



SACHEM CENTRAL SCHOOL DISTRICT
We Are Sachem

FOOD SERVICES

INFORMATION & UPDATES FOR
SCHOOL YEAR 2019-2020



Sachem Food Services

**is a proud partner in the
National School Lunch Program and
National School Breakfast Program.**

**Balanced nutrition throughout the day
contributes to student success
in and out of the classroom.**

**Research demonstrates that student participation in school
meal programs play an important role in supporting overall
student health and academic achievement by improving
children's diets and combatting hunger.**

Healthy students are better learners.

**Proper nutrition affects student achievement, and is associated
with higher academic performance, reduced absences, and
improved memory.**

Parents:
Did you
know?

WHAT IS IN A SCHOOL LUNCH?

The National School Lunch Program

Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

30 million

students enjoy
healthy lunches
every school day.

3/4 cup
of vegetables
with every lunch

1 cup
of 1% or fat-free
milk

1/2 cup
serving of fruit
daily

Entrées
must include
whole grains &
lean protein

In 2018/19 SY
Over 1.1 Million
Meals Served by
Sachem Food
Services !

BREAKFAST

Sachem served 170,380 last year



LUNCH

Sachem served 930,401 last year

Federal and State Guidelines Mandate the Contents of a Healthy Meal

What constitutes a healthy meal?

- ✓ Meals within a recommended and age appropriate Calorie Range
- ✓ Low Fat
- ✓ Low Sodium
- ✓ Whole Grains
- ✓ Includes Fruits & Vegetables

Menu planning intends to fulfill 1/3 of the students' daily dietary and caloric needs as required by the HHFKA.

Sachem Food Services meals meet all of these criteria every day!

All meals and snacks meet the nutrition guidelines under the National School Lunch Program, School Breakfast Program, and the Healthy Hunger Free Kids Act (HHFKA), as well as all state and local guidelines.

Sachem Food Services recently completed a comprehensive NYSED review of our adherence to:

NYSED Nutrition Regulations

Administrative Protocols

Procurement Procedures

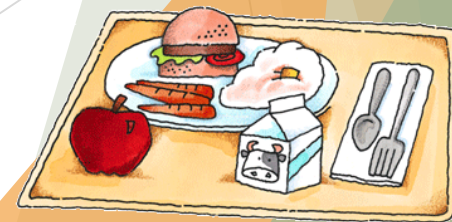
There were no significant findings and the program was Re-Certified Compliant.



Sachem's Food Services Department is operated under the direction of a Registered Dietitian (RD), who is also a School Nutrition Specialist (SNS).

**There are only 1,463 School Nutrition Specialists Nationwide,
55 in NY State,**

**6 on Long Island, and
Sachem has one of them !**



Frequently Asked Questions

Does Sachem Only Serve Canned and Processed Food?

Sachem Food Services prepares many of the meals served from scratch.

We purchase fresh, seasonal, local produce whenever possible.

(The bill for fresh produce averages around \$2,000 each week.)



New products being introduced this year include:

New York State “Certified Foods,” which will bring increased reimbursement and

“Clean Label” foods, which should be more appealing to today’s students who are more nutritionally and environmentally informed and aware.

Sachem Food Services offers a variety of freshly made entrees, salads and sandwiches.

Fresh fruit and vegetables are offered daily.

**Only 100% fruit juice is served,
no “juice drinks”.**

Our meals are free of trans-fat.

A variety of lean proteins and whole grain products are incorporated into the menu on a daily basis.

**All food is purchased from local and domestic sources as mandated by the
“Buy American Requirements.”**



What about Students with Medical Issues or Food Allergies?

The Food Services Department is happy to collaborate with parents, students, and the school nurse to accommodate, whenever possible, those students requiring a special diet.

A list of carbohydrate content for the most popular meals served is available on the Food Services' web page.

Carbohydrate counts for all foods served are kept in all school kitchens.

A list of allergens in the foods that are served has been compiled and can be accessed on the Food Services' web page.



Dairy



Gluten



Seafood



Soy



Egg



Peanuts




Shellfish




Tree Nuts

Does Sachem Sell A Lot Of Junk Food?

