



## Purchasing and Preparing our Foods

### Food and Nutrition Services

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## Purchasing Good Food at Good Prices

We purchase domestic food produced in the U.S. and follow competitive bidding practices. In 1998 we coordinated a purchasing cooperative that included 12 of our surrounding counties. We continue to participate in a 10-county purchasing cooperative today that enables us to economically purchase quality food items in bulk.

## Purchasing Specifications

- Meat Produced in USDA Federally Inspected Plants
- USDA Grade A Potatoes
- First Quality Frozen Vegetables
- U.S. #1 Fresh Vegetables
- Whole Wheat Pasta Products
- Whole Grain Pizza Crust, Rolls and Biscuits
- 100% Fruit Juice Only
- Fat-free, Low-fat and Low-sodium Condiments
- Low-sodium Gravy Mixes and Soup Bases
- No Trans Fats in Foods

## Entree Specifications

- USDA Chicken Products
- Commodity Distribution Program Beef Products
- Ham is Ham
- Fish is White Fish for Baking
- Tuna is Light, Packed in Water
- Cheese on Pizza Products is Low-fat Mozzarella
- Reduced-fat USDA Cheese

## Bread Specifications

- Whole Grain Rolls and Biscuits Baked in School Kitchens
- Multi-grain Breads
- Whole-grain, Non-sweetened Cereals
- Age-appropriate Sized Bagels and Muffins
- Whole-grain Pasta
- Whole-grain Pizza Crust

## Fruit and Vegetable Specifications

- Salad Bars Include Fresh Fruit and Vegetables (part of all middle and high school lunches)

- First Quality Frozen Vegetables
- 100% Fruit Juice and Fruit Smoothies
- Canned Fruit – Packed in Light Syrup
- Fresh Fruit – 3 or 4 Daily Choices

## **Milk Specifications**

- Fat-free White, Chocolate (lunch only) or Strawberry (lunch only) Milk
- 1% White Milk

## **Buying From Our Local Farms**

### **Milk**

Dairy Maid

Frederick, MD

### **Bread**

Schmidt's

Fullerton and Fells Point, MD

### **Produce**

Bowie

Maryland Farms

### **Ice Cream**

Briggs

Laurel, MD

### **PFG/CCF Distributor**

Canned/Frozen Fruits & Vegetables: MD & PA

Flour: Ellicott City, MD

McCormick Spices: Hunt Valley, MD

Tortillas, Abuelito: Northern, VA

Tyson & Perdue Chicken: Eastern Shore, MD

Domino Sugar: Baltimore, MD

Knouse Food: Bigglerville, PA

Thomas English Muffins: Federick, MD

Hadley Farms: Hagerstown, MD

Shell Eggs: Maryland

## **How We Prepare Our Foods**

All of the food we prepare for the Meals Program is prepared in our school kitchens and many menu items are made from scratch (see below list). Standard USDA recipes are used in cooking and are student tested for taste and consistency. Our entrees, including chicken and turkey products, are baked or oven-roasted and our vegetables are steam cooked

Pizza is made with low-fat mozzarella cheese and low-sodium tomato products. Other menu items and recipes use reduced-fat chees, low-fat and low-sodium gravy or soup bases that contain 2% or less fat calories.

Menu Items Made From Scratch:

- Baked Chicken
- Macaroni and Cheese
- Chicken Parmesan
- Lasagna
- Tacos
- Spaghetti
- Sloppy Joe
- Baked Ziti
- Soups
- Mashed Potato Bowls
- Turkey Pot Pie
- Enchiladas
- Oriental Stir Fry
- Quesadilla
- Hot Turkey Sandwich
- Wraps
- Melts
- Salads

What Students Are Offered ([Offer vs. Serve](#))



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