



Portland Public Schools

# FOOD SERVICE 101

The food service program operates in:

**3** high schools **3** middle schools & **10** elementary schools

The district is made up of nearly **6,800** students

## Importance of School Meals

- **Supporting the Portland Public Schools (PPS) Food Service Program means supporting the PPS community:**
  - The PPS Food Service Department, while part of the school system, is a self supporting business. Our goal is to maintain our program with the reimbursements received for meals served, and not request money from the school budget.
  - **Food Fuels Learning:**
    - When a child's nutritional needs are met, the child is more attentive, has fewer absences, and an increased likelihood for positive academic outcomes (Food Fuels Learning, 2018, p.15).
    - "For many food insecure students, the meals they eat at school comprise a crucial portion of the food they consume daily" (Food Fuels Learning, 2018, p. 15).
  - **When *all* students participate in school meals:**
    - Stigma associated with eating school meals decreases (Food Fuels Learning, 2018, Report, p. 39).
    - The use of federal reimbursements and resources able to be invested in meals are maximized (Food Fuels Learning, 2018, p. 36).

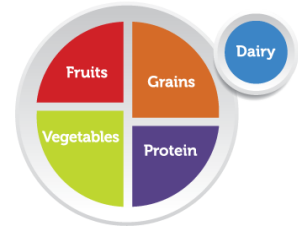
## Free & Reduced Meals

- **56.68%** of Portland Public School students are **eligible** for **Free & Reduced (F&R) Meals** (2018-19).
- Families apply using a F&R Application sent out annually by PPS or through the Department of Health and Human Services.
- School lunches, breakfasts, and snacks are reimbursed by the federal government based on the student's meal benefit.

- In the state of Maine, a reduced student does not pay their portion of the meal charge; the state covers the breakfast and lunch portion.

### School Meal USDA Requirements

- **5 components** in school meals: **protein, grain, fruit, vegetable, and dairy**
- **Breakfast:** 3 components required, 4 items offered.
  - Meal reimbursed if student takes **3 items** (1 must be fruit)
- **Lunch:** 5 components required and offered
  - Meal reimbursed if student takes **3 items** (1 must be a fruit / vegetable)
  - Offer 2 different milk choices (varying fat content)
  - Vegetable pattern every week: dark green, starch, bean, orange /red, & other



### PPS Food Service at a Glance:

**All schools serve** only whole grain, a daily **vegetarian** option, lean meats, zero trans fats, limited saturated fats, limited sodium, low fat or fat free dairy, and nothing fried.

Elementary Schools & Casco Bay High School	Middle Schools	High Schools (Deering & Portland High)
<b>Production</b>		
Meals prepared and packed at Central Kitchen	Meals prepared on site (limited storage and equipment)  Chili, marinara sauce, pasta delivered from Central Kitchen	Meals prepared on site (order and receive own products, prepare, serve and clean own kitchen)  Chili, marinara sauce, delivered from Central Kitchen
<b>Breakfast</b>		
Free / Paid \$1.30 CEP Schools are Free	Free for all students	Free for all students
Served in the cafeteria, classrooms, or as “grab and go”	Served in the cafeteria or classroom	Served in the cafeteria

Offer: fruit, grain, milk	Offer: fruit, grain, milk	Offer: fruit, grain, milk,
<b>Lunch</b>		
Free / Paid: \$2.70 CEP schools are Free	Free / Paid: \$2.95	Free / Paid: \$2.95
Main entree, vegan option, sunbutter and jelly	2 main entrees and vegetarian option	Main entree, full deli bar (pre order option), hot & cold sandwiches, yogurt parfaits
<b>New!</b> Vegan line has replaced vegetarian option. Try our: <ul style="list-style-type: none"> <li>- Vegetable chili</li> <li>- Lentil Sloppy Joe</li> <li>- Tofu rice bowls etc.</li> </ul>		Open Campus
Fresh Fruit and Veggie Bar	Full salad bar	Full salad bar
No pork products, no gelatin, no L-cystine, all real beef  Not currently available: certified halal or kosher foods  No nuts or nut products		
<b>Local and Scratch Cooked:</b>		
Scratch Cooked: chili, marinara sauce, mashed potatoes, hummus	Scratch Cooked: chili, marinara sauce	Scratch Cooked: chili, marinara sauce, muffins, yogurt parfaits
LOCAL items used when in season: strawberries (Fairwind Farms), tomatoes (Liberation Farms), milk (Oakhurst), apple (Brackets) peaches (Brackets), tofu (Heiwa), pizza crust (Amato's)  Harvest of the Month program featuring local Maine items.	LOCAL items used when in season: strawberries (Fairwind Farms), tomatoes (Liberation Farms), milk (Oakhurst), apple (Brackets) peaches (Brackets), tofu (Heiwa), pizza crust (Amato's)  Harvest of the Month program featuring local Maine items.	LOCAL items used when in season: strawberries (Fairwind Farms), tomatoes (Liberation Farms), milk (Oakhurst), apple (Brackets), peaches (Brackets), tofu (Heiwa), pizza crust (Amato's)  Harvest of the Month program featuring local Maine items.

## Other Programs

- **Community Eligibility Provision (CEP):**
  - A provision based on data from the Department of Health and Human Services that provides meals to all students free of charge. School districts must reapply every 4 years to participate.
  - Schools in Portland that currently qualify: **East End, Reiche, Riverton, Presumpscot**
- **USDA Fresh Fruit & Vegetable Program (FFVP):**
  - Offers students fruits or vegetables that they may not be exposed to at home.
  - The state invites schools that qualify to participate (based on their F&R percentage). Schools can then apply for the program.
  - Cannot be served in conjunction with the school meals program, so it is served in the classroom between meal periods.
  - Schools in Portland that currently participate: **East End, Reiche, Riverton, Presumpscot**
- **Afterschool Snack Program (ASSP):**
  - After School Snack Program available to schools based on their F&R percentage
  - Schools in Portland that currently participate: **Lincoln, King, Moore, Portland High**
- **Child and Adult Care Food Program (CACFP)** known as “Super Snack” in PPS food service:
  - “... CACFP is a federal program that ...provides reimbursements for meals served to children and youth participating in afterschool care programs.” (USDA definition)
  - Schools in Portland that currently participate: **Ocean Ave, Rowe, East End, Reiche, Riverton, Presumpscot**
- **Summer Meals:**
  - PPS Food Service and The Opportunity Alliance provide meals at 20 sites across Portland during the summer months

**Updated:** August 2019

**Sources:** Food Fuels Learning: A Portland Public Schools Food Security Needs Assessment, August 2018