All snacks and drinks sold by Sachem Food Services are compliant with NYSED regulations, as well as approved by the Alliance for a Healthier Generation Smart Snacks Product Calculator.

 SMART SNACKS
PRODUCT CALCULATOR



✓ **Your product is compliant!**

Your vegetable product meets all nutrient standards for entrees or snack foods.

Brand	Serving Size
<input type="text" value="Lay's"/>	<input type="text" value="38.98 g"/>
Product	First Ingredient
<input type="text" value="Kettle Cooked Reduced Fat Potato Chips"/>	<input type="text" value="Potato"/> ×

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

[START OVER](#) [NEXT STEP](#)



Elementary Schools and Middle Schools sell milk, water and 100% juice.

The High Schools are permitted to sell caffeine free, low calorie beverages in addition to milk, water and juice.

School meals are
especially important
for some students.

1 out of 5



**U.S. households with children
report food insecurity**

The Process for Applying for Free/Reduced Meals has been Simplified.

Parents / Guardians can apply online right from the Food Services Department page of the Sachem website. The newly updated program is very user friendly and increases the level of confidentiality for families. It is available in English and Spanish.

New for this year, all approved applications for Reduced Meals will be free. NYSED has eliminated the \$0.25 fee.



- [Back to the Parents Page](#)
- [Letter to Parents](#)
- [Free/Reduced Fact Sheet](#)

Free/Reduced Meals

General Information

APPLYING FOR FREE AND REDUCED PRICE SCHOOL MEALS

The National School Lunch Program is a federally assisted meal program that provides nutritionally balanced, low-cost or free breakfast and lunch to children each school day.

Your child may qualify for free or reduced price meals. You may apply for school meals any time during the school year by completing an application online or by submitting an application directly to your school or the district food service office. Schools send school meal applications home at the beginning of each school year. You may also apply online by clicking on the "online application" button on this page. Applications are reviewed by local school or district officials before granting free or reduced price benefits. If you receive Supplemental Nutrition Assistance Program (SNAP) benefits, all of your children who attend school automatically qualify for free school meals. Participation in other Federal assistance programs, including Temporary Assistance for Needy Families (TANF) also provides automatic eligibility. Please contact the Lunch office if you need any assistance with the application process at [631-471-1353](tel:631-471-1353).

24% of all
Sachem CSD
students
receive
Free/Reduced
meals

Complete Your Free or Reduced Lunch Application Online



- [Online Application Information and Instructions](#)

Can Sachem Become More Eco-Friendly?

In an effort to be more environmentally conscious and to comply with the new Suffolk County law, we are eliminating all Styrofoam products and plastic straws districtwide.

We will now be using a biodegradable tray that is made in the USA from recycled paper.

All straws, hot cups and soup bowls will also be switched to a paper product.



Challenges facing Food Services

- The Styrofoam / Plastic Straw ban will increase supply costs in excess of \$75,000 for this year.
- Annual increases in the minimum wage are impacting total salary costs.
- Unpaid student meal charge balances of over \$14,000 at the end of 2018-19 SY.
 - ❖ This increase is due to the Anti-Shaming law.
 - ❖ Parents have misinformation that they do not have to pay back student debt.
 - ❖ Efforts to recover those funds are ongoing.
- Rising costs, in general, are impacting already razor thin margins, and the District has not raised the price of lunch since September 2014.

Recommendation to the Board

As stated, the price of breakfast and lunch have not been raised since September 2014.

Currently, Sachem lunch prices are:

\$2.20 for Elementary Schools and

\$2.50 for Middle and High Schools.

A recent poll of 53 neighboring districts found an average lunch price of:

\$2.60 for Elementary Schools and

\$2.86 for Middle and High Schools.

Administration Recommendation: A \$0.25 increase for lunch at Elementary and Secondary Schools.

This increase will help to cover projected 2019/20 cost increases and allow the program to run without taxpayer support, and

Sachem would still be below the local average lunch price.

An increase for breakfast would not be recommended at this time.



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