

Planning School Meals with Nutrition in Mind 2025

Learning Objectives:

- Increase your knowledge about child nutrition and health. Learn why meeting nutrition standards for school meals are important for children's health and learning.
- Ensure understanding of components, meal pattern crediting and required documentation.
- Explore the USDA FNS Final Rule on meal pattern and nutrition standards requirements.
- Review menu planning resources for healthy school meals.

Agenda, Tuesday, July 29:

Presenter:

8 a.m.	Welcome and Introductions	Kala Shipley and Consultants Bureau of Nutrition and Health Services Anirudh Naig, Iowa State University
8:30 a.m.	Nutrition for Iowa School Nutrition Leaders	Lyndi Buckingham-Schutt Iowa State University
9:30 a.m.	Planning Reimbursable Meals <ul style="list-style-type: none">- Components and meal pattern crediting- Nutrition standards<ul style="list-style-type: none">o including added sugars beginning school year 2025-26- Documentation	School Nutrition Consultants
Noon	Lunch	
12:45 p.m.	Menus in the Making <ul style="list-style-type: none">- Maximize use of USDA Foods- Benefits of a cycle menu	Brenda Windmuller, Chef and Consultant Sarah White, USDA Foods Consultant
2 p.m.	Hear from Your Peers	SFA Panel
3 p.m.	Menu Planning Discussion	Table Talk
3:15 to 3:30	Wrap Up, Knowledge Check and Evaluation	School Nutrition Consultants



Lyndi Buckingham-Schutt joined Iowa State University in 2022 as an Assistant Professor in the Food Science and Human Nutrition Department and Human Science Extension and Outreach State Specialist in Food and Health.

Prior to Iowa State University, Lyndi was the Director of Wellness and Nutrition Policy at The Harkin Institute at Drake University and was an USDA Fellow for Childhood Obesity Prevention at Iowa State University.

Lyndi's research focuses on evidence-based policy, systems, and environmental change approaches to improve food and nutrition systems that support access to healthy food, sustainable development and food equity.

Bureau of Nutrition and Health Services - School Nutrition Consultants

Shea Cook, southeast Iowa (FSMC)
Christine Crow, central/east Iowa (Team Nutrition Director)
Jean Easley, central/south Iowa
Donna Matlock, northeast Iowa
Shelly Mohr, eastern Iowa
Dee Murphy, northwest Iowa (Resource Management)
Meredith Vrchoticky, central/north Iowa (Eligibility)
Brenda Windmuller, southwest Iowa (Chef)
Meg Collins, Farm to School and Nutrition Resource Site
Stephanie Dross, FFVP and SFSP
Patti Harding, Administrative Consultant
Keerti Patel, Procurement
Kala Shipley, Bureau Chief
Jenn Schultz, Team Nutrition Coordinator
Sarah White, USDA Foods
