

# Welcome!

We'll get started soon. While we wait for other attendees to join, please answer this question in the chat box:

**Happy National School Lunch Week  
(NSLW)!**

**What are you doing or have done in the past  
to celebrate NSLW?**



---

# Equity In School Meals: Planning for Culturally Diverse & Inclusive Menus

October 11, 2022



---

# Things to Know as We Begin

- The slide deck will be shared via email after the webinar along with the recording.
- To engage with other attendees, please use the [chat box](#).
- If you have questions for the speakers, please enter those into the [Q&A box](#).
- Closed captioning is available.





# Agenda

Poll questions

Speaker Introductions

Speaker presentations

Q&A

Resources

Survey



# SPEAKERS



- Shannon Reina, Food Service Manager at Salt River Schools, Salt River Pima Maricopa Indian Community, AZ
- Frances Montoya-Gatewood, Director of Food Services at Vaughn Next Century Learning Center ,San Fernando, CA
- Bettina J. Applewhite, MS, RDN, LDN, SNS; Nutrition Consultant, Recipe Developer, School Nutrition Specialist
- Peter Fu, Chef/Training Developer, Office of Food and Nutrition Services, New York City Department of Education
- Kelley Bacci, Training Developer, Office of Food and Nutrition Services, New York City Department of Education



Shannon Reina, Food Service Manager at Salt River Schools, Salt River Pima Maricopa Indian Community, AZ



**Salt River Schools**

4836 N. Center St., Scottsdale, AZ 85256  
☎ 480-362-2500 | 📠 480-362-2501





**saltriverschools**

Salt River Accelerated Learning Academy







**saltriverschools**

Salt River Accelerated Learning Academy



Liked by **lissarave** and **41 others**

**saltriverschools** Our fabulous Food Services team cooked up a delicious traditional-ish meal for the Accelerated Learning Academy today. The... more



- ❑ Student Taste Testing Indigenous Foods
- ❑ Accelerated Learning Academy
- ❑ Celebrating Indigenous Foods
- ❑ Indigenous Food Recipes



# Wheat Berry Parfait Recipe





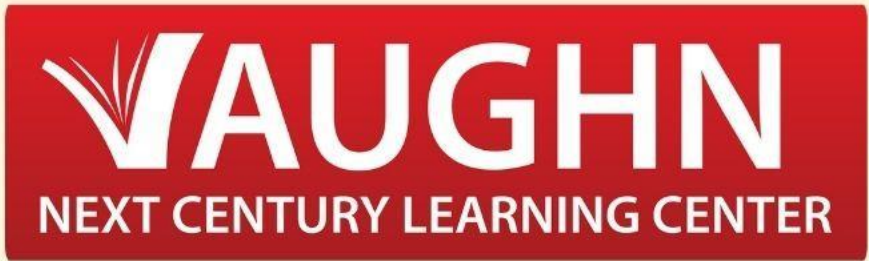
## Celebrating Indigenous Foods

**Process**

**Tips**

**Successes**

**Challenges**



# Equity in School Meals







# Introduction

## Frances Montoya-Gatewood

Director of Food Service, VNCLC

Classically trained Chef

Child Nutrition Service for 18 years

Nutrition Service Director 9 years

NKH National Consultant







# We Serve.

We have five Schools and serve out of four kitchens. We service 3100 students and feed about 2800 a day. Our staff is made up of 35 of the hardest working community members. Our program is ran under CEP and we have a F/R percentage of about 98%. Our community is mainly Latino and we do our best to customize our menu to what the students like and what they will eat.



## Breakfast

2-Choices of Entree

- Hot/Fresh Item
- Cereal

2-Choices of Fruit

- Apples-Bannana-L/O

2-Choices of Milk

- Low Fat White or Lactose Free

## Lunch

2-Choices of Entree

- Two Hot Item

3-Choice of Fruit

- Cut/Whole/Dry

3-Choices of Vegetable

- Cut/Whole/Hot

3-Choices of Milk

- Low Fat White/FF  
Choco/Lactose Free

## Snack

Pre-set menu based on NSLP standards



# Recipes

Nopales (Cactus Salad)

