



BOYS & GIRLS CLUBS

METRO DENVER

Thank you for your interest in the Food Bank of the Rockies After School Meal program or Child & Adult Care Food Program (CACFP)! If you are wanting to participate, please complete the online application.

**Review the following information carefully to determine your site's eligibility.**

**Approved sites may be selected to participate in one of three meal options. View *"Information and Site Requirements by Meal Type"* on the following pages for further details.**

**At-risk after-school programs must offer an enrichment activity. Ideas include: online homework assistance, activity packets, electronic games and books, or other e-learning activities.**

**In addition to appropriate after-school programs, approved sites must meet the following standards and take required training:**

1. Must be located in a geographical area served by a school in which 50% or more of children are certified as eligible for Free or Reduced school meals. If you need assistance determining this, please contact the Food For Kids team at [FFK@foodbankrockies.org](mailto:FFK@foodbankrockies.org).
2. Participating sites must supply the actual number of children to be served by race and ethnic category as part of this application.
3. Each participating site must display the *"And Justice for All"* poster and the menu (both provided by Food Bank of the Rockies) in locations visible by children, parents, and visitors.
4. At minimum, all staff directly responsible for program administration (meal service and reporting) must attend CACFP training provided by Food Bank of the Rockies; person(s) will be responsible for the performance of the site's food distribution in accordance with established Food Bank of the Rockies, State of Colorado, and USDA standards.
5. Before meal service can begin, at least one site representative responsible for food distribution must complete the Food Safety and Civil Rights online training courses annually. These are available on Food Bank of the Rockies' website: <https://www.foodbankrockies.org/partner-portal/partner-training/>
6. Sites may not charge for the meals and may not receive funding or reimbursement from any governmental entity.
7. Sites must have (and provide a copy of) a current childcare license and most recent health inspection or be determined exempt by CDHS/local health department.

**IMPORTANT NOTE:**

- Review all dates listed on the application web page carefully to best ensure your application is approved and all trainings are completed in a timely manner. Any delays may result in meals not being available until after school has already started.
- Dates include scheduled closures so you may plan accordingly.

## Link2Feed – no more paper!



Food Bank of the Rockies utilizes an online tool called **Link2Feed** to capture meals served. Training is provided for partner staff every year. Link2Feed services include:

- Requires internet access – wired, WiFi, or Hot Spot
- Password protected, secure, and encrypted site; each user gets their own username and password
- No software needed – you can access Link2Feed from most browsers (Chrome is recommended)
- Can be used on a computer, tablet, laptop or smartphone
- Can import list of children in advance of your first service
- Meals recorded with a click of a button
- Record your food temps
- Record number of meals received and any unserved meals (due to waste, damage, or lower numbers)
- Provide notes or comments about the meals
- Reporting tools

**If you have limited technology capacity (internet and/or hardware), that prohibits your site from using Link2Feed, please let us know. Failure to record daily counts in L2F may result in a decline of program participation and in meal suspension.**

## Meal Type Selections

### Information and Site Requirements by Meal Type

Each type of meal available has certain site requirements related to quantity, storage, and food safety. Please review each below to help you determine the best meal to serve at your site. Minimum requirements may be flexible, as determined on a case-by-case basis. Contact Food for Kids staff if you have any questions at [FFK@foodbankrockies.org](mailto:FFK@foodbankrockies.org).

Food Bank of the Rockies and its approved vendors follow the USDA meal pattern for child nutrition programs for meals provided to sites.

### Meal Option One

| <u>Shelf-stable “Super Snack” Meals</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <u>Sample Menu</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                   |                                                                                                                                                                            |                                                                                                                                                                        |
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| <p>Minimum served — <b>200 monthly**</b></p> <p>Meals meet USDA requirements (see sample menu)</p> <p><b>Storage Requirements</b></p> <ul style="list-style-type: none"><li>• Cool, dry area—shelving or cabinets</li><li>• Shelf stable (UHT) milk can be refrigerated but not required</li><li>• Maintain storage temps with thermometer and temperature log (between 50° and 70°)</li></ul> <p><b>Food Safety and Sanitation</b></p> <ul style="list-style-type: none"><li>• Hand washing facilities (sink/soap/towels or hand sanitizer)</li><li>• Daily cleaning of serving and eating surfaces</li><li>• Trash cans</li></ul> <p><b>Other Details</b></p> <ul style="list-style-type: none"><li>• Meals are picked up weekly at Food Bank of the Rockies by the site; rural delivery subject to availability</li></ul> | <p>Below are examples of menus for our shelf-stable meals which come pre-packaged for easy serving. UHT Milk is separate and can be refrigerated if desired. Menus are subject to change. Special dietary requests will be accommodated with a doctor’s written note.</p> <table><tr><td><p><u><b>Chicken Salad Meal</b></u></p><p>Chicken Salad<br/>Sunflower Kernels<br/>Whole Grain Crackers<br/>Flavored Applesauce<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p></td><td><p><u><b>Pizza Meal</b></u></p><p>Cheese Stick<br/>Sunflower Kernels<br/>Whole Grain Pizza<br/>Crackers<br/>Marinara Sauce<br/>Flavored Raisins<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p></td></tr><tr><td><p><u><b>Taco Dipper Meal</b></u></p><p>Taco Hummus<br/>Flavored Chickpeas<br/>Whole Grain Crackers<br/>Flavored Raisins<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p></td><td><p><u><b>Beef Stick Meal</b></u></p><p>Beef Sticks<br/>Flavored Applesauce<br/>Whole Grain Crackers<br/>Cheese Stick<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p></td></tr></table>  | <p><u><b>Chicken Salad Meal</b></u></p> <p>Chicken Salad<br/>Sunflower Kernels<br/>Whole Grain Crackers<br/>Flavored Applesauce<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p> | <p><u><b>Pizza Meal</b></u></p> <p>Cheese Stick<br/>Sunflower Kernels<br/>Whole Grain Pizza<br/>Crackers<br/>Marinara Sauce<br/>Flavored Raisins<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p> | <p><u><b>Taco Dipper Meal</b></u></p> <p>Taco Hummus<br/>Flavored Chickpeas<br/>Whole Grain Crackers<br/>Flavored Raisins<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p> | <p><u><b>Beef Stick Meal</b></u></p> <p>Beef Sticks<br/>Flavored Applesauce<br/>Whole Grain Crackers<br/>Cheese Stick<br/>100% Veg/Fruit Juice<br/>White Milk, UHT</p> |
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## Meal Option Two

