

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

Important Dates

- April 12 Physical Education Program Award Applications due, see article under Grants, Awards, and Honors
- April 15 Last date to complete applications for funds raised through the 2005 Great American Bake Sale
- April 18 School Nutrition Association's Hazard Analysis and Critical Control Point (HACCP) Training in Chicago (Visit www.schoolnutrition.org for further information.)

Part 305 of the School Food Service Rules

On Thursday, March 16, 2006, the Illinois State Board of Education adopted Part 305 of the School Food Service Rules. Notice of the adopted rules has been submitted to the Joint Committee on Administrative Rules (JCAR) to initiate JCAR's review. When that process is complete, the adopted rules will be filed with the Secretary of State. The Nutrition Programs Division will continue to keep you updated.

To view and print the rules, summary chart, Exemptions Under the Competitive Foods Regulation, and USDA's Foods of Minimal Nutritional Value (7 CFR 210.11 and Appendix B to Part 210), go to <http://www.isbe.net/nutrition/htmls/rules.htm>.

Celebrate Child Nutrition Employee Appreciation Week

May 1-5, 2006

The Nutrition Programs Division of the Illinois State Board of Education, takes a moment to recognize the food service professionals in the 4,364 schools in

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bulletin board



the National School Lunch Program and the 2, 908 Illinois schools serving school breakfast in Illinois. Congratulations and thank you for serving the 184,226,100 lunches and 39,775,340 breakfasts this past year to Illinois children.

CHILD NUTRITION EMPLOYEE APPRECIATION WEEK



OFFICIAL PROCLAMATION

WHEREAS nutritious meals at school are an essential part of the school day; and

WHEREAS the staff of Illinois district's school meals and nutrition departments are committed to providing healthful, nutritious meals to the district's children; and

WHEREAS the men and women who prepare and serve school meals help nurture our children through their daily interaction and support; and

WHEREAS the week of May 1–5, 2006, is Child Nutrition Employee Appreciation Week;

NOW THEREFORE, be it resolved that the *Nutrition Programs Division of the Illinois State Board of Education* expresses its deep appreciation to these valuable employees and commends their good work on behalf of children.

How do you plan to celebrate Child Nutrition Employee Appreciation Week? Visit the School Nutrition Association's website at <http://www.schoolnutrition.org/CNEA.aspx?id=1240> to recognize your favorite school nutrition professional, discover ways to recognize these hard-working individuals, and promote the Child Nutrition Programs as an integral component of the school day.

Administration

Carryover of Previous Year's Eligibility

Given the emphasis placed on prompt determinations and on ensuring access to program benefits, beginning with the start of the 2006–2007 school year, schools are required to carry over eligibility determinations from the previous year up to 30 operating days into the subsequent school year or until a new application eligibility determination has been made, whichever comes first.

- The school district can determine how long (up to 30 operating days at the beginning of the school year) to carryover the previous year's free and reduced-price applications. Therefore, a school district could choose a lesser period of time, for example, 20 days carryover, and notify households that they must submit a new household application for the new school year by a certain date before the 20 day period expires.
- As in the past, applications should be reviewed and an eligibility determination made within ten working days of the receipt of the application. Whenever possible, applications should be processed immediately, particularly for new students who do not have approved applications on file from the previous year. A new eligibility determination in the current year supersedes the carryover eligibility. Therefore, if a student was eligible for free meals in the previous school year and is approved for reduced-price meals on the tenth operating day of the current school year, he receives free meals for the first nine operating days, then begins reduced-price meals on the tenth operating day (date of new eligibility determination).
- If a school provides benefits for a child during the first 30 operating days of the school year based on the previous year's eligibility, and receives the current year application for the household and determines there is a change in the household eligibility, it is not necessary to provide the notice of reduction or termination of benefits at the end of the 30 days. It is necessary however to notify the family of their eligibility status based on the new/current application, as indicated above. Denial of benefits must be in writing. A sample Denial/Approval Notification Letter is located at www.isbe.net/nutrition/htmls/household_eligibility.htm under *Additional Forms*.
- New eligibility determinations remain in effect for the rest of that school year and up to 30 operating days into the following school year, unless a change is necessary as a result of the verification activities, temporary approvals are exhausted, or a family willingly submits a new application and a new determination is made.

