



Interactive Menu Planning Discussion

SNA OF OHIO EXPO & EDUCATION EVENT
TUESDAY, SEPTEMBER 30
2-3P

Introductions

Industry Perspective

- ▶ Alison Jordan
 - ▶ Moderator
 - ▶ alisonjordan@jtmfoodgroup.com
- ▶ Alyssa Hills
 - ▶ JTM Food Group, Manufacturer
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- ▶ Holly McGarry
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Operator Perspective

- ▶ Stephanie Dyehouse
 - ▶ Cincinnati Public Schools
 - ▶ dyehouse@cpsboe.k12.oh.us
- ▶ Amy Uecker
 - ▶ Lebanon City Schools
 - ▶ Uecker.amy@lebanonschools.org

RTS vs. Speed-Scratch vs. Scratch Cooking

Speed-Scratch food preparation incorporates value-added food products with additional ingredients and utilizes minimal production steps to produce student approved recipes. – Institute of Child Nutrition

- ▶ Value-Added Foods: pre-cooked, pre-cleaned, pre-seasoned foods
- ▶ Additional ingredients: fresh, frozen, canned, dry ingredients
- ▶ Assembly: minimal, basic equipment to incorporate ingredients into recipe

Call to Action: What does scratch or speed-scratch mean to you?

Goal: Take one step at a time



Menu Planning Survey Feedback

Survey: 50 OH K12 School Nutrition Programs

Breakfast

- New ideas!
- Meeting sugar requirement
- Not IW and cost-effective
- Grab & Go with less sugar, high protein
- Breakfast in the classroom ideas

Lunch

- Culturally diverse menus for pre-K and beyond
- Easy, Realistic, Modern recipes
- New ideas to add appeal to vegetables
- Speed-scratch & scratch recipes
- Grab & Go Options
- USDA Food utilization

Menu Planning

- Portion sizes between grade levels
- Easy to execute when down staff, simple recipes
- Ways to streamline for ease & planning
- Cost-effective
- Add variety, but maintain cycle menu
- What's new and trending?



Objective

- ▶ One ingredient multiple ways
- ▶ Utilizing existing inventory
- ▶ Build confidence with staff and familiarity with products
- ▶ Increase inventory turnover rate
- ▶ Incorporating USDA Foods for Cost-Effective Entrees
- ▶ Increased program appeal and elevated reputation
- ▶ **Goal**: Serving healthy, nutritious, cost-effective meals to students to increase program participation.

District Demographics: Cincinnati Public Schools, OH



Departmental Statistics

- ▶ Total Enrollment: **33,515**
- ▶ Average Daily Participation: **B-52% L-74%**
- ▶ Number of Staff: **275**
- ▶ Number of Buildings: **65** + several satellite
- ▶ CN Program Participation: **SBP, NSLP, ASSP, SFSP,**
- ▶ F/R Rate or CEP Status: **91%:**
 - ▶ **62** CEP Sites
 - ▶ **3** non-CEP Sites

Meal Service Statistics

- ▶ Operate Central Kitchen or meal prep on-site? **On-Site meal prep**
- ▶ Standard Equipment Available in Kitchens: **Convection ovens, steamer, steam kettle jacket, dish washer, freezers/coolers**
- ▶ Meal Prep Style: **Semi Scratch, IW Breakfast, pre-cooked proteins, salad bars in every school**
- ▶ Cycle Menus (Y/N): **Yes**
 - ▶ **HS 2-week cycle**
 - ▶ **Elem 4-week cycle**

District Demographics: Lebanon City Schools, OH



Departmental Statistics

- ▶ Total Enrollment: **5,500**
- ▶ Average Daily Participation: **2,150**
- ▶ Number of Staff: **30 Cafe workers, 3 Administrative**
- ▶ Number of Buildings: **5 Sites**
- ▶ CN Program Participation: **NBP, NSLP & CACFP**
- ▶ F/R Rate or CEP Status: **32%**

Meal Service Statistics

- ▶ Operate Central Kitchen or meal prep on-site? **Meal prep on-site**
- ▶ Standard Equipment Available in Kitchens: **Combi-Ovens, Steamers, Tilt Skillet, Stove Top Ranges.**
- ▶ Meal Prep Style: **Mostly heat & serve. Have incorporated more speed scratch since 2023**
- ▶ Cycle Menus (Y/N): **4-week cycle menu**





Menu Planning Strategy

Menu Planning

- Limited Time Offers (LTO's)
- Back to School Challenges
 - Stock outs!
- Inventory Management
- Regulatory Compliance
 - Red Food Dye
 - Sugar and Sodium
 - Clean Label
 - Weekly weighted averages for nutritional assessment

Speed-Scratch Cooking

- Where do you start?
- Tips for Success
- Team Huddle: Friday Updates
- Empower Your Staff:
 - What to do with leftovers?
 - Knife Skills
 - Basic Cooking Techniques
 - Work Schedules

Industry Tips & Tricks

- Social Media Networking
- Leave your bias at the door: "I don't do spicy..."
- New-Stalgia
- Multiple Applications per inventory item
- Marketing – it's all in the name
- Establish vendor guidelines
- Product reformulation

Tools for Success: Training Videos

Scan the QR Code for the
CPS Student Dining Services
YouTube Channel with training
videos for staff!



