School Nutrition Industry Conference 2020
Bringing Customization and International Fare to School Cafeterias
Lisa Johnson MS, RD, SNS
Ideas@Work education sessions are intended to inspire and encourage innovation in school nutrition through peer-to-peer learning and engagement.
Affiliation or Financial Disclosure

• Lisa Johnson MS, RD, SNS, Director of Nutrition Services
• Highline Public Schools
  • Nothing to disclose
The Big Idea

• Culturally relevant menus for our diverse student population

• Our inspiration: Working with our student group, FEEST (Food Empowerment Education Sustainability Team)

• Our approach: 1. Meet with FEEST group
                     2. Partner with other students on ideas
                     3. Host taste test with recipe ideas and promote a Try It Tour with top recipes
                     4. Work with FEEST to market new recipes
A Bit About Our District

• Highline Public Schools, Seattle, Washington (near SeaTac airport)
• 18,500 enrollment
• 66% Free/Reduced
• Offer breakfast, lunch, FFVP, afterschool snacks and summer meals
• Our district has been working on equity, providing a symposium to all staff, and has an updated equity policy. Encourage employees, students and community to talk about how this topic can be woven into our every day lives. We are working to promote a menu that is relevant to our diverse student population.
• Our district has onsite cooking and baking which lends to flexibility for more options with recipe testing.
Planning

• The process
  • Where did we start? Talking to our students, staff and community about possible menus/foods to incorporate into our school menus.
  • Stakeholders/partners we needed to convince: Kitchen staff and student groups. The student groups were a great first step as they helped us to think out of the box.
  • Obstacles we needed to overcome: Procuring new food items/ingredients, Process for Standardizing Recipes, Kitchen staff acceptance and participation numbers.
  • Research we needed to gather: Menus/foods that could be logistically offered district-wide without reducing participation numbers.
Implementation – How We Did It

• Created a process to test recipes
  • Utilized student groups and dietetic interns
  • Added a ‘Try It Tour’

• Took 3-4 months

Example: Met with Student group in January. They presented recipe ideas for Harvest of the Month in March.

January to March:
• Jan: Students completed standardized recipes and they were checked for accuracy and meal contribution.
• Feb: Cooks recreated the recipe and performed a Taste Test at one site
• March: Items well received during Taste Testing were added to a district wide ‘Try It Tour’
  • If well received during the ‘Try it Tour’, item was added to the monthly menu.
FEEST Recipes on the Menu

• Try it Tour
  student developed recipe

Provide sample of new recipe with lunch
Implementation – What We Did

• Test recipes initially and then offer on menu as a Try It Tour
Planned a student taste test for 4th graders at Seahurst Elementary

Partners:
- Vendors & Brokers (Foster Farms, General Mills, JTM)
- FEEST
- WSU Food $ense
- Dairy Council

Provided a variety of foods for students to try. New products from vendors and homemade scratch menu ideas. Students completed surveys and turned them in.

Roasted Orange Cauliflower
FEEST

SUMMER BERRY SALAD
WITH BLUEBERRY VINAIGRETTE

TRY IT TODAY AT LUNCH!

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Taste Test with 3rd Graders at Shorewood Elementary

Chicken Pho with Fresh Toppings – Lime, Cilantro, and Basil
Chicken Pho – Noodle Prep

[Images of noodle preparation and children eating Chicken Pho]
Chicken Bahn Mi Sandwich with Homemade Pickled Veggies

First Taste Test with our Staff at leads meeting

Served on Summer Menu!
Spice up your Grain Recipes

Caribbean Rice & Beans

Tex Mex Quinoa

Vietnamese Quinoa
Tofu Yakisoba
Chicken Burrito Bowl
Chili Cheese Tamale
Student Feedback
Customizable Meals

• Street Tacos
  • Lime
  • Avocado
  • Cilantro
  • Homemade Pickled veggies

• Pizza Topping Bar
  • Spinach
  • Pineapple
  • Basil
  • Sliced Bell Pepper
  • Arugula
  • Roasted Tomatoes
  • Red Chili Pepper Flakes
Customizable Meals

- Chicken Pozole Soup
  - Sliced Cabbage
  - Sliced Radishes
  - Cilantro
  - Tortilla strips
Customizable Breakfast too.....
Recipe Development