Cauliflower Ceviche

Lentils

Homemade Beans

Bagged Radishes

Bagged Cucumber

Bagged Jicama

*Bagged items are paired with a lemon wedge and Tajin*

**Semi homemade burritos**

Chili Verde

Shredded Chicken

Carnitas

**Homemade Salsa daily**

**Spa Water/Agua Fresca**





# Authentic Menu

Create your Best Menu by using simple methods



## Homemade Salsa

Adds flavor to any meal



## Pico De Gallo Base

Several recipes can be created from just this base



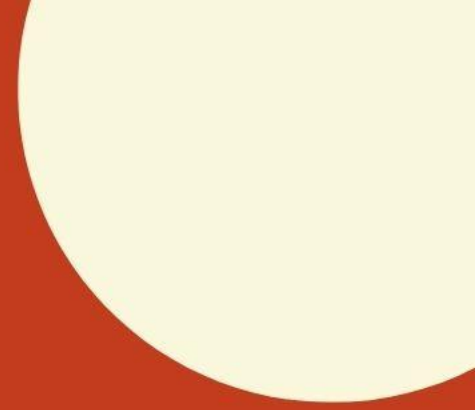
## Blended Items

Blend ingredients that add the most flavor





# Outreach

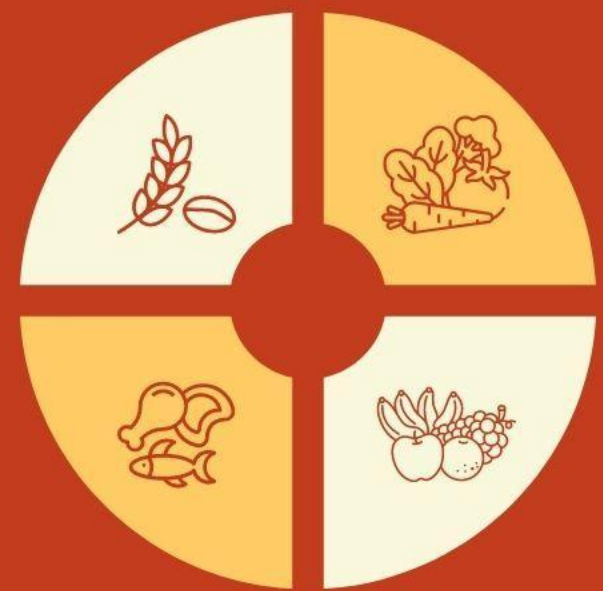


## Students

- Attend Council meetings/ASB
- Broker taste testing
- Talk to students at lunchtime
- Include the students in meal promotion
- Surveys

## Staff

- Introduce the menu at meetings
- Let them know what is allowable for students
- Teacher meetings
- Educate staff on our regulations



## Parents

- Attend Parent meetings
- Educate parents on the program
- Give them a line of communication for questions
- Surveys
- Parent Forums
- Who is your community
- Back to school night-Taste testing

## Your Team

- Include your team in the menu planning process
- Get their feedback daily on new menus
- Ask them about production
- Give Demos



# Thank You

You can do this!





# Importance of Culturally Diverse Menus

Bettina J. Applewhite, MS, RDN, LDN, SNS  
October 11, 2022

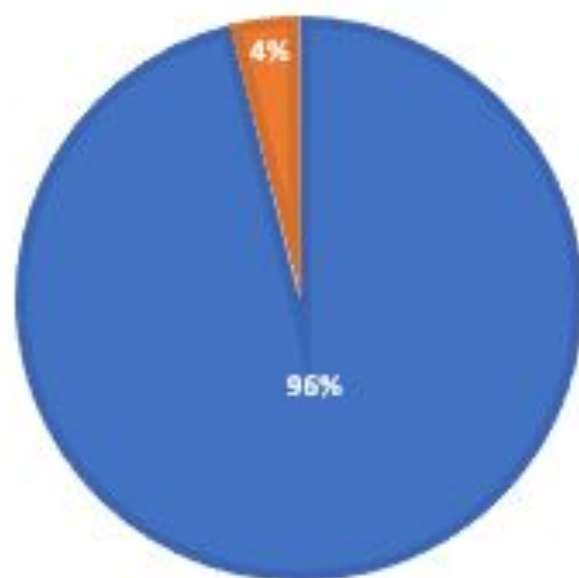


# American Population Changing Over Time

**1940**

**POPULATION BY RACE**

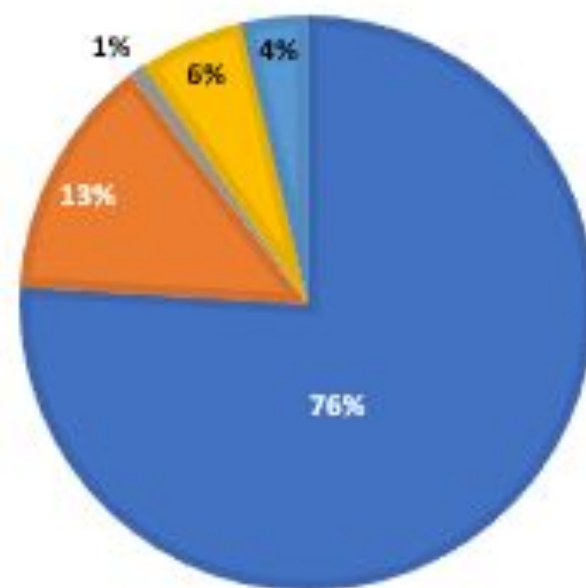
■ White ■ Black ■ Am. Indian, Eskimo ■ Asian, Pacific Islander ■ Other



**2019**

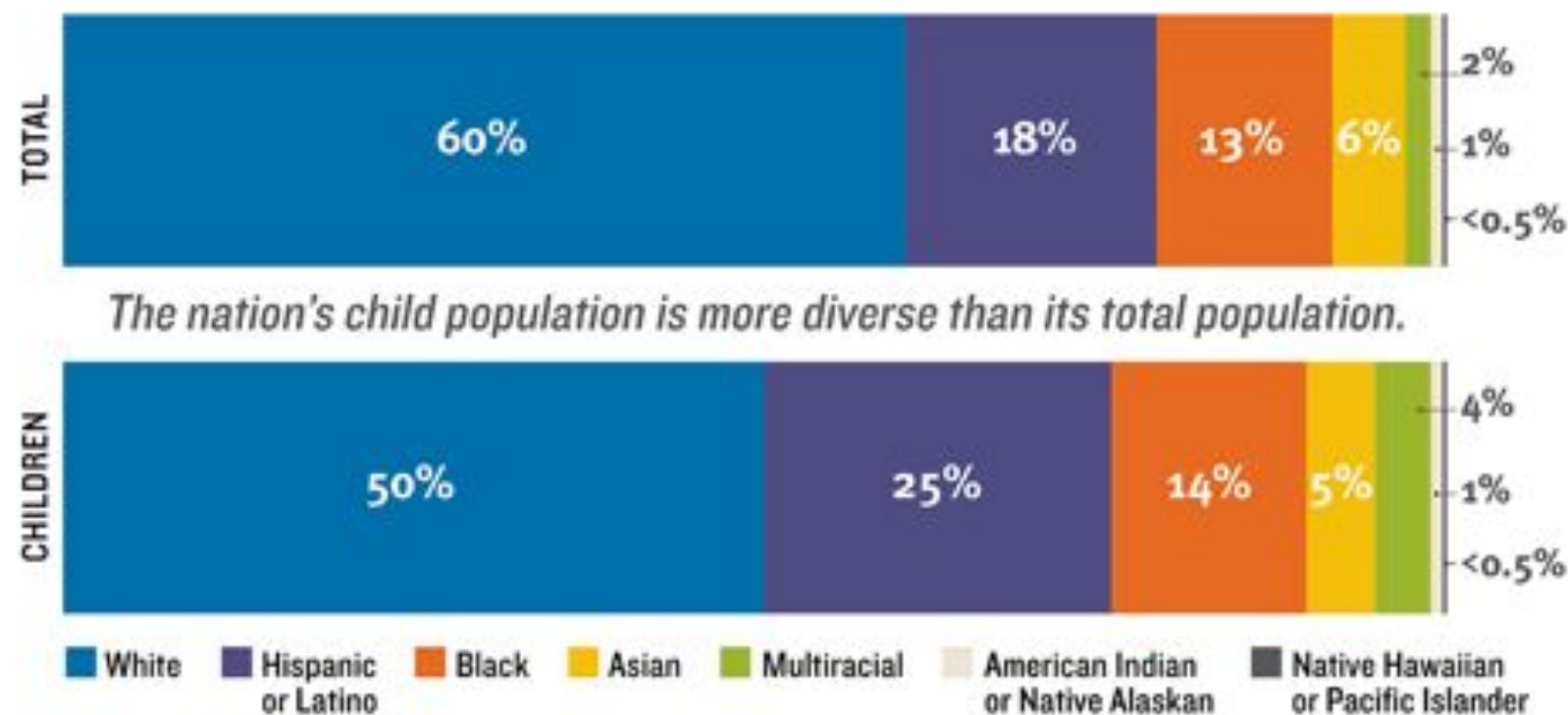
**POPULATION BY RACE**

■ White ■ Black ■ Am. Indian, Eskimo ■ Asian Alone ■ Two or More



# The Nation's Child Population is More Diverse Than its Total Population

U.S. POPULATION BY RACE AND ETHNICITY in 2018





## Nutritional Benefits to Diverse Meals

- Diversity in Nutrients
- Exposure to Diverse Fruits & Vegetables
- Incorporating Plant-Based Meals
- Increased Fiber, Micronutrients, and Anti-oxidants
- Familiarity of Ingredients Increase Inclination to Try New Items



# Incorporate Diverse Menus to Meet Multiple Needs



- Vegan/ Vegetarian
  - Hummus
  - Chickpea & Vegetable Curry
  - Peanut Stew
- Beans
  - Dal
  - Edamame
  - Black Beans
- Combination Foods To Build Complete Meals
  - Arroz Con Pollo
  - Fried Rice with Chicken & Vegetables



What does  
food mean  
to you?





Incorporating  
Diverse  
Foods &  
Cultures  
Feeds More  
Children

---

Inclusivity

---

Often displaced and under-represented groups are most affected by hunger

---

Multiple methods available to determine the needs of your community

---

Practice Not Perfection

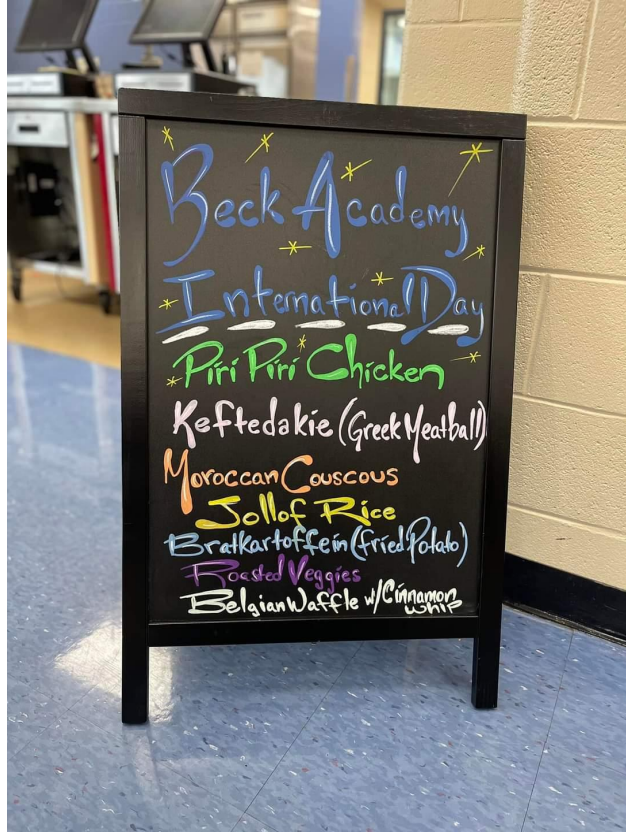
Fairfield City Schools,  
Alabama

# ELOTE MEXICAN STREET CORN





Greenville  
County  
Public  
Schools,  
SC







Liked by she\_bron and 16 others

seattleschoolchef What's Cooking? \*\* Cuban Style Picadillo topped with Sliced Pimento Olives! 🌶️🥑Yum! 🍴 #swipeleft for a close up.



Liked by she\_bron and 22 others

seattleschoolchef 📌New recipe alert! This delicious Braised Shiitake & Bok Choy with Tofu & Rice w... more

# Seattle Public Schools, WA

# Consider Diversity When Planning Your Menu

---



**@BitesWithApplewhite**

**[www.BitesWithApplewhite.com](http://www.BitesWithApplewhite.com)**



# Office of Food & Nutrition Services (OFNS)

## Halal and Kosher Meals

2022-2023 School Year





**Kelley Bacci**

New York City Department of Education

Office of Food and Nutrition Services

Training Developer

**Peter Fu**

New York City Department of Education

Office of Food and Nutrition Services

Chef/Training Developer

# New York City Department of Education Office of Food and Nutrition Services



**25  
MENUS**



**500+  
RECIPES**



**1800  
SCHOOLS**



**~1,000,000  
STUDENTS**



**~900,000  
MEALS DAILY**



In 2018, New York City (NYC) launched a two (2) year halal and kosher school lunch pilot program in six (6) schools.

The pilot allowed NYC to determine the cost, benefits and feasibility of providing halal/kosher lunches in school and how it would benefit children of New York City.



The image shows the cover page of a report titled "Halal and Kosher School Lunch Pilot Proposal". The header features the NYC Department of Education logo on the left and the title in white text on a green background. Below the title, it says "New York City Comptroller Scott M. Stringer". The page is dated "MAY 2018" and is from the "Bureau of Policy and Research, Budget, and Public Affairs". The main body of the page contains the title "Halal and Kosher School Lunch Pilot Proposal" followed by a summary paragraph. Below that is an "Overview" section with several paragraphs of text. At the bottom, there is a section titled "The Need for Halal and Kosher Lunches" with a paragraph of text. The footer of the page reads "Office of the New York City Comptroller Scott M. Stringer".

**Halal and Kosher School Lunch Pilot Proposal**

New York City Comptroller Scott M. Stringer

Bureau of Policy and Research, Budget, and Public Affairs MAY 2018

**Halal and Kosher School Lunch Pilot Proposal**

This plan, developed by the office of New York City Comptroller Scott M. Stringer, proposes a pilot project that would offer halal and kosher meal options in certain New York City Department of Education (DOE) public school cafeterias. The plan describes the existing need for such a pilot, explores the challenges, defines the main objectives of the pilot, and identifies the principal activities, schedule, and deliverables.

**Overview**

The New York City Department of Education (DOE) has embarked on many initiatives in the past few years to provide equitable access to healthy food for all children, including universal free lunch, breakfast in the classroom, vegetable schools, "Meatless Mondays," and "New York Thursdays."

A potential next step in equitably meeting student nutritional needs while also increasing participating in the school lunch program is to make halal and kosher foods available in school cafeterias. Due to religious dietary restrictions, some students have been left out of the City's recent efforts. With examples from other cities, including San Diego, California and Dearborn, Michigan, as well as university cafeterias, such as New York University and Columbia University, there is a precedent for providing a halal or kosher food option to a large and growing population of students.

Such an initiative requires thoughtful planning and cannot be implemented quickly. Meeting the needs of students and parents, while working within vendor supply and DOE facility constraints, will require a better understanding of current demand for halal and kosher meals, as well as the existing market for compliant food items. In order to design a program that is both cost effective and embraced by schools and students, time is required to solicit stakeholder feedback, survey vendors, and experiment with different models.

Given these challenges, Comptroller Stringer recommends that the City undertake a two-year pilot program to serve halal and kosher meals in some schools. A pilot would provide a better understanding of the benefits, costs, and potentially hidden opportunities of such an initiative. Data gathered from the pilot should be used in assessing the feasibility of scaling such a program citywide.

The following proposal documents the need for halal and kosher lunches in New York City schools, and identifies challenges and potential considerations that would need to be resolved in any plan that makes halal or kosher meals more accessible to students.

**The Need for Halal and Kosher Lunches**

City officials and education advocates have reported that about one in eight public school students are Muslim and 18 percent of students are Muslim or Jewish, totaling roughly 430,000 children.<sup>1</sup> Another 30,000 students attend non-public schools in the city.<sup>2</sup> While it is unknown how many of these students follow strict religious dietary customs that would prohibit participating in school lunch programs, it is possible that

Office of the New York City Comptroller Scott M. Stringer |

The New York City Department of Education (DOE)  
in partnership with the  
Islamic Leadership Council of New York, Majlis Ash-Shurah,  
created the Halal Food Program  
to build food equity for children in school



### Site Selection

- OFNS District Supervisor or School Food Service Managers
- School Administration
- Parents
- Community Advocates

### Training

- Managers are trained to prepare site for inspection
- Kitchen Team Members
  - An Imam will train SFSM/kitchen staff during an inspection.
  - Certificate is issued upon a successful certification.
  - Annual Training, recertification, announced and unannounced visits by Imam.

## Halal Integrity Critical Control Points (HICCP)

There are five (5) critical control points to ensure halal integrity.

1. **Delivery:** All halal items entering the site are separated from the non-halal items.
2. **Organizing food items:** Food is stored in specific halal designated freezers and refrigerators.
3. **Preparation:** Sheet pans, utensils, ovens, warmers, carts, tables designated and labeled for halal only.
4. **Storage:** Halal designated warmer or fridge is utilized.
5. **Serving:** Staff is trained to ensure there is no cross-contamination.