- In regards to verification, if the 30 operating day carryover of applications goes beyond the October 1 date for determining verification sample size (which could be the case if school starts after August 21), the school district should **NOT** include the applications from the previous school year in determining the number of approved applications on file as of October 1.

School Food Safety Inspections

Beginning with the 2005–2006 school year, all schools participating in the National School Lunch or School Breakfast Programs are required to obtain a minimum of two food safety inspections each school year. Previously, participating schools were required to obtain a minimum of one food safety inspection per school year or comply with the frequency required by local standards. This is a result of the passage of Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

The required inspections must be conducted by a State or local governmental agency responsible for food safety inspections. More frequent inspections may still be required by State or local governments. In addition, schools must post, in a publicly visible location, a report on the most recent food safety inspection, and provide a copy of the food safety inspection report to a member of the public upon request. If you have questions about this change, please contact your local public health department.

Hazard Analysis Critical Control Point Implementation in K-12 Schools

Food Safety Program Based on Hazard Analysis Critical Control Point Principles

The National Food Service Management Institute conducted a study to determine the extent that Hazard Analysis Critical Control Point (HACCP) was implemented in schools, characteristics of the implementation process, benefits of HACCP implementation, and challenges. The report is posted on NFSMI's website at www.nfsmi.org.

Questions and Answers

- Q. Must School Breakfast Program meals be served every school day?
- A. *It is Food and Nutrition Service policy that the School Breakfast Program operate every school day in order to meet its nutritional goals for the children. This policy is based on the requirement that breakfasts meet minimum nutritional standards which are averaged over a school week. See section (e)(1)(A) of the Child Nutrition Act of 1966, 7 CFR 220.8*

(a), and page 4 of A Menu Planner for Healthy School Meals.

- Q. Must National School Lunch Program meals be served every school day?
- A. *It is Food and Nutrition Service policy that school lunches be served every day, in order to safeguard the health and well-being of the nation's children. This policy is directly stated in 7 CFR 210.1 (a), which says that schools will be assisted "in serving nutritious lunches to children every school day." In addition, the National School Lunch Program has minimum nutritional standards which are averaged over the school week. See 7 CFR 210.10 (a) and page 4 of A Menu Planner for Healthy School Meals.*

Join Mealtalk and Successtalk

Have you ever wondered what your counterparts deal with daily? Would you like to learn about upcoming conferences, legislative issues, resources, production tips, solutions to day-to-day problems, and more? Then consider joining the email discussion groups, *Mealtalk* and *Successtalk*.

Mealtalk is an online, interactive discussion group intended as a communication tool to link the professionals operating Child Nutrition Programs, so they can share resources, information, and innovative solutions to common day-to-day problems.

The interactive discussion group *Successtalk* is intended to link school health professionals, child nutrition educators, principals, teachers, parents, and community members who are interested in creating a healthy school nutrition environment.

You may join either or both of these discussion groups at the following website.

<http://schoolmeals.nal.usda.gov/Discussion/index.html>.

Menu Planning Approaches Chosen by Illinois Schools

Are you curious which menu planning approaches Illinois schools choose to utilize? During the 2006 school year, Traditional Food-Based, Enhanced Food-Based, and NuMenus Menu Planning Approaches were selected in these percentages.

By School:

Traditional 1535 (35 percent)
 Enhanced 1493 (34 percent)
 NuMenus 1310 (31 percent) which includes the City of Chicago School District 299
The Road to SMI Success—A Guide for School Foodservice Directors includes information on menu planning

approaches, daily foodservice practices and tips to meet nutritional requirements for school meals, Team Nutrition, and preparing for a School Meal Initiative (SMI) review.

A comparison of the menu planning approaches is provided on pages 11–13 in *The Road to SMI Success—A Guide for School Foodservice Directors*. The resource is available on the Internet at <http://www.fns.usda.gov/tn/Resources/roadtosuccess.html>.

