

ABSTRACT

Background: Food service management at Al Muttaqien Islamic Boarding School, Madiun City, plays a crucial role in ensuring the adequate nutritional intake of students, particularly adolescents who are in a growth phase. A common issue is that the planned menus are not nutritionally balanced, and the portion sizes do not adequately meet the nutritional requirements of students. These shortcomings are partly associated with the limited knowledge, attitudes, and practices of food service providers. Food service management at Al Muttaqien Islamic Boarding School, Madiun City, has not yet fully adhered to the principles of balanced nutrition, as evidenced by inadequately planned menus and inappropriate portion sizes. A preliminary study revealed a double burden of malnutrition among students, with 60% experiencing nutritional problems. **Objective:** This study aimed to determine the effect of mentoring in menu planning and portion size determination on the knowledge, attitudes, and practices of food service providers at Al Muttaqien Islamic Boarding School, Madiun City. **Design:** This study employed a pre-experimental one-group pretest–posttest design involving 20 food service providers. The intervention consisted of mentoring on menu planning and portion size determination based on the Indonesian Balanced Nutrition Guidelines. **Results:** The analysis results indicate a statistically significant increase and impact ($p < 0.05$) on the knowledge, attitudes, and practices of food service providers, as well as improvements in menu planning and portion size accuracy. **Conclusions:** The program is recommended for sustained implementation to improve food service management and support better nutritional status among students.

Keywords: mentoring#1; menu planning #2; portion size #3; food service providers #4; Islamic boarding school #5