## HALAL

- Certified Halal sites
- Halal chicken items
- Items reviewed and identified as **Halal (H)** on the menu



NOVEMBER 2022: Pre-K - 8 Lunch Menu With Halal Option (H)				
Monday	Tuesday	Wednesday	Thursday	Friday
	Crispy Chicken Sandwich <i>Whole Wheat Bun (H)</i> Grab and Go Salad Roasted Chickpea With Basil Pasta (V) Seasoned Wedge Fries (VE) (H) Salad Bar Pickles, Lettuce and Tomato (VE) (H)	<i>Plastic Free Lunch Day USF!</i> Mozzarella Sticks (V) (H) with marinara sauce (VE) (H) Fresh Broccoli and Cauliflower Florets (VE) (H) Garlic Bread (V) Salad Bar Veggie Dippers (VE)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) (H) Dinner Roll (VE) (H) Fresh Apples (VE) (H) Salad Bar Blueberry and Spinach Salad (VE) (H)	Black Bean and Plantain Power Bowl (VE) (H) with Vegetable Noodle (VE) (H) and Pico de Gallo (VE) (H) Southwest Burrito (V) Green Garden Salad (VE) (H) Salad Bar Fresh Cilantro Healthy Cole Slaw (VE) (H)
	Electron Day			Veterans Day
French Bread Pizza (V) Corn, Peas and Carrots (VE) (H) Salad Bar Fresh Marinated vegetable Salad (VE) (H)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) (H) Garlic Bread (V) (H) Salad Bar Curry and Apple Salad (V)	Hamburgers Cheeseburgers or Veggie Burger (VE) <i>Whole Wheat Bun (H)</i> Home Fries (V) (H) Salad Bar Pickles, Lettuce and Tomato (VE) (H)	Roasted Chicken Drumsticks Baked Beans (VE) (H) Green Garden Salad (VE) (H) Buttermilk Biscuit (V) (H) New York Apple Slices (VE) (H) Salad Bar Broccoli Salad (V)	Three Bean Chili (VE) (H) served with Rice (VE) (H) Veggie Nuggets (VE) (H) Cornish Corn (VE) Crispy Turtitos (VE) (H) Carved with Salsa (VE) (H) Salad Bar Carrot Raisin Salad (V)
Personal Pizza (V) (H) Crispy Broccoli (V) Salad Bar Italian Cassero Salad (VE) (H)	Chicken Quesadilla Fiesta Black Beans (VE) (H) Salsa (VE) (H) Salad Bar Kid Friendly Kale (V) (H)	Turkey Burger <i>Whole Wheat Bun (H)</i> Fish and Cheese Sandwich (H) <i>Whole Wheat Bun (H)</i> Seasoned Wedge Fries (VE) (H) Salad Bar Pickles, Lettuce and Tomato (VE) (H)	Chicken Dumplings with Veggie Ginger Soy Rice (VE) (H) Grab and Go Salad Seasoned Fresh Green Beans (V) (H) Fresh Apples (VE) (H) Salad Bar Asian Slaw (V) (H)	White Bean and Pasta Primavera (VE) (H) Roasted Fresh Tomatoes (VE) (H) Homemade Grilled Cheese (V) (H) Salad Bar Greek Zucchini Salad (VE) (H)



## Kosher Meals

- Upon request of Principal
- Outsourced
- Prepackaged Kosher meals
- Selected sites



## Halal and Kosher Food Program

New York City Department of Education is continuing efforts to be more culturally inclusive. Halal and Kosher meal options are available at every school.

An expanded Halal menu/service is available upon request. Kosher school meals may be available upon request and with prior registration.







---

# Q&A





# Stay in Touch!

Sign up for our newsletter:

[www.bestpractices.nokidhungry.org/subscribe](http://www.bestpractices.nokidhungry.org/subscribe)

Equity in Child Nutrition:

<http://bestpractices.nokidhungry.org/equity>

Visit our website:

[www.bestpractices.nokidhungry.org](http://www.bestpractices.nokidhungry.org)





# Your Feedback is Appreciated!

At the conclusion of this webinar, a 5-question survey will open in your browser window.

Please take a moment to complete it.







**THANK YOU**

**Jeannine Rios**

Senior Program Manager  
Center for Best Practices

[jrios@strength.org](mailto:jrios@strength.org)