• Chicken Torta

Process started Oct 31st →
Tested a Torta bread recipe. (2nd test required to determine proper size for meal contribution)
Served 2nd test to students as an entrée choice and collected feedback
Next test will include one service area (about 9 schools).
If the product is well received, we will add it to our menu.
# Recipe: Caribbean Rice Bean

**Caribbean Rice and Beans**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>1/2 bag rice - 15 cups</th>
<th>Full bag rice - 30 cups</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>2 lbs</td>
<td>4 lbs</td>
<td>8 cups</td>
</tr>
<tr>
<td>Onion, diced</td>
<td>1 cup</td>
<td>4 cups</td>
<td>1 lb</td>
</tr>
<tr>
<td>Garlic, minced (PG)</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1/2 lb</td>
</tr>
<tr>
<td>Rice, Brown, dry (PG)</td>
<td>6 cups (3x)</td>
<td>12 cups (6x)</td>
<td>1.5 lb</td>
</tr>
<tr>
<td>Bay Leaf (PG)</td>
<td>1 tsp</td>
<td>2 leaves</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Thyme (PG)</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Black Pepper, ground (PG)</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>5 cups</td>
<td>10 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Coconut Milk (PG)</td>
<td>5 cups</td>
<td>10 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Red Beans, Kidney</td>
<td>3 cups</td>
<td>6 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Salt (PG)</td>
<td>1/4 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
</tr>
</tbody>
</table>

**Preparation Notes:** 1 cup dry brown rice = 3 cups cooked. PC's send 10 cups dry rice per bag. PC's will send rice mixed with bay leaf, thyme, black pepper and salt. PC's will also send 2 cups mixed park and coconut milk. Satellites - please order sliced onion and kidney beans.

**Contribution to Meal Pattern Requirement:** 1/2 cup = 1 grain Elementary | 1 cup = 2 grains Secondary

**OVEN TEMPERATURE:** Steam or 350°F

**RECIPE:**

<table>
<thead>
<tr>
<th>PAN SIZE</th>
<th>DRY MEASURE</th>
<th>OVEN TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4&quot; pan</td>
<td></td>
<td>Steam</td>
</tr>
</tbody>
</table>

**BAKE TIME:** 45 min

**SERVING SIZE:** 1/2 cup Elementary | 1 cup Secondary

**YIELD:** 500 per Elementary | 1,000 per Secondary

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Place liner in 4" pan. Above is Brown Rice with seasoning and bay leaf. Next picture is onion, garlic and oil on half sheet pan. Bake in the oven at 350°F for 5 minutes, or until softened and fragrant. Watch the garlic and make sure it doesn’t burn.
Recipe: Chicken Pho

**Chicken Pho - Production Kitchen**

**Recipe:** Chicken Pho  
**OVER TEMPERATURE:** N/A  
**PAN SIZE:** N/A  
**AMOUNT PER PAN:** 8 cups  
**SERVING SIZE:** 8 oz.  
**YIELD:**  

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>VOLUME</th>
<th>WEIGHT</th>
<th>MEASURE</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, chicken</td>
<td>1 lbs.</td>
<td>43 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Tapioca Starch (40% P.S.)</td>
<td>7 oz.</td>
<td>110 ml</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Cinnamon Sticks</td>
<td>16 oz.</td>
<td>10 lbs.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>F.S.A. 86080 (Coarse Fire)</td>
<td>16 oz.</td>
<td>10 lbs.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>White Rice</td>
<td>1 lb.</td>
<td>16 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Black Pepper, ground</td>
<td>1 tsp.</td>
<td>1/2 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Chicken Stock:</td>
<td>1 gal.</td>
<td>8 quarts</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>F.S.A. 86090 (Fine Fire)</td>
<td>1 gal.</td>
<td>8 quarts</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Soy Sauce</td>
<td>1/2 cup</td>
<td>4 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Yield:</strong></td>
<td>10 gal.</td>
<td>80 quarts</td>
<td></td>
<td></td>
</tr>
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</table>

**Preparation Notes:** Toppings include Shrimp, Chives, Lime wedges, Hot Sauce (1 cup), Cold Fresh Jalapeno (half) and Cilantro (10 sprigs) with 1 grain cracker or grain salad on a side. Soup will be served with Chinese Egg Fried Tofu instead of grains. Grain salad on a side.

