

Healthy Foods Project
Citizens Advisory Committee
2004-2005 Project Assignment
6/20/2005

Submitted by

Marcia Columbro, MD
John Doucette
Linda Wade

Direction from the Board

Review Westlake School District's health program components as they relate to nutrition education. Also, review the role of the schools and home, as they relate to providing proper nutrition to children, including a review of our current lunch program offerings, and our other on-site food choices such as vending machines.

Approach

The Project Team determined early in the process that there was a very limited amount of nutritional subject matter included in the Westlake School's instructional programs, as described below. Consequently, we chose to focus on the nutrition and health aspects of food offerings in the schools. We undertook the following data collection steps:

- Review of published materials pertaining to this topic, including
 - Federal and State regulatory requirements
 - Research reports
 - News articles
- Interviews with administrative, instructional and food service personnel:
 - Mary Kay Auger, Head Cook at Westlake High School
 - Gary Slocum (Director of Business Affairs)
 - Ray Conti (Director of Curriculum and Instruction)
 - Judi Higgins, Nutritionist for Bay Village Schools
 - Head Cooks from all schools in a team meeting context
- Review of menus and information made available to parents and students
- Visit to Westlake High School cafeteria, including lunch
- Survey of students at Westlake High School, conducted for us by students associated with the Green & White

Study Results

Nutritional Concerns

Concern about children's nutrition and the role schools play in it is widespread.

According to the Ohio State University Extension Service ¹ "Childhood obesity has reached epidemic proportions with 4.7 million children and teens (from ages 6 to 17) overweight or obese. This substantially raises their risk of illness from high blood pressure, high cholesterol, Type 2 diabetes, heart disease and stroke, breast, prostate and colon cancers, and a number of other illnesses. In addition:

- Only 2 percent of youths meet all the recommendations of the Food Guide Pyramid; 16 percent do not meet any of the recommendations.
- Less than 15 percent of school children eat the recommended servings of fruit, less than 20 percent eat the recommended servings of vegetables, less than 25 percent eat the recommended servings of grains, and only 30 percent consume the recommended milk group servings on any given day.
- Teen-agers today drink twice as much carbonated soda as milk and only 19 percent of girls ages 9 to 19 meet the recommended intakes for calcium."

In a 2003 report to Congress, the US General Accounting Office (GAO) found that "schools have made significant progress in meeting USDA nutrition guidelines since the mid-1990s but need to make improvements both in meeting the nutrition requirements and in promoting students' healthy eating choices." ² This is a very useful and informative document that contains many specific suggestions for improvements and examples of schools that have made such changes and achieved positive results.

A number of state legislatures and boards of education have taken or are considering actions to address this problem, whether in the form of guidelines for healthy eating or outright bans of "junk food" or vending machines in schools. According to the National Conference of State Legislatures web site at <http://www.ncsl.org/programs/health/vending.htm> six states have enacted bans or restrictions on vending machine sales in elementary, middle and junior high schools and an additional 27 states are considering some kind of controls in their 2005 legislative sessions. One of these states (Arizona) recently passed such a law, banning the sale of junk food in elementary, middle and junior high schools, effective in 2006. It targets soft drinks, candy, and other fatty and sugary snacks.

States are also taking administrative action by establishing policies and standards regarding nutritional standards (regulating portion sizes as well as nutritional content) and the availability of competitive foods. For example, the

State of Texas established the following policies for High Schools.³ This is a small sample taken from a comprehensive document addressing all grade levels.

- Competing foods may not be served in cafeterias during the hours when meals are served.
- Schools must eliminate frying for on-site food preparation by 2009.
- Sugared, carbonated soft drinks are limited to 12 ounce containers.
- French fries are limited to 3 ounces per serving and a student may only purchase one serving at a time.

At this time there are no initiatives underway in Ohio in any of these areas.

Healthy School Menu Ideas

Our review of the literature identified many suggestions for improving the nutritional quality of school meals and the nutritional content of the schools' educational programs. A few are listed below but there are many resources that dig more deeply into this topic.

Nutritional suggestions include the following:

- Bake rather than fry.
- Reduce salt.
- Substitute low-fat ingredients in current menu items.
- Expand number and variety of healthier foods offered.
- Taste test proposed new or changed menu items.
- Use packaging to increase appeal of food.
- Install a salad bar or garden bar so that students can self-select their own vegetables.
- Decrease price of healthier foods.
- Dedicate service lines specific to healthier foods.
- Include nutritional information on printed school menus and web sites. A good example of this from the Santa Clarita Valley (California) schools is included in the Appendix.