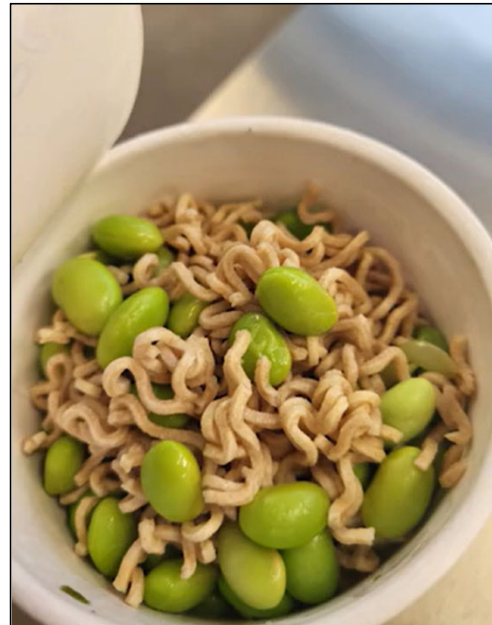
CPS Student Dining Services

@cpsstudentdiningervices4743 · 60 subscribers · 73 videos

More about this channel ...more

cps-k12.org/families-students/student-dining-services and 3 more links

Subscribe



Ramen Noodle Bowl
Vegan
LR2034



Tools for Success: Empowering Staff

Position-specific work
schedules can maximize time
and staff confidence to get
the job done in the time
available.

Student Dining Services

2025-2026 INDIVIDUAL WORK SCHEDULE

(Lunchroom Managers and Food Service Helpers)

THIS SCHEDULE MUST BE POSTED

School	Sands Montessori	Date	8/15/2025
Name	Suzy Homemaker	Paid Hours	5.0
Work Time	9:00-2:30pm	Lunch	10:30-11:00
		Break	5 min

General outline of tasks – others may be **assigned** and **rotated** as needed by manager.

TIME	TASKS
9:00-9:30	Wash hands. Look over the recipe and prep up what needed for that day. Side Salads and Vegetables
	Following the recipe guidelines for portion sizes.
9:30-10:00	Make up Alternative Cold items for the day PBJ, Vegan etc. Follow the menu
10:00-10:30	Prep Cold items for the next day as needed etc...yogurt, shredded cheese cup for chili 3 way, Help other employees as needed. Help with deliveries
10:30-11:00	Lunch Break
11:00-11:25	Assist Cook with help if needed, Getting the serving line ready for serving the first Lunch. Check temp using the smart temp. Start prep up on the line before First Lunch comes to the door.
11:30-1:30	Serving Lunch to the students. Assist with washing any pot and pans and dishes, keep your stations clean between serving, keep communication with Manager and cook if you start to run low on hot items.
1:40-2:00	Take up all the food off the serving, Count up all leftovers are discarded items Recorded on the Technician worksheets. If you have any leftovers temp it any wrap -up and put in the cooler Wipe down your serving line.
2:00-2:30	Assists with Pots and Pans, Salad bar wipe down as needed. Finish Cleaning and Sanitizing Kitchen Finish for the day.
	Rotating with other employees
	ALL STAFF ARE TO HELP PUT UP DELIVERIES WHEN THEY COME IN.

MY DUTIES HAVE BEEN EXPLAINED TO ME AND I UNDERSTAND THEM:

Employee Signature		Date	
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Industry Support



Submit an item
for testing at
CPS by scan-
ning the QR
code below!



Full response needed; If
samples are needed,
they will be requested.
Timeline of evaluation.

- Sept.-Dec.: testing
- Jan-Feb: menu development
- March-May: bid development
- May-June: Bid Awards

► Vendor Submission Form for New Item Testing

- Vendor Email Address
- Brief Description of Item
- Manufacturer Name
- Case GTIN
- Is item available individually wrapped (IW), bulk, or both?
- Meal Contributions per Serving, e.g. M/MA, G, F, V
- Does this food item contain any of these ingredients, check all that apply.
 - Example: Artificial color, artificial sweeteners, etc.
- Where is the food produced? City and State
- Approximate price per serving into distribution
- Is the item currently available for purchase
- Email Spec Sheet to cpsfs@cps-k12.org
- Who is the contact for more information, provide email.



passing administrative review increase participation
go lunches commodity utilization marketing templates
hot-breakfast scratch-cooking sodium-reduction
grab-and-go modern planning culturally diverse
wholegrain breakfast planning vibrant
sugar ideas new menu creative
speed-scratch diversity
compliant fun easy variety go engage
recipes grab scratch tasty decreasesugar
realistic less cost-effective alacarte freshideas
breakfast-in-the-classroom increasevariety
cycle menus streamlining inventory utilization
high protein trending
vegetables regulatory compliance speed-scratch-cooking
breakfast-sugar-requirement
decreasebreakfastsugar



Staged Questions

- ▶ Regulatory Compliance: How are you tackling sugar at breakfast?
- ▶ Speed-scratch Cooking: Where do you begin?
- ▶ How important are cycle menus?
- ▶ How do you build variety into your menus while maintaining a cycle menu?
- ▶ Where do you get your recipes from?
- ▶ How do you increase appeal in vegetables?
- ▶ How are you increasing participation while maintaining program compliance?