LEARNING OUTLINE:

PRE-APPRENTICESHIP PROGRAM OVERVIEW: Work Based Learning + Related Instructional Hours

- School Food Institute (SFI): 4 courses: 20 hours (4 hours pre-read, 4 hours homework, 12 hours online learning)
- Virtual Learning Sessions: 3 hours (2 sessions, 1.5 hours each)
- Work-Based Learning: 84 hours (12 hours x 7 weeks)

WEEKLY SUMMARY

Preparation for Pre-Apprenticeship
Onboarding & Submission of Required Documents
Overview of ServSafe Requirement

Week One

 **SFI:** [School Food 101](#)
Work-based Learning in District

- Introduction to district and school food program: Overview of district enrollment, Free/Reduced lunch population, Average daily participation, other programs
- Shadow Food Service Director: Tour of district kitchens and cafeterias, introduction to staff
- General school food service operation support (e.g., meal prep, serving, cleaning, etc.)

Week Two

 **SFI:** [Ingredients for Healthier Kids](#)
Work-based Learning in District

- Introduction to Recipes: How School Food Recipes breakdown to meet costing allocations, and nutrition guidelines
- General school food service operation support

Week Three

Work-based Learning in District

- Operations - Front of the House: Meal service in cafeteria, overview of how POS system works in school food
- General school food service operation support

VIRTUAL LEARNING SESSION: Why Scratch Cooking is so Important
30 Day Probationary Period Ends - Must have completed ServSafe certification

Week Four

SFI: Recipes and Menu Development

Work-based Learning in District
- Introduction to Operations - Back of the House: Continuation of time working on production, overview of packout transportation and flow of food in program
- Recipes/Production: Working on preparation of lunch recipes in kitchen and overview of how scheduling and production schedule works
- General school food service operation support

Week Five

Work-based Learning in District
- Operations - Back of the House: Production
- General school food service operation support

VIRTUAL LEARNING SESSION: Incorporating Local & Sustainability into School Food

Week Six

SFI: Salad Bars to Schools

Work-based Learning in District
- Procurement: Spend time shadowing procurement employees. Learn how orders are placed, purchasing thresholds, vendors, commodities, etc.
- General school food service operation support

Week Seven

Work-based Learning in District
- Marketing: Participate in a tasting/sampling event in school cafeteria
- General school food service operation support