

Production Menu

NFSC 430: Management

Skill Area: Food Service Management

Assignment Title: Menu Development/ Production Menu

What I Learned: This assignment exposed me to what it is like to be a food service director for an elementary school. I learned the importance of portion control and variety in a school menu in order to meet a minimum of 1/3 the RDA for students, as well as providing a menu that would appeal to a particular age group.

Reflection to assignment: This assignment was a lot of fun for me. I really enjoyed creating a menu for breakfast and lunch for three days. This assignment gave me a chance to create a menu that I feel is healthy and appealing to a younger generation. It allowed me to pick out foods that I enjoy to eat as well as provide a variety to choose from in order to meet 1/3 of the RDA. In addition, this assignment helped me exercise and improve my Microsoft Office Excel skills as well as my creativity for menu development. This assignment also helped me understand how important portion control is in a menu development.

Relevance to the profession: Food service management is a very important component of Nutrition and Food Science as a profession. The skills taught in this assignment are critical for any professional field I choose to go into.