### Fresh Meals

Minimum served— **30 daily\*\***

Meals meet USDA requirements (see sample menu)

#### **Storage Requirements**

- Refrigerator
- Residential size for up to 65 meals, including milk
- Commercial size for more meals
- Maintain refrigerator temps with thermometer and temperature log (temp at 40° or below)

#### **Food Safety and Sanitation**

- Hand washing facilities (sink/soap/towels or hand sanitizer)
- Food storage temps monitored and recorded (thermometers and logs will be provided)
- Daily cleaning of serving and eating surfaces

#### **Other Details**

- Meals are delivered daily; rural delivery subject to availability

### Sample Menu

Below are examples of menus for our fresh meals which are served in unitized, sealed trays. Some meals can be served hot if a site has appropriate heating options. UHT Milk is separate and can be refrigerated if desired. Menus are subject to change. Special dietary requests will be accommodated with a doctor's written note.

#### Chicken Fried Rice

Brown Rice  
Diced Chicken  
Teriyaki Sauce  
WG Vegetable Egg Roll  
Pineapple  
White Milk, UHT

#### Beef Tacos

Taco Beef  
Shredded Cheese  
WG Flour Tortilla  
Shredded Lettuce  
Diced Tomatoes  
Picante Salsa  
Watermelon  
White Milk, UHT

#### Meat Lovers Pizza

Beef Crumble  
WG Sandwich Thin  
Shredded Mozzarella  
Sliced Cucumber  
Marinara Sauce  
Mango  
White Milk, UHT

#### Mini Corn Dogs

WG Chicken Corn Dogs  
String Cheese  
Cole Slaw  
Mandarin Oranges  
BBQ Sauce  
White Milk, UHT



## Meal Option Three

### Hot Meals

Minimum served— **30 daily\*\***

Meals meet USDA requirements (see sample menu)

#### **Storage Requirements**

- Electric Cambro(s) loaned by Food Bank of the Rockies; a signed Electric Cambro Receipt form will be collected
- Cambro must be turned on to preheat at least 45 minutes before meals arrive
- Refrigerator
- Residential size for up to 65 meals, including milk
- Commercial size for more meals
- Maintain refrigerator temps and hot food temps with thermometer and temperature log (cold = 40° or less; hot = 140° or more)

#### **Food Safety and Sanitation**

- Hand washing facilities (sink/soap/towels or hand sanitizer)
- Food storage temps monitored and recorded (thermometers and logs will be provided)
- Daily cleaning of serving and eating surfaces

#### **Other Details**

- Meals are delivered daily; rural delivery subject to availability
- All utensils with appropriate serving sizes are provided by Food Bank of the Rockies at the beginning of the program year
- Site staff are responsible for cleaning the utensils prior to each meal service
- Site staff are responsible for using the correct utensil serving size (as noted on receipts left by delivery drivers and Utensil Calendar provided by Food Bank of the Rockies) in order to remain in compliance
- Food Bank of the Rockies will pick up electric cambros and utensils at the end of the program year for maintenance

### Sample Menu

Below are examples of menus for our hot meals which are served in foil, family style trays. Site staff are required to use utensils with the appropriate serving size as directed in order to be in program compliance. UHT Milk is separate and can be refrigerated if desired. Menus are subject to change. Special dietary requests will be accommodated with a doctor's written note.

#### Chicken Fried Rice

Brown Rice  
Diced Chicken  
Teriyaki Sauce  
WG Vegetable Egg Roll  
Pineapple  
White Milk, UHT

#### Meatball Sub

Beef Meatballs  
Mozzarella  
WG Bun  
Marinara Sauce  
Fresh Salad  
Blueberries  
White Milk, UHT

#### Steak Burger

Beef Patty  
WG Bun  
Cheese  
Lettuce & Tomato  
Potato Wedges  
Craisins  
White Milk, UHT

#### Chicken Tacos

Chicken Tinga  
Shredded Cheese  
WG Corn Tortillas  
Black Beans  
Lettuce & Picante Salsa  
Mango  
White Milk, UHT

