

Wellness Committee Meeting Notes – September 17, 2019

Welcome to our first meeting of the Wellness committee in 2019

Let's talk about breakfast!

Some students didn't even know we served breakfast or where to go in the morning. We let them know they simply needed to head to the cafeteria when they arrive to school!

Students said, they don't get up early enough for breakfast, so we let them know some of the great options offered... including mini pancakes, apple frudels, bacon, egg & cheese sandwiches as well as pop-tarts and banana muffins.

Students are loving the new apple frudels and the all-time favorite Breakfast Pizza! A few students wished there was more time for breakfast. One of the parents asked if oatmeal could be served for breakfast, we said we would definitely take it into consideration to see how we could make that happen for November!!

Next topic, Lunch!

Things students like are the MS & HS daily Taco Bars! Elementary schools love Nachos on Tuesdays and French Toast Sticks every Friday!!! A few students asked for Calzones every day, we said we would try to add them to the menu 2x per week. Kids like the new corn dog nuggets, but wish fries and tots were served warmer and more often as an accompaniment!

Students were not happy with cold food! We let students know if they are ever unhappy with anything to let the kitchen supervisor know so we could fix things! Pizza at the MS is great but not as good at the HS, but students stated there were more choices at the HS so pizza was the choice if there was nothing else they were interested in.

Students are generally happy with the Snack Selections, just wishing there were drinks that were not diet! Elementary school students wish there were more drink choices, we were able to explain the Smart Snack requirements and that unfortunately elementary students are pretty limited due to sugar content! But they have something to look forward to as they get older!

A few Nutrition Notes

Vegetarian items are offered daily in all schools. Elementary Schools use a "leaf" ICON that's easy to see. The HS features a Monthly Meatless Monday, which some vegetarians appreciate. Some students try samples, but most have not loved the options. October's menu offers a Meatless Monday with Buffalo and Pizza Crunchers, hopefully it will be a success!

Next Meeting will be Dec 10 2019

