



Champ's Cafe

Healthy Changes

as of July 2009
Charlotte County Public Schools
School Food Service Program



We at Champ's Café have made the following nutritional improvements to our program:

Breakfast

- eliminated chocolate milk as a choice at all levels at breakfast
- increased protein items as choices, such as scrambled eggs, sausage
- eliminated three highest carbohydrate/highest sugar content breakfast cereals: *Frosted Flakes, Frosted Cheerios, French Toast Crunch*
- offer a choice of warmed fruit or applesauce or syrup
- offer reduced-fat muffins
- offer oatmeal every day to students and adults as part of the breakfast meal or ala carte

Lunch

- offer fresh fruit and canned fruit in natural juice or light syrup
- increased portion size of fresh fruit and vegetables servings
- increased quantity of servings of vegetables as part of the meal
- increased variety of raw, steamed and cooked vegetables, such as fresh relish cup of broccoli, carrots, cucumber & tomato, salsa, cole slaw, broccoli, green beans, corn, spinach, beets, carrots, mixed vegetables, peas, sweet potatoes, cabbage, California Blend, peas and carrots, etc.
- increased legumes: kidney beans, baked beans, chickpeas, refried beans, soybeans, etc.
- prepare vegetables, rice, etc. with Butter Buds* instead of margarine or butter
- add spinach to the lettuce mix for all chef salads as a Vitamin A, K and iron source

- offer raisins as an extra fruit to all customers as an iron-source
- created nut-free Champ's Cafe kitchens as needed for student allergies
2006/2007: 14 of 20 kitchens/serving lines were nut-free: Baker, Harbor, VES, DCE, PGM, MMS, LAM, NAE, PRE, MRE, EES, MPE, KES, SJE
- switched to reduced fat, sugar and salt USDA standardized recipes in 1989
- and then switched to revised reduced fat, sugar and salt USDA standardized recipes in 2004
- switched from peanut butter sandwiches to turkey sandwiches at elementary schools to reduce fat (exception: Liberty Elem.)
- develop customized menus for students with food intolerances, health needs or religious preferences
- developed vegetarian offerings: Vegetarian wraps and sub sandwiches, Gardenburgers, meatless pasta, bean & rice burrito, cheese pizza, yogurt, garden salad
- removed access to unrestricted salt shakers and butter (1990)
- eliminated daily desserts and switched to nutrient-dense recipes with sweet potatoes, plums, applesauce, etc. for baking
- eliminated frying from all sites (1998)
- eliminated whole milk as a choice except for customers under age 2
- offer 1% lowfat white and 1 / 2 % lowfat chocolate milk
- prepare signature Ranch dressing with low-fat mayonnaise
- reduced the number of times potatoes are offered each week
- switched from potatoes to tossed salad for pizza food courts and from potatoes to rice at chicken nugget food courts
- prepare signature Champ's fresh-baked pizza with low-fat mozzarella cheese (Champ's Café serving of cheese pizza has 20% calories from fat; pepperoni has 25% calories from fat)
- offer prepared pizza made with white wheat crust
- whole wheat flour added to signature yeast-raised rolls and cinnamon rolls
- control portion size of condiments such as mayonnaise and ketchup
- offer light and fat-free salad dressings
- reduced portion size of bottled sports drinks offered (now 12 oz.) at secondary schools
- reduced portion size of Champ Chiller beverages offered (now 12 oz. in 16 oz. cup) at secondary schools

- eliminated offering sports drinks at elementary schools
 - increased offerings of low calorie sports drinks at high schools
 - switched to calcium-fortified 100% juice beverages
- offer nutrient-dense Nutri-Grain fruit bars, chewy granola bars and whole grain cereal bars
- eliminated cookies sold ala carte to elementary students
- eliminated brownies, previously sold ala carte to high school students
- reduced portion size of cookie offered to middle school students
- limited cookies to one (1) to middle school students
- often offer reduced fat cookies at all levels
- create healthy menus to reflect USDA federal meal standards for each age level: calories, protein, Vitamin A, Vitamin C, calcium, iron, % of calories from total fat, % of calories from saturated fat, and the 2005 Dietary Guidelines for Americans

Healthy Choices:

- offer daily choices to elementary students: fruit, ChampPack (turkey or turkey ham, cheese & crackers), turkey deli sandwich, chef salad, yogurt and cheese in addition to menued entrees: pizza, beef or chicken nuggets, sloppy joe on bun, beefaroni, corn dog, baked chicken, etc.
- offer daily choices to all eligibilities of middle school students at four or more food courts: pizza, hamburger, chef salad, turkey or ham deli sandwich and chicken fillet, in addition to the menued entrees such as pasta, chicken nuggets, roast turkey, baked chicken, grilled cheese, nachos, etc.
- offer daily choices to all eligibilities of high school students at six (Lemon Bay), ten (Port Charlotte High) or eleven (Charlotte High) food courts, such as chef salad, chicken nuggets, country steak, roast turkey, pulled pork, chicken fajita, pizza, wraps, sub sandwiches, chicken fillet: spicy, grilled, BBQ, honey mustard or parmesan, hamburger, etc.

In addition to the nutritional improvements made to meals, we at Champ's Café:

- provide for the customer to receive a full meal of their choice when they do not have lunch money
- provide meals for students who are going on a field trip
- host parent luncheons at elementary schools
- host sports and special event banquets at elementary, middle and high schools
- offer special breakfasts to students being tested during FCAT week
- provide nutritious snacks for meetings and events
- promote nutrition and wellness via the district website (www.yourcharlotteschools.net) and through monthly back-of-menu messages to elementary and middle school customers
- provide nutrient facts information on-line and in written format at each Champ's Café and School Nurse's Clinic
- provide carbohydrate counts and the glycemic index for reference for customers with diabetes
- maintain a well-trained staff at 20 school kitchens: 40 of 165 staff members are state certified professional food managers, 15 are nationally certified through the School Nutrition Association and 3 supervisors are School Nutrition Specialists, a national credential

We at Champ's Café comply with all local, state and federal guidelines and requirements:

audit compliance:

- summer feeding program audit conducted every 3 years
- annual financial audit through state of Florida's office of the auditor general
- annual USDA commodity inspection
- comprehensive USDA commodity audit every 4 years
- CRE and SMI federal audits conducted through the state of Florida Dept. of Education Food and Nutrition Management section every 5 years (meal counts, free/reduced meal application approval, nutrients per meal tested)
- annual review of every program by local food service department to meet

state requirement

inspections:

- quarterly review by local Health Department sanitarians
- annual review by Florida's Department of Education SREF, State Requirements for Educational Facilities
- annual review of facility by local Fire Department inspectors
- annual inspection of all fire extinguishers
- semi-annual inspection of kitchen hood suppression systems
- bi-annual inspections of boilers

This list was created by Terri Whitacre,
Director of Food Service Operations
and the Champ's Café Supervisory
and Managerial Staff

* Butter Buds are natural butter concentrates that are produced by liberating the fatty acids in butterfat, then encapsulating into a water soluble powder by spray drying. One unit of Butter Buds® yields the flavor strength of 8 to 80 units of butter. Low fat content, and very low applications levels mean that this ingredient contributes negligible fat to final formulations while delivering highly concentrated flavor in convenient powdered form. These natural dairy concentrates deliver up to 400 times the flavor strength of standard dairy ingredients, and are used at extremely low application levels (usually less than 1.0%). At typical application levels, they contribute less than 0.1% fat.