



School Food Services and Canteen Nutrition Management Course

29 August – 2 September 2027

Dammam - Eastern Province five-star



School Food Services and Canteen Nutrition Management Course

Ref: 2009_29618 **Date:** 29 August – 2 September 2027 **Location:** Dammam - Eastern Province five-star **Fees:** 19500 SAR

Introduction:

School food services and canteen nutrition management is a 1-week course for education authority nutrition staff, school operators and school catering contractors, ending with a School Food Service Improvement Plan for a case school group. Pupils lose the benefit of school meals when menus drift from nutrition standards, canteens sell sugary drinks and fried snacks, allergy incidents go unrecorded and caterer contracts reward volume over quality. Nominees already plan, supervise or audit school meals and canteens, and learn through case studies on real menus, inspection records, contracts and cost sheets. CoreConcept Training Center delivers this school food services course.

Course Objectives:

- Compare universal, targeted and paid school meal programme models and select the model that fits a school group's pupils and budget
- Apply weekly food-group requirements, plate model proportions and canteen food lists to school menus and tuck shop ranges
- Plan cycle menus and portion sizes for early years, primary and secondary pupils that meet school nutrition standards
- Operate canteen licensing files, HACCP controls, hygiene inspections and a pupil allergy register with emergency response routines
- Calculate per-meal costs and monitor catering contractors through specifications, performance indicators, plate waste checks and corrective notices
- Track childhood obesity outcomes with BMI-for-age percentiles and combine canteen changes with whole-school and family measures

Target Audience:

- Education authority nutrition and school health units that set food standards and inspect school meals
 - School operators and school group managers accountable for canteens, tuck shops and meal service
 - School catering contractors that run central kitchens and serve meals on school sites
 - Contract and procurement staff who tender, award and monitor school catering contracts
 - School health and wellbeing coordinators who manage pupil allergies and healthy eating initiatives
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Course Outline:

Day 1: School Food Service Landscape and Current-State Assessment

- Universal, Targeted and Paid School Meal Programme Models Compared
- FAO School Food Pillars Mapped to a School Group
- School Food Environment Audit of Canteens, Vending and Tuck Shops
- Stakeholder Map of Authorities, Operators, Caterers and Parents
- Current-State Scorecard for Meals, Canteen Sales and Complaints

Day 2: School Nutrition Standards and Age-Group Menu Frameworks

- Weekly Food-Group Requirements for School Lunch Menus
- Plate Model Proportions for Primary and Secondary Pupils
- Canteen Permitted, Restricted and Prohibited Food Lists
- Water-First Drinks Policy and Sugary Drink Removal
- Age-Group Portion Guide for Early Years to Adolescents

Day 3: Menu Planning, Canteen Hygiene and Allergy Management in Schools

- Three-Week School Cycle Menu Checked Against Food-Group Standards
- HACCP Plan for a Central School Kitchen
- Canteen Licensing File and Daily Hygiene Inspection Checklist
- Pupil Allergy Register and Individual Healthcare Plan Links
- Allergen-Safe Serving Line and Emergency Response Drill

Day 4: Meal Programme Costing, Contractor Monitoring and Obesity Outcomes

- Per-Meal Cost Build of Ingredients, Labour and Overheads
- Catering Contract Specification and Key Performance Indicator Schedule
- Contractor Monitoring Visits, Plate Waste Checks and Penalty Triggers
- BMI-for-Age Percentile Tracking for School Pupil Cohorts
- Whole-School and Family Measures Beyond the Canteen Counter

Day 5: Case Study Work on a School Food Service Improvement Plan

- Case School Group Brief With Menus, Contracts and Sales Data
 - Case Menu and Canteen Range Review Against Nutrition Standards
 - Case Caterer Performance Review and Corrective Action Notice
 - Case Cost and Participation Scenario for Meal Programme Options
 - School Food Service Improvement Plan Completion and Peer Challenge
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Skills You Will Gain:

- School Meal Programme Design
- School Nutrition Standards Application
- Age-Group Menu Planning
- Canteen Hygiene Inspection
- School Allergy Management
- Per-Meal Cost Analysis
- Catering Contractor Monitoring
- Childhood Obesity Outcome Tracking

Why Attend This Course:

- Deliver a School Food Service Improvement Plan to the school group board and the authority nutrition unit for approval
- Decide which canteen items to keep, restrict or remove and which meal programme model to fund
- Avoid allergy incidents, failed hygiene inspections and paying caterers for meals that miss the specification
- Coach canteen supervisors, kitchen leads and school nurses on menu checks, allergy registers and contractor visit records

Conclusion:

Back at work, the participant presents the School Food Service Improvement Plan to the school group board, the authority nutrition unit and the catering contractor. The board uses its costing scenarios to choose a meal programme model, the nutrition unit uses its menu and canteen reviews to set inspection priorities, and the contractor receives revised specifications and indicators. After the first term under the plan, the group should review canteen sales, plate waste, allergy records, contractor scores and pupil BMI-for-age data, then adjust menus and contract terms.

Frequently Asked Questions FAQ:

What should participants know before a school food services and canteen nutrition management course?

Participants should already plan, supervise, supply or inspect school meals or canteens. No dietetics qualification is needed. Bringing an anonymised school menu, canteen price list or catering contract helps them apply the case exercises to their own schools.

How does school food services and canteen nutrition management differ from a chef-level healthy menu or hospital food service course?

It manages the whole school food system: programme models, nutrition standards for pupils, canteen licensing, allergy registers, contractor monitoring and obesity outcomes. Chef courses focus on recipe reformulation in the kitchen, and hospital courses on therapeutic diets and patient tray service.

Why do school canteen nutrition standards restrict sugary drinks and fried snacks?

Restricting sugary drinks, confectionery and fried snacks removes energy-dense foods from the school day and makes water, fruit and balanced meals the default. Canteen limits work best when combined with physical activity, food education and family engagement rather than used alone.

What do participants take back from school food services and canteen nutrition management training?

Participants take back a School Food Service Improvement Plan with a menu review, canteen range decisions, an allergy register template, a per-meal cost model, contractor indicators and an obesity outcome tracker they can adapt to their own school group.