

# Wide Ruins Community School Food Service Program



Ya'at'eeh,

This School Year will be a challenging year due to the pandemic outbreak of Covid-19, which transformed the way we serve and educate our children. First, let me thank you for your support and understanding as we, as a community, respond to the unexpected invasion of COVID-19. We are faced with challenges of ways to protect everyone as we continued to serve, educate and nurture our students during the most unusual of circumstances. While we are in the business of educating, our first priority is the safety of our students and our employees. Be assured, we are working diligently on the restart plans for the school. Due to all the factors and information needed to plan as COVID-19 issues unfold our desire is to return to school as normal (traditional) with enhanced safety and protocol procedures. However, we must be proactive and be prepared during these ever-changing times to continue educating our students when circumstances change, as anticipated, throughout the year related to the health and safety of our students and employees.

## Preface

Wide Ruins Community School Food Service Program are meeting stringent federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school Breakfast and Lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Breakfast and lunches will meet additional standards requiring:

By working together with Arizona Department of Education Food Service Program, Department of Environmental Health and Safety, we all can minimize the potential of food hazard by improving employee food safety knowledge, behaviors, food preparation practices and following procedures.

## Goals

Wide Ruins Community School Food Service Program's objectives is to provide a Healthy nutritious foods and provide a safe environment for our children and youth, which will enhance school performance and provide socialization opportunities for our students.

Achieving Healthy Nutrition integrity means taking a comprehensive approach to program planning, management, and operations. It also means integrating nutrition into the total educational program of the school. This includes addressing the environments in which meals are served, nutrition education in the classroom and cafeteria, parent and teacher involvement, training school nutrition personnel, and school policies that enhance the effectiveness of the program.



### **National School Lunch Program and School Breakfast Program**

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) are federally assisted meal programs through the United States Department of Agriculture operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free breakfast and lunches to children each school day. The USDA Foods Program supports domestic nutrition programs and American agricultural producers through purchases of 100% American grown and -produced foods for use by schools and institutions participating in the federal programs.



The Summer Food Service Program, also known as the Summer Meals Program, was established to ensure that children continue to receive nutritious meals when school is not in session. When school is out, SFSP provides free meals to kids and teens in low-income areas.

## Comprehensive School Wellness Policy Requirement



The Comprehensive School Wellness Program supports WRCS in creating healthy school environments utilizing the Whole School, Whole Community, Whole Child (WSCC) Framework. The framework is a collaborative approach that focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part and reflection of the local community.

This program is currently supported by a grant from the Centers for Disease Control, “Improving Student Health and Academic Achievement through Nutrition, Physical Activity and the Management of Chronic Conditions in Schools”.

The Whole School, Whole Community, Whole Child, or WSCC model, is CDC’s framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.



## Health Programs Promote Lifelong Healthy Development

Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development; prevent immediate health problems, such as iron deficiency anemia, obesity, eating disorders, and dental caries; and may prevent long-term health problems, such as coronary heart disease, cancer, and stroke. School health programs can help children and adolescents attain full educational potential and good health by providing them with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating behaviors.



## welcome to your school menus



WRCS follows Nutritious Guidelines and serves meals based on menus provided by our Food Service Vendor and most or all foods served are now warm-ups. These guidelines are set by the Arizona Department of Education Food Service Program and all school food service providers follow these guidelines.

Since good nutrition impacts classroom performance, our menus and food preparation is designed to assist student learning. We also encourage parents to help their children eat healthy, nutritious foods both at school and at home. Eating a balanced, healthy meal and breakfast is one way to boost your brain power and achieve your goals! Whether you eat breakfast at school or at home, it really is the most important meal of the day.

### **Food Safety**

To prevent people from becoming ill from the food they eat, WRCS requires all food handlers who work in food facilities to receive food handling safety training and pass a test every three years.

Food handlers working in food facilities that are not an exempted food facility as defined in the Health and Safety Code are required to take food safety training. A food handler is an employee of a food facility who is involved in the preparation, storage, service, or handling of food products. Anyone who prepares food or who may come in contact with food products, food utensils, or equipment is a food handler.

#### Food Safety Instructions for Meals

Some simple food safety guidelines for your meals. ● Wash your hands before eating meal or handling the food. ● Cold items should be eaten immediately or refrigerated within 2 hours of receiving the meal. Peanut Butter and Jelly Sandwiches should be enjoyed the same day. ● Foods like dairy (milk, cheese, etc.) meat and cut fruits or vegetables should be refrigerated at a temperature of 41° F or lower. ● Any FROZEN items should be placed into a freezer within 30 minutes of receiving the food. ● Entrée items may be eaten cold but are best enjoyed heated. General guidelines would be to cook all meats and items containing dairy to recommended temperature on the label from the manufacturer. Please note that microwaves and ovens may vary in temperature.

### **Inspection reports**

As required by section 9(h) of the Richard B. Russell National School Lunch Act and program regulations in 7 CFR 210.13 and 7 CFR 220.7, schools that serve meals under the National School Lunch Program (NSLP) and School Breakfast Program are required to maintain proper sanitation and health standards, obtain two school food safety inspections per school year, post the latest inspection report in a visible location, and to make it available to the public upon request. The State agencies that administer the school meal programs must report to the USDA Food and Nutrition Service (FNS) the number of inspections obtained by their schools through fiscal year. The results of an inspection will depend on the types of violations that are noted during the inspection. Keep a copy of the last inspection report available.

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