**Recipe: Chicken Pho - Satellites**

**Recipe:** Chicken Pho  
**OVER TEMPERATURE:** N/A  
**PAN SIZE:** 8 oz.  
**AMOUNT PER PAN:** N/A  
**SERVING SIZE:** N/A  

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>VOLUME</th>
<th>WEIGHT</th>
<th>MEASURE</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisket, Browned (Skin on)</td>
<td>1/2 lbs.</td>
<td>8 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Cilantro leaves</td>
<td>1 bunch</td>
<td>2 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Scallions, white</td>
<td>1 bulb</td>
<td>1 lb.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Shallots</td>
<td>1 lb.</td>
<td>16 oz.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Chicken broth</td>
<td>1 kg</td>
<td>2 lbs.</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Yield:</strong></td>
<td>8 oz.</td>
<td>1/2 lb.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Preparation Notes:** Toppings include Brussel Sprouts, Lime wedges, Hot Sauce (1/2 cup), Cold Fresh Jalapeno (half) and Cilantro (10 sprigs) with 1 grain cracker or grain salad on a side. Soup will be served with Chinese Egg Fried Tofu instead of grains. Grain salad on a side.

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Somali Spaghetti – Parent inspired Recipe

OCTOBER 2019
It’s Farm to School Month!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
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</tbody>
</table>

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# March 2018

## Elementary

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harvest of the Month: Grains</td>
<td><strong>Try It Two!</strong> Curry Split</td>
<td><strong>Try It Two!</strong> Curry Split</td>
<td>Breakfast: Pan on a Stick</td>
<td>Breakfast: Pan on a Stick</td>
</tr>
<tr>
<td>Whole wheat is packed with fiber. Fiber keeps things moving in your body and keeps your heart happy!</td>
<td>Thursday March 28th</td>
<td>Thursday March 28th</td>
<td>Lunch: Galaxy Cheesy Pizza</td>
<td>Lunch: Galaxy Cheesy Pizza</td>
</tr>
<tr>
<td>Lunch: Galaxy Cheesy Pizza</td>
<td>Breakfast: Berry Apple Crisp Bar</td>
<td>Breakfast: Berry Apple Crisp Bar</td>
<td>Breakfast: Blueberry Oatmeal</td>
<td>Breakfast: Blueberry Oatmeal</td>
</tr>
<tr>
<td></td>
<td>Lunch: Chicken Alfredo</td>
<td>Lunch: Chicken Alfredo</td>
<td>Lunch: Chicken Alfredo</td>
<td>Lunch: Chicken Alfredo</td>
</tr>
<tr>
<td></td>
<td>Garlic Toast</td>
<td>Garlic Toast</td>
<td>Garlic Toast</td>
<td>Garlic Toast</td>
</tr>
<tr>
<td></td>
<td>Yogurt</td>
<td>Yogurt</td>
<td>Yogurt</td>
<td>Yogurt</td>
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<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Results

• What were the results? Pairing new menu item with a favorite menu as the second choice was a best practice to maintain ADP.

• What went well? The more we worked on recipes, and included our staff and students, the more acceptable our outcome.

• What surprised us? That the students were excited and acknowledged that what we were serving represented something they had at home or were familiar with outside of the school environment. Sometimes our staff didn’t plan on enough of that choice and kids would be disappointed. They sometimes think those are the menus that won’t be popular and we’ve been surprised that they are more popular than we originally believe.

• What needed improvement? More attention to our process; getting more buy-in from our staff
Your Turn

• **Recommendations for what not to do:** Don’t make assumptions about any particular culture. This is why it has been important for this to be student-led and student-tested. It’s been more of a partnership and we’ve learned a great deal from them.

• **Tips:** Engage your staff to be open to trying new foods and recipes. This effort took significant time, but they could see how students and staff were receptive and positive. Ensure that a good process is in place for testing. Often times, we may have rushed the steps and made it more challenging for staff so try not to take shortcuts.

• **Recipes:** A couple recipes featured in this presentation are available if interested or email me (email address on last slide.)
Closing Thoughts

FOOD is the ingredient that binds us TOGETHER

www.etenvolgensmj.com
Your Input is Critical!

Evaluate this session using the #SNIC2020 App
Thank you!
Lisa.Johnson@highlineschools.org

@HighlineEats