Educational suggestions include the following:

- Involve dieticians in nutrition education.
- Include preparation of healthy foods and menus in nutrition education programs.
- Compliment nutrition education with actual tasting of food.
- Integrate nutritional content into existing curriculum (science, math, etc.).
- Use rewards other than food to support positive classroom behavior.
- Establish an advisory board to implement nutritional policy.

Survey of WHS Students

Students at Westlake High School have the most choice with regards to school lunches and other foods available to them, including an a la carte menu and access to vending machines in addition to the plate lunch offering in the cafeteria. The choices available to elementary and middle school students are significantly more limited. The success of any menu changes at the high school depends on the preference of the students themselves. For this reason we undertook a survey of WHS students in conjunction with the WHS Green & White newspaper. While the members of the CAC committee provided the basic questions to be asked, the students on the newspaper staff, under the leadership of News Editor Charlotte Tsui, conducted the survey and compiled the results as an independent project. We wish to express our appreciation for their efforts in support of this endeavor. The complete results and analysis, as published in the March 11, 2005 edition of the Green & White, are included as an appendix to this report.

A total of 715 students responded to the survey – an outstanding response rate. WHS students buy lunch fairly frequently. Of all students, 42.5% reported that they buy 4-5 day a week. However, probably due to Senior Privileges, 47% of seniors never buy lunch. We can conclude that a majority of the students in other classes are WHS cafeteria customers on a regular basis.

The following table summarizes what items are purchased by students. The total exceeds 100% because of multiple responses. Clearly, healthy choices are not high on the list, at least for some students. There are some interesting gender differences in the responses. The top three items for boys were chips (15.8%), soft drinks and cookies with salads coming last with 4.1%. For girls, the top three were milk (18.3%), salad and cookies with soft drinks last at 7.4%.

Item	Bought	Percent
Cookies	312	43.6%
Chips	269	37.6%
Soft drink	264	36.9%
Other	234	32.7%
Fries	225	31.5%
Plate lunch	205	28.7%
Milk	184	25.7%
Candy	149	20.8%
Salad	139	19.4%
Sandwich	102	14.3%

Another important consideration in menu planning is to understand why students make their choices. The following table shows that taste is clearly the most important factor, followed by price. Here there are only small gender differences.

Reason	Response	Percent
Taste	379	53.0%
Price	200	28.0%
Available Quickly	83	11.6%
Nutrition	79	11.0%
Appearance	76	10.6%

Only 32.3% of respondents wanted more nutritional information about their menu choices. There is a substantial gender difference on this question with 39.9% of girls wanting this information as compared to 28.4% of boys.

All things considered these results are not surprising given the population. We conclude based on the responses to survey questions as well as some of the suggestions students made concerning the menu that there is some additional demand for healthier menu items – as long as the price charged for them is reasonable.

Milk Vending Machine at WHS

There is a milk vending machine located in the WHS cafeteria. The machine is managed and stocked by WHS food service staff. There is no supply contract so there are no restrictions on what products can or cannot be sold. The PTA funded with assumption that it would provide healthy beverage alternatives to the soda machines. Only a minority of students use the machine (29.4%) but over 60% of those who do are boys. This can be explained by the availability of milk products on the lunch line. The machine only comes into play outside of serving hours or for students who only want to purchase milk and bypass the line.

An unintended consequence of the machine is that the largest selling item by far is a sweetened coffee-based product, high in sugar, fat and caffeine. This surely is not what the PTA envisioned when they purchased the machine. The irony of this is not lost on the WHS student body and a student-written editorial criticizing the machine and its contents also appeared in the issue of the Green & White which contained the survey results. A copy of the editorial is also included in the appendix to this report.

Constraints

There are some important practical constraints that restrict the flexibility of the Westlake Schools food services operations to take certain actions. First and foremost, as is the case for most districts, the food services operations are run on a break-even basis. They receive no subsidy from general funds and must assure that revenues cover costs. The selection of healthy food alternatives provided to students must make financial as well as nutritional sense. It does no good to offer a healthy food item if no one will buy it for taste, appearance or price reasons.