Federal Procurement Regulations Update

Bid Document Development

Federal regulation 7 CFR Part 3016.36(b) prohibits the awarding of contracts to any person or entity that develops or drafts specifications, requirements, statements of work, invitations for bids, requests for proposals, contract terms and conditions, or other procurement documents. In failing to fulfill its responsibilities to draft its own specifications and procurement documents, a school food authority (SFA) which copies a list of features or evaluation and ranking criteria drafted by a potential vendor and then permits that potential vendor to submit a bid has violated federal regulation 7 CFR Part 3016.60(b). This pertains to all child nutrition program procurements, including software acquisitions. While schools have broad discretion in gathering information for use in connection with procurements, information from potential bidders must be appropriately modified to develop tailored specifications; otherwise these bidders must be excluded from competing for such procurements. This is to ensure objective contractor performance and eliminate unfair competitive advantage.

Bid Protests

Any action which diminishes open and free competition seriously undermines the integrity of the procurement process and may subject an SFA to bid protests. SFAs are responsible for properly responding to protests and concerns raised by potential contractors. Pursuant to §3016.36(b) (12), SFAs must have protest procedures in place to handle and resolve disputes relating to their procurements and must in all instances disclose information regarding a protest to the Illinois State Board of Education Nutrition Programs Division.

Food Distribution

Commodity Food Fact Sheets for Schools and Institutions

USDA's Food and Nutrition Service maintains the Food Distribution Program's webpage on the USDA website. The School Database Menu and the Commodity Food Fact Sheets for Schools and Institutions are located at <http://www.fns.usda.gov/fdd/facts/schfacts/cats.htm>.

Links to over 150 commodity fact sheets are posted there. Refer to the Fact Sheets for Schools and Institutions for the following information for each specific commodity:

- Basic description of the USDA product
- Pack size and yield information
- Storage information
- Nutrition facts

We suggest visiting this website to help maximize the use of your commodities, identify nutrient content of commodities, and possibly simplify ordering.

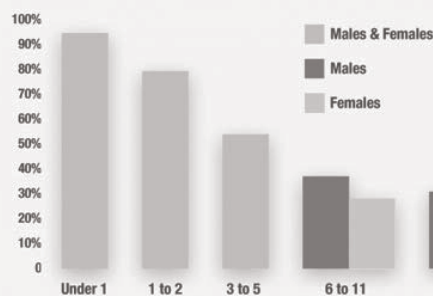
Food Service and Nutrition

Got Calcium?

As noted in the chart below (provided in the *Pediatrics* 2006 *Journal*) as American children age, their calcium consumption declines in proportion to their recommended daily adequate intake, especially for females, ages 12 to 19.

The 2005 Dietary Guidelines for Americans, Appendix B-5 lists good food sources of calcium. Visit the site at <http://www.health.gov/dietaryguidelines/dga2005/document/pdf/dga2005.pdf>. Health professionals should encourage consumption of foods and beverages in the milk and dairy group. According to the Dietary Guidelines for Americans 2005, Children 2 to 8 years should consume two cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume three cups per day of fat-free or low-fat milk or equivalent milk products.

Percentage of children achieving the recommended daily adequate intake for calcium



Source: *Pediatrics*, 2006;117:578-585

Milk and Milk Products

Another source of nutrients is milk and milk products. Milk product consumption has been associated with overall diet quality and adequacy of intake of many nutrients. The intake

of milk products is especially important to bone health during childhood and adolescence. Studies specifically on milk and other milk products, such as yogurt and cheese, showed a positive relationship between the intake of milk and milk products and bone mineral content or bone mineral density in one or more skeletal sites

Adults and children should not avoid milk and milk products because of concerns that these foods lead to weight gain. There are many fat-free and low-fat choices without added sugars that are available and consistent with an overall healthy dietary plan. If a person wants to consider milk alternatives because of lactose intolerance, the most reliable and easiest ways to derive the health benefits associated with milk and milk product consumption is to choose alternatives within the milk food group, such as yogurt or lactose-free milk, or to consume the enzyme lactase prior to the consumption of milk products. For individuals who choose to or must avoid all milk products (e.g., lactose intolerant individuals, vegetarians), non-dairy, calcium-containing alternatives may be selected to help meet calcium needs.

Source: Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services, U. S. Department of Agriculture

Wealth of Nutrition Education Resources Available at MyPyramid for Kids' Website

Maximize your nutrition education possibilities with the new MyPyramid for Kids resources. Bookmark the site and review it on a regular basis.

Let Students Discover Power Planet Online, Classroom Materials

MyPyramid for Kids reminds children to *Eat Right. Exercise. And Have Fun.* Get students excited about the new MyPyramid for Kids by working with classroom educators with the USDA-posted items online. Download the MyPyramid for Kids posters, and ask the teachers to share the MyPyramid Blast Off Game with their students. The program helps students learn to identify food groups, eat well, and stay active. Visit <http://www.ntis.gov/USDA/MyPyramid.aspx>, or send an email to teamnutrition@fns.usda.gov to request MyPyramid for Kids resources now.

MyPyramid for Kids—TIPS for Families

The following short and sweet messages from USDA's MyPyramid for Kids are great reminders to all parents. Use your menu backs, bulletin boards, school newsletters, and websites to communicate these important notes to help families practice healthy lifestyles. Are you beginning any nutrition education menu planning for school year 2007 yet? If so, consider highlighting one message each month in your menus, cafeteria decorations, classroom instruction, etc.

Eat Right

1. Make half your grains whole
2. Vary your veggies.
3. Focus on fruits.
4. Get your calcium-rich foods.
5. Go lean with protein.
6. Change your oil.
7. Do not sugarcoat it.

Exercise

1. Set a good example.
2. Take the President's Challenge as a family.
3. Establish a routine.
4. Have an activity party.
5. Set up a home gym.
6. Move it!
7. Give activity gifts.

Seven Reasons to Visit the Illinois School Food Service Association's Website

The following seven reasons to view the Illinois School Food Service Association's website may convince you to bookmark this site and view it on a regular basis if you do not already. It is located at www.isfsa.net.

7. Recipe of the month
6. Current legislative issues
5. Meetings and Events calendar
4. Posted grant, recognition, and scholarship opportunities
3. Training opportunities, such as Project Grow Workshops
2. Taste Test information
1. Annual conference information

Recipes—

Sweet 'N Sour Salad Dressing and French Salad Dressings

Betty Dunn, Pinckneyville School District 50 Food Service Manager, shares two salad dressing recipes and states, "The Pickneyville students enjoy them immensely." She serves them with tossed salads. Add more salads to your menu this spring and incorporate these dressings. Utilize commodity oil when appropriate.

Sweet 'N Sour Salad Dressing

Serving Size: One Tablespoon
Yield: 1,024 Servings

Ingredients:

4 cups oil (vegetable, corn, salad, or cooking)
36 cups granulated sugar
6–medium (2½” diameter) raw onions
18 cups cider vinegar
6 cups water
4 tablespoons garlic salt
4 tablespoons celery seed
3 tablespoons prepared yellow mustard

Instructions:

1. Mix ingredients together.
2. Blend in blender.
3. Refrigerate.

Nutrient Information

Calories	35 Kcal	Saturated Fat	.109 g
Calcium:	.96 mg	Carbohydrates	7.35 g
Vitamin A	.013 IU	Sodium	24.78 mg
Protein	.014 g	Vitamin C	.046 mg
Fiber	.016 g	Total Fat	.86 g
Iron	.043 mg		

French Salad Dressing

Serving Size: One Tablespoon
Yield: 1,024 Servings

Ingredients:

4 cups oil (vegetable, corn, salad, or cooking)
18 cups granulated sugar
3 medium (2½” diameter) raw onions
18 cups cider vinegar
6 cups water
6 tablespoons celery seed
3 tablespoons prepared yellow mustard
#10 can ketchup
6 tablespoons paprika

Instructions:

1. Mix ingredients together.
2. Blend in blender.
3. Refrigerate.

Nutrient Information

Calories	28 Kcal	Saturated Fat	11 g
Calcium:	1.162 mg	Carbohydrates	5.50 g
Vitamin A	24.52 IU	Sodium	50 mg
Protein	.019 g	Vitamin C	.056 mg
Fiber	.02 g	Total Fat	.869 g
Iron	.056 mg		

Grants, Awards, and Honors

Congratulations to the Recipients of the 2006 Golden Apple Award for Excellence in Teaching

This March, the Golden Apple Foundation announced the ten new winners of its Award for Excellence in Training. The winners join the 200 inducted members. We are pleased to announce that an Illinois Action for Healthy Kids member, Sandy Noel, is one of the ten recipients. Sandy Noel teaches Physical Education for grades K-5 at Hatch Elementary School in Oak Park. Congratulations, Sandy!

Sandy Noel's approach to teaching physical education is very cutting edge, a school administrator said. She integrates nutrition, dance, and brain research and core subjects. She teaches her students to use their bodies and minds together to enhance health and learning.

Source: Golden Apple Foundation News Release, Chicago—March 15, 2006

Training, Tips and Tools

Get Ready for Windows of Wellness Workshops!

Windows of Wellness (WOW) is this year's theme for the annual school-based Child Nutrition Programs administrative workshops scheduled throughout Illinois in June. Workshop topics will include local wellness policies, the 2005 Dietary Guidelines for Americans, recent changes in USDA civil rights requirements, food safety, health, a la carte items, what to expect during an Administrative Review, and much more.

The dates and sites of the workshops follow:

- June 6 Effingham—Thelma Keller Convention Center
- June 7 Carbondale—Civic Center
- June 8 Fairview Heights—Four Points Hotel by Sheraton
- June 13 Jacksonville—Hamilton's "110 North East"
- June 14 Rock Island—Four Points Hotel by Sheraton
- June 15 Bloomington—Radisson Hotel and Conference Center
- June 27 Rockford—Clocktower Resort and Conference Center

June 28 Arlington Heights—European Crystal Banquets/
Conference Center

June 29 Oak Lawn—Hilton

The program begins at 8 a.m. and concludes at 3:15 p.m. Check the Nutrition Programs' website (<http://www.isbe.net/nutrition/htmls/workshops.htm>) to preregister, which is required. These workshops are guaranteed to WOW all who attend!

State and National School Nutrition Association's Conferences

Plan now to attend the Illinois School Nutrition Association's Annual Conference, Extreme Makeover: Nutrition Edition, in June in Peoria. Visit www.ilsna.net for registration information. Take advantage of reduced charges by registering by May 20.

In July, you have the opportunity to attend the School Nutrition Association's (SNA) Annual Nutrition Conference (ANC), July 16–19, 2006, in Los Angeles, California. Visit www.schoolnutrition.org to register. Register by June 9 to take advantage of the early bird rate.

Spring Training Events Announced by National Food Service Management Institute

The National Food Service Management Institute (NFSMI) has posted the following training events for spring.

May 2–3, 2006

Food Buying Guide for Child Nutrition Programs Training Seminar—The National Food Service Management Institute (NFSMI) in cooperation with USDA's Food and Nutrition Service, has developed training materials to accompany USDA's *Food Buying Guide* (FBG). This course provides a comprehensive look at the contents of FBG. Worksheets to support participants in performing the demonstrated calculations and learning activities that provide participants with extensive hands-on practice using FBG are included in this course.

June 12–16, 2006

Orientation to Child Nutrition Management Seminar—Five-day seminars for new and aspiring Child Nutrition Program (CNP) directors. Classroom instruction, web-based activities, hands-on activities, and group projects provide training essential to the operation of CNP that are customer-oriented, cost-effective, and promote healthy eating behaviors. Management topics include customer service, financial management and record keeping, menu planning and food

production, facility layout and design, safety and sanitation, purchasing, personnel management, nutrition education, and marketing.

For more information, visit NFSMI's website at www.nfsmi.org. Nutrition Association's (SNA) Annual Nutrition Conference (ANC), July 16–19, 2006, in Los Angeles, California. Visit to register. Register by June 9 to take advantage of the early bird rate.

Nutrition Education and Training Program Recap for Fiscal Year 2005

The Nutrition Education and Training (NET) Program strengthens Child Nutrition Programs by encouraging teachers, food service staff, and parents to work cooperatively to teach and encourage children to make healthful food choices. The NET Program provides training, lending library, resources, and technical assistance to assist school food service staff in providing healthful, nutritious meals for the children they serve. It also provides training and resources to educators and parents to help them teach and promote healthy food choices.

Over 840 NET loan library items were loaned to 262 sponsors of Child Nutrition Programs. Over 4500 educators, child care, and school food service staff received training at 116 workshops and conferences. Over 1,700 persons and children participated in the Food, Fun and Fitness Expo. NET staff exhibited at 25 conferences throughout the year as well. The website at www.kidseatwell.org is enhanced annually.

Welcome New Nutrition Education and Training Program Staff

Please welcome the following new NET Program who started this school year.

- Christine Cliff, M.S., R.D., L.D.N., Illinois NET Program Specialist coordinates training throughout the state.
- Amy Daum-Hildebrand, M.P.H., R.D., L.D.N., Illinois NET Program Specialist is currently working on projects including the development of an eLearning course and a la carte workshop for Illinois education professionals.
- Vance Debruine, M.S., N.C.S.F.-C.P.T. (National Council on Strength and Fitness, Certified Personal Trainer), serves as an Illinois NET Program Nutrition Consultant.
- Stacey Krawzyk, M.P.H., R.D., L.D.N., Illinois NET Program Nutrition Consultant, will be delivering

training to childcare and school staff in central Illinois.

- Nancy Prange, M.S., R.D., L.D.N., Illinois NET Program Nutrition Consultant delivers training in the northeastern region.

Give Your Employees the HEALTHY EDGE!

The School Nutrition Association (SNA), Child Nutrition Foundation, and Kraft Foods™ announce the newly revised school foodservice education program, *The Healthy Edge: Building Healthy School Meals* which focuses on building good school nutrition programs.

The \$50 curriculum provides child nutrition professionals with ten credit hours of continuing education units developed to help them provide safe, healthy school meals while teaching children the value of good nutrition. The program is a requirement for any professional seeking SNA certification.

A special focus includes the latest dietary guidelines including portion size, variety, essential nutrients, insuring food is handled and prepared safely, marketing to the toughest customers—the students, and making a long-term impact on students' health through nutrition education. Visit <http://www.schoolnutrition.org/Index.aspx?id=1093> for more information.

2006 National Restaurant Association Show in Chicago

Broaden Your Perspectives. Improve Your Results

Take advantage of the early registration rate of \$30 and register by April 14 to attend the National Restaurant Association's (NRA) annual show, May 20–23, at McCormick Place in Chicago. Over 2,000 exhibits and more than 60 free educational sessions are offered. See hot new products, kitchen renovations, visit the technology pavilion, and walk through the new international cuisine pavilion. Register online at <http://www.restaurant.org/show/index.cfm> today.

CALENDAR OF EVENTS

May

Household income eligibility documents for FY2007 available on our website at www.isbe.net/nutrition

Complete the meal count edit prior to submission of the Claim for Reimbursement

1–5 National Child Nutrition Employee Appreciation Week

3 ACES: *All Children Exercising Simultaneously* Day

5 Submit Claim for Reimbursement

13–20 Make changes, if needed, for June commodity deliveries

17–19 55th Annual Illinois Association of School Business Officials (IASBO) Conference—St. Charles, Pheasant Run

20–23 2006 National Restaurant Association Show—Chicago (<http://www.restaurant.org/show/>)

29 Memorial Day—ISBE office closed

The
OUTLOOK
FOR SCHOOL NUTRITION PROGRAMS

Illinois State Board of Education

The Outlook Bulletin Board is published ten times per year, August through May for those participating in School Nutrition Programs, by the Nutrition Programs, Illinois State Board of Education, 100 North First Street, Springfield, IL 62777-0001. PHONE 800/545-7892, 217/782-2491, FAX 217/524-6124, www.isbe.net/nutrition/ Christine Schmitt, Division Administrator. In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

