees such as pasta, chicken nuggets, meatball sub sandwich, roast turkey, baked chicken, grilled cheese, nachos, etc.
- offer daily choices to all eligibilities of high school students at six (Lemon Bay), ten (Port Charlotte High) or eleven (Charlotte High) food courts, such as chef salad, chicken nuggets, country steak, roast turkey, chicken fajita, pizza, wraps, sub sandwiches, breaded, spicy, and grilled chicken fillet, hamburger, etc.

### **In addition to the nutritional improvements made to meals, we at Champ's Café:**

- provide for the customer to receive a full meal of their choice when they do not have lunch money
- provide meals for students who are going on a field trip
- host parent luncheons at elementary schools
- host sports and special event banquets at elementary, middle and high schools

- offer special breakfasts to students being tested during FCAT week
- provide nutritious snacks for meetings and events
- partnered with Murdock Middle's media specialist Gary Helinski and his WMAR-TV students to develop a food safety video, "Choking is Dangerous", to help students and staff understand the dangers of choking and how to rescue a choking victim
- promote nutrition and wellness via the district website ([www.yourcharlotteschools.net](http://www.yourcharlotteschools.net)) and through monthly back-of-menu messages to elementary and middle school customers
- post nutrient facts information at each Champ's Café
- provide carbohydrate counts and the glycemic index for reference for school nurses and parents to assist customers with diabetes
- expanded the quantity and variety of fresh fruits and vegetables offered through using \$100,000 of Department of Defense produce annually
- promote selecting and eating nutrient-dense vegetables with annual "Vitamins in Veggies" Week and a district-wide contest for "Veggie Mania Day" each January
- promote world peace through "Give Peas a Chance" Day in May
- promote breast cancer awareness through "Wear Pink" day each October and heart disease awareness through "Go Red!" day each February
- promote the importance of breakfast through Florida School Breakfast Week and National School Breakfast Week, healthy school lunches through National School Lunch Week
- promote good manners through "Good Manners" week during "Pay it Forward" month (April)
- sponsored "Jump with Jill" show for 5 schools featuring "The Rockstar Nutritionist", Jill Jayne, R.D.
- implemented an online "paperless" free/reduced-price meal application process for parents so their children can obtain breakfast and lunch meal benefits: **champs.mycharlotteschools.net**
- pursued "going green" with green products for laundry and cleaning as well as reducing paper and plastic usage for all L.E.E.D. schools built after 2005
- apply HACCP, Hazard Analysis of Critical Control Points, sanitation standards for receiving, storing, thawing, preparing, cooking, holding, serving, cooling down, storing and re-thermalizing
- maintain a well-trained staff at 20 school kitchens: 48 of 165 staff members are state certified professional food managers, 15 are nationally certified through the School Nutrition Association and 3 supervisors are School Nutrition Specialists, a national credential

**We at Champ's Café comply with all local, state and federal guidelines and requirements:**

### audit compliance:

- summer feeding program monitoring conducted every summer
- summer feeding program audit conducted every 3 years
- annual financial audit through state of Florida's office of the auditor general
- annual USDA commodity inspection
- comprehensive USDA commodity audit every 4 years
- CRE and SMI federal audits conducted through the state of Florida Dept. of Education Food and Nutrition Management section every 5 years (meal counts, free/reduced meal application approval, nutrients per meal tested)
- annual review of every site-based program by local food & nutrition services department to meet state requirement

### inspections:

- periodic review by local Health Department sanitarians as required by state statute; these inspection reports are published on the district website ([www.yourcharlotteschools.net](http://www.yourcharlotteschools.net)) via a link on each school's home page and the Champ's Cafe home page
- annual review by Florida's Department of Education SREF, State Requirements for Educational Facilities
- annual review of facility by local Fire Department inspectors
- annual inspection of all fire extinguishers
- semi-annual inspection of kitchen hood suppression systems
- bi-annual inspections of boilers for steam equipment

This list was created by Terri Whitacre,  
Director of Food & Nutrition Services  
and the Champ's Café Supervisory and Managerial Staff

\* Butter Buds are natural butter concentrates that are produced by liberating the fatty acids in butterfat, then encapsulating into a water soluble powder by spray drying. One unit of Butter Buds® yields the flavor strength of 8 to 80 units of butter. Low fat content, and very low applications levels mean that this ingredient contributes negligible fat to final formulations while delivering highly concentrated flavor in convenient powdered form. These natural dairy concentrates deliver up to 400 times the flavor strength of standard dairy ingredients, and are used at extremely low application levels (usually less than 1.0%). At typical application levels, they contribute less than 0.1% fat.