The financial condition of the Westlake Schools is another important consideration. Many possible enhancements to the quality of food or instruction cost money. If the food services operations cannot self-fund them it will be very difficult to obtain any subsidy from the general school budget. Additional funding, if required, will have to come from grant programs such as Team Nutrition.

In addition, the District signed a 12-year contract with Pepsi. Pepsi provided \$275,000 in cash for a re-do of the WHS track and stadium facility and continues to provide a percentage of profits from their vending machines, grants scholarships to Westlake students and gives Food Service 100 cases of beverages to use as they see fit. In exchange, Pepsi has advertising space at the stadium and is the exclusive vendor for soda products. The vending machines covered by this agreement are always turned on, even those located in the cafeteria during lunch hours where the products are also available on the a la carte lunch line. The District has a legal obligation offer Pepsi products under the terms of this agreement and it would be hard to walk away from the revenue sales of these products provides.

It is essential to keep these practical considerations in mind when making recommendations for improving the nutritional context of the Westlake Schools.

Summary of Findings and Recommendations

Menus at all levels are not determined by staff with nutritional expertise.

Menus are created by cafeteria staff based on general nutritional principles but no detailed analysis. Other factors that are considered in menu planning include the need to operate food service as a break-even business (operating costs are not subsidized with school department funds) and student preferences (for the a la carte offerings at the high School). There is no regulatory requirement pertaining to the qualifications of school menu planners. However, many neighboring school districts do have a qualified dietician on staff.

Recommendations:

- Obtain the services of a trained dietician to supervise menu planning. Consider use of a part-time employee or student intern for this role.
- Alternatively, train current food service personnel in nutritional principles and better equip them for healthy menu planning through acquisition of menu planning software.
- Perform nutritional analysis of menu items and provide this information to parents and students.

There is little, if any, nutrition education content covered in classrooms.

The reasons for this are the reality that state proficiency test requirements drive much of the instructional content as well as the fact that the state has delayed issuing new health education guidelines. However, information about nutrition is needed for students, particularly at the high school, to make healthy choices when presented with alternatives.

Recommendations:

- Introduce some nutritional content, perhaps in conjunction with a college student project/intern or through the school nurse or dietician (if one becomes available). Do not wait for the complete state guidelines to be published.
- Encourage students to conduct nutrition-related projects to fulfill requirements for science or health courses and publicize what is accomplished by them.
- Investigate the use of federal and state grant funds for nutritional programs, with special focus on grades K-8.

The nutritional content of meal choices at the High School is limited.

Based on our review of published research we find the Westlake schools to be rather typical in this regard. While there are several healthy alternatives, the offerings are heavily weighted toward items with high sugar or fat content (candy bars, chips, fries). Installation of a milk vending machine was initially thought to be a positive step, but the top selling product in this machine is loaded with caffeine and sugar. Because the school does not participate in the Federal School Lunch Program it is not subject to its regulations and requirements. A survey of High School students conducted by the newspaper staff indicates that there is a significant interest among some students in having more healthy alternatives made available to them.

Recommendations:

- Limit the availability of less healthy a la carte menu items (such as candy, chips and sugared soft drinks. Consider offering smaller serving sizes or more healthy similar products such as baked chips or sugar-free drinks.
- Differentially price menu items towards encouraging better choices. Use the increased margins on less healthy items to subsidize the cost of preferred alternatives.
- Substitute more healthy ingredients or preparation techniques for current menu items. Consider reduced-fat products and baking rather than frying.
- Increase the availability of fresh fruits and vegetables.
- Remove high sugar and high caffeine selections from the milk vending machine and replace them with healthier alternatives such as yogurt and fruit.
- Review the many public resources available for additional suggestions for improving the nutritional content of menus at all levels.
- Provide a mechanism to allow input into menu planning from school administrators (building principals) and teachers.

Parents and students do not have enough information about the nutritional content of school menus.

There is a need to inform and leverage parents as well as students in promoting healthy eating; the schools can't do this alone. At present the printed menu information provided to parents and students in published form and on the District's web site contains no information about the nutritional content of plate lunches or a la carte alternatives. Other school districts provide this information.

Recommendations:

- Provide more information available about menu offerings (including a la carte selections offered at WHS).
- Publish ideas for healthy lunches for students who choose to bring their own meals.
- Involve parents and older students in the menu selection process, including the tasting of potential new items, for example.
- Communicate nutritional information through items in general interest Board of Education publications such as the Commentary as well as in school publications and newspapers.

Notes

- 1) Chow Line: How