SAU7
SCHOOL ADMINISTRATIVE UNIT 7

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Dear Families, Students and Staff,   April 2, 2025

Thank you to those who completed the Food Service Survey in March 2025. There were a total of 113 responses from all three SAU 7 schools-Colebrook Academy & Elementary, Pittsburg School and Stewartstown Community School.

Here is a brief summary of the responses-

Do you participate in the breakfast program? 65.5% Said No, 23.9% Said Yes

Do you participate in the lunch program? 53.1% Said Yes, 29.2% Said No

What are the main reasons that you participate? 45.1% Availability , 27.4% I don't participate, 21.2% Menu Options, , 17.7% Price

What are some of the reasons why you don't participate?

5 respondents stated that they eat breakfast at home

6 respondents stated that they bring their own lunch

Diet restrictions – If the student has a documented allergy on file with the school nurse, we are required to provide an alternative option.

Too expensive for students and staff – We are required to complete a PLE pricing tool annually which lets us know the minimum amount we have to charge. For staff, we have to take the cost of the food and ensure the pricing covers the cost.

Breakfast is too sugary, things are highly processed – Cinnamon buns and breakfast cookies are all prepared homemade and are not pre-packaged. Our maple syrup is real, local maple syrup and not store bought. Donuts are whole wheat. Items that are not homemade are cereal, bagels, French toast sticks, waffles, and pancakes. Some schools do make their pancakes homemade. Pizza crust, cheesy bread sticks and rolls are all homemade.

Mission Statement
To prepare all SAU 7 students for success in whatever path they choose.

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Salt, sugar, flour, USDA foods restrictions – We must follow USDA guidelines regarding the restrictions set forth by them. When menus are created daily the system will notify if the intake of sugar or sodium is above the requirement. If so, it must be reduced. We are required to use at least 60% wheat flour with the remainder being white. We are required to use whole wheat pasta, breads, bagels, grinder rolls, hoagie rolls, hamburger rolls, hot dog rolls and english muffins. Some of the foods that we have to purchase through USDA are pasta, which is whole wheat, rice that is whole wheat, canned fruit must be in 100% juice, meats such as chicken and hamburger are a maximum of 20% fat. All of our cheese also comes from USDA (mozzarella, cheddar, and american) which comply with the salt restrictions.

<u>What are some of your favorite items on the menu?</u> Pizza (23), Cheesy Breadsticks (15), Pancakes (8), Salad Bar (6), Macaroni and Cheese (6),Burger (5), Chicken Nuggets (5), Wraps (5), Cinnamon Rolls (5), Nachos (5)

<u>What menu items would you like to see added?</u> Strawberry Milk (5) *We only offer this on holidays as the state only allows 2 kinds at one time. Steak, grilled chicken, chicken parmesan, baked potatoes, cold taco salad, quesadillas, steak and cheese sandwiches, cottage cheese and desserts

We will try to incorporate some of the items in our menus next year, with the exception of more desserts (we currently offer them once a month during our birthday celebration but can't offer it more frequently than that).

<u>What is Offer versus Serve that is in each school?</u>

For breakfast each student must take 4 components (Example- breakfast cookie, juice, ½ cup fruit (or 2 fruits and no juice) and ***milk**)

 For lunch each student must take 3 components (1 component must be ½ cup of fruit or ½ cup of vegetable- Example – hamburger, salad bar (1/2 cup), ½ cup fruit)

NOTE- Students are not required to take milk for <u>**lunch**</u> if they have met all 3 components without a milk but they *<u>**MUST always**</u> take a milk during breakfast

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<u>What options are there for Offer versus Serve daily? Breakfast</u> – they can choose between the following:

Cereal with animal crackers

Bagel with cream cheese

Yogurt Parfait

Or Main Meal

<u>What options are there for Offer versus Serve Daily? Lunch</u> – they can choose between the following:

Main Meal

Yogurt Parfait

5 different sandwiches (ham or turkey or sun butter with cheese stick or sun butter/jelly with cheese stick or sun butter/fluff with cheese stick)

Chef Salad

Daily available for all grades – Salad bar (for most grade levels at most locations), fruit

High School Only – Express Meal option also which is cheeseburger with fries for example OR 2 Pizza Options OR a daily special

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<u>What are the portion sizes?</u>

Meat is 2 ounces for Elementary/Middle School and 3 ounces for High School/Adults

Vegetables – ½ cup for all grade levels (Adults can take as much as they want from the salad bar)

Fruit – ½ cup for all grade levels

Casseroles – 6 ounces for Elementary/Middle School, 8 ounces for High School/Adults

Pizza – 8 slices per pan for Elementary/Middle School and 6 slices per pan for High School/Adults (1 slice served for each)

Sandwiches – 2 ounces of meat and 1 ounce of cheese for all grade levels, the Sunbutter sandwiches come with a cheese stick on the side

Parfaits – 4 ounces of yogurt and 2 ounces of fruit (breakfast only) 6 ounces of yogurt and 4 ounces of fruit (lunch only) with homemade granola on both

Thank you again for your participation in the survey and if you have any further questions, please don't hesitate to contact us at the email addresses listed above.

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