



Illinois State Board of Education

US 2023 Food Trends and the School Lunch Program

Back 2 School Conference

Springfield, Illinois

July 25-26, 2023

Equity • Quality • Collaboration • Community

The Mission: Simultaneously...

Follow the
USDA meal
pattern

Make food
the kids will
eat



Impress parents,
administrators,
and the
community

Use the
equipment
and set up
you have

Be mindful of
reimbursement
rates

Chef quality meals
full of flavor, hot,
& ready

How can you use to deliver success?

USDA online
databases
and tool kits

Grants and
Financial
Management

The State
Agency



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Food &
Restaurant
trends!

Surveys and
taste test

Institute of
Child
Nutrition

What current trends are you aware of?

- Name at least 3 current food trends

1. _____
2. _____
3. _____

2022 Trend = Pickle Pizza



National Restaurant Association



globally inspired seasonings and dishes drew votes.

10 HOT TRENDS FOR 2023

1. Experiences/local culture and community
2. Fried chicken sandwiches & Chicken sandwiches 3.0 (i.e., spicy and sweet-heat fusion flavors on chicken, etc.)
3. Charcuterie boards
4. Comfort fare
5. Flatbread sandwiches/healthier wraps
6. Menu streamlining
7. Sriracha variations
8. Globally inspired salads
9. Zero waste/Sustainability/Upcycled foods
10. Southeast Asian (Vietnamese, Singaporean, Philippine, etc.)



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Experiences/Local Culture & Community

“Food is one part of the experience. And it has to be somewhere between 50 to 60 percent of the dining experience. But the rest counts as well: The mood, the atmosphere, the music, the feeling, the design, the harmony between what you have on the plate and what surrounds the plate.”

Alain Ducasse, Chef.



Chicken Sandwiches



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- Recently, Chick-fil-A shared the breakdown as part of an annual global impact review. It sold 2.1 billion guests a whopping 527 million sandwiches in 2022.
- *What would a reimbursable meal look like for a chicken sandwich entrée?*



Chicken Sandwich Meal

Bread/Grain	WGR Hamburger Bun
M/MA	Chicken Patty/Spicy Chicken Patty
Vegetable	Pickles, Coleslaw
Fruit	Peaches, 100% fruit juice
Milk	Milk variety



Cobb County HS
Marietta, Ga



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Charcuterie Board

- Charcuterie boards are made up of meat, cheese, herbs, fruit, crackers, and other condiments.
- *What would a Charcuterie inspired reimbursable meal look like?*



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Charcuterie Board Inspired Meal

Bread/Grain	WGR Crackers, diner roll
M/MA	Cheese stick, Hummus cup, nuts/seeds
Vegetables	Cucumbers, bell pepper sticks, carrots
Fruit	Grapes, raisins, apples
Milk	Milk Variety



Comfort Fare



food prepared in a traditional style having a usually nostalgic or sentimental appeal

What is comfort food for current K-12 students?



Comfort Fare Inspired Meal

Bread/Grain	WGR Dinner roll, macaroni
M/MA	Chicken, fish, cheese (mac)
Vegetable	Collar greens, cabbage
Fruit	Peaches, warm sliced apples
Milk	Milk Variety



Oklahoma City Public Schools



Flatbread Sandwiches/Wraps

- Handheld, convenient format
- Consider a build your own wrap bar or station
 - Offer a variety of cheeses, meats, and veggie toppings



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Top 10 US Food Trends Cont'd

Top 10 Cont'd

6. Menu Streamlining

7. Siracha variations

8. Globally inspired meals

9. Zero waste/sustainability/upcycle

10. Southeast Asian (Vietnamese, Singapore, Philippines)



Top 3 per category

▪ Lunch

- Chicken sandwiches, breaded chicken sandwiches, and flatbread sandwiches/healthier wraps

▪ Sides

- Charcuterie boards, cauliflower, & elote

School Lunch Trends

- Smoothies
- Fruit/Veggie Bars
- Coffee Bars
- Plant Based Food Items



Smoothies

- Yogurt is the only M/MA that credits
- Any fruit or vegetable added is considered “juice”
- Grains such as oats don’t credit as B/G
- Milk credits but must offer another option



Fruit & Veggie Bars

"It looks really beautiful! I would put our salad bar up against any salad bar in town because it looks that good!" – Kathy Burrill the food service director for Chisago Lakes Area Schools



Flickr: Maryland GovPics

- May lower plate waste
- Can include food options for the complete reimbursable meal (except for milk)
- Can feature a special fruit and vegetable theme, a baked potato bar, or side salads.



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Coffee Bars

- The USDA nutrition standards do not restrict the sale of caffeinated beverages to high school students. USDA encourages school districts to exercise caution when selecting items for sale to their students. USDA will continue to monitor the Food and Drug Administration's (FDA) work on caffeine and will consider revising the nutrition standards in the future as appropriate.
- Follow Smart Snacks Guidance!



Junior Hannah Radde, 16, adds whip cream to frappuccinos at the Carmel Cafe and Market run by DECA students at Carmel High School, Thursday, May 4, 2017. Students have been self-running the coffee shop and spirit-wear business for three years, based on a plan designed for class by two Carmel high alumni. *Jenna Watson/IndyStar*



Plant-Based Food Items



HB4089

NYC's 930,000 public school children have "Plant Powered Fridays"



Consider food trends related to globally inspired meals and Southeast Asian flavors



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Any additional trends to share?



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The Mission: Enjoy the Experience



“The business of feeding people is the most amazing business in the world.” – José Andrés, Chef and Founder of World Central Kitchen.



Thank you for the work you do!



Email us at cnp@isbe.net for assistance



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