

Fact Sheet

Food Service

From CDC's School Health Policies and Programs Study (SHPPS) 2000

About SHPPS

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

Organization

- 87.8% of schools participate in the USDA National School Lunch Program, and 63.8% of schools participate in the USDA School Breakfast Program.
- Staff working at the district food service office have primary responsibility for planning school meal menus in 50.7% of schools and for deciding which foods to order in 43.6% of schools.
- In 16.6% of schools, an outside food service management company operates the school food service program.
- 81.9% of schools prepare and cook food at school, rather than reheating food previously prepared elsewhere.
- 19.5% of schools have a committee that includes students which provides suggestions for the school food service program.

Schedule

- 19.7% of schools usually give students less than 20 minutes to eat lunch once they are seated.
- 26.4% of schools begin serving lunch before 11:00 am, and 4.5% of schools begin serving lunch before 10:30 am. In 12.9% of schools, lunch is served until after 1:00 pm, and in 2.2% of schools, lunch is served until after 1:30 pm.
- 73.4% of elementary schools have half or more of their classes participating in recess immediately after lunch, but only 18.2% have half or

more of their classes participating in recess immediately before lunch.

Menu Planning and Food Variety

- Among the 49.3% of schools and 93.7% of districts that do menu planning: 63.0% of schools and 75.0% of districts use food-based menu planning; 28.6% of schools and 20.5% of districts use Nutrient Standard Menu Planning (NuMenus); and 7.3% of schools and 1.8% of districts use Assisted NuMenus.
- 20.2% of schools offer brand-name fast foods to students.
- 68.1% of schools offer a choice between two or more fruits or types of 100% fruit juice each day for lunch, 66.1% offer a choice between two or more entrees each day for lunch, and 61.7% offer a choice between two or more vegetables each day for lunch.
- 83.4% of schools offer food or beverages other than milk a la carte. The percentage of schools offering specific food and beverage items a la carte are as follows:
 - Fruits or vegetables—72.9% of schools.
 - 100% fruit or vegetable juice—62.9%.
 - Baked goods not low in fat—59.2%.
 - Pizza, hamburgers, sandwiches—56.2%.
 - Lettuce, vegetable, or bean salads—52.6%.
 - Bread products—50.8%.
 - French fried potatoes—40.0%.
 - Low-fat baked goods—39.5%.
 - Low-fat salty snacks—38.2%.
 - Ice cream/frozen yogurt not low in fat—37.4%.
 - Low-fat or nonfat yogurt—35.5%.
 - Salty snacks not low in fat—35.5%.
 - Soft drinks, sports drinks, or fruit drinks that are not 100% juice—31.6%.
 - Non-chocolate candy—9.2%.
 - Chocolate candy—7.9%.

Food Safety

- During the two years preceding the study, 92.2% of states and 86.4% of districts provided funding for or offered staff development for district or school food service staff on sanitation and safety; 89.7% of school food service managers received staff development on this topic.
- 77.1% of elementary schools, 65.9% of middle/junior high schools, and 70.2% of senior high schools taught about food safety in at least one required health education class or course.
- 85.5% of elementary school classes had a teacher who made time for students to wash their hands using instant hand sanitizers or a bathroom or classroom sink before lunch, 69.0% had a teacher who made time before snacks, and 58.5% had a teacher who made time after recess.

Percentage of Schools Ordering Specific Types of Milk and Distribution of Average School Milk Order, by Type of Milk*

Type of milk	Schools ordering this type of milk	% of average milk order that is this type of milk
Whole milk, white	45.7	14.1
Whole milk, chocolate or flavored	15.8	8.0
2% milk, white	65.4	22.4
2% milk, chocolate or flavored	30.4	18.6
1% milk, white	31.8	8.5
1% milk, chocolate or flavored	32.0	20.1
Skim milk, white	29.3	3.3
Skim milk, chocolate or flavored	10.2	5.1

*Among the 62.8% of schools in which food is not ordered by district-level staff.

Percentage of Districts and Schools Always or Almost Always Using Specific Fat-Reducing Practices

Practice	Districts	Schools
Drain grease from browned meat	93.7	88.5
Use non-stick spray or pan liners instead of grease or oil	85.0	80.0
Spoon solid fat from chilled meat or poultry broth	67.6	61.7
Use skim, low-fat, or nonfat dry milk instead of whole milk	67.4	60.3
Trim fat from meat or use lean meat	65.8	56.2
Skim fat off warm broth, soup, stew, or gravy	60.2	52.8
Steam or bake vegetables	59.5	67.0
Prepare vegetables without butter, margarine, or creamy sauce	59.1	51.5
Rinse grease from browned meat	44.3	42.8
Remove skin from poultry or use skinless poultry	36.9	40.2
Use part-skim or low-fat cheese instead of regular cheese	34.1	31.0
Use vegetable oil instead of shortening, butter, or margarine	33.8	29.7
Roast meat or poultry on a rack so fat would drain	33.2	28.4
Reduce fats and oils in recipes or use low-fat recipes	25.2	27.9

For additional information on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717, telephone 888-231-6405, <http://www.cdc.gov/shpps>.