

June, 2013



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Dear School Nutrition Director:

The Massachusetts Department of Elementary and Secondary Education, Office for Nutrition, Health and Safety Programs, in conjunction with the John C. Stalker Institute of Food and Nutrition (JSI), are pleased to provide the Massachusetts Menu Planning project (MMPP). The goal of this project is to provide you with menu planning resources to meet the National School Lunch Program's nutrient regulatory requirements based upon the *Healthy Hunger Free Kids Act of 2010*.

Phase 1 of the project began with a student preference survey of entrees, grains, vegetables and fruits. Just under 4800 students participated by responding to an online survey. All grade levels (elementary, middle and high school) and economic levels were adequately represented as was gender. Statewide results of the student responses are included in this binder.

Phase II, the actual menu planning process, utilized an Expert Panel who worked together over an initial two-days to plan menus for elementary (used as the basis for the project), middle and high school integrating the results of the student survey, the new federal meal pattern, the utilization of USDA Foods, and the Panel's expertise. This was followed by a modified Delphi Technique by which revised menus were sent to the Expert Panel for further review and comment until consensus was reached.

Using the restrictions for maximums of meat/meat alternate and grains, the MMPP is a 4-week cycle menu for elementary, middle and high school which meets the new meal pattern. These menus, along with accurately completed production records will ensure you are meeting the regulations. A nutrient analysis of the menus and recipes are included as part of this project also. The 6-Cents Certification templates are available on the John Stalker Institute of Food and Nutrition's website (www.johnstalkerinstitute.org).

We know that creating a menu is a balancing act of multiple factors and a time consuming process. We hope the MMPP will be a valuable resource as you plan menus for SY 2013-14 and in the future. If you have suggestions to make the project more applicable, please share your thoughts with us at johnstalker@framingham.edu. JSI will be presenting a session on the project, in particular the student survey results, at the Summer Institute (August 14 and 15, 2013 at the DCU Center in Worcester). We hope to see you there!

Furthering children's health,

Katie Millett, Executive Director
MA Department of Elementary and Secondary Education
Office for Nutrition, Health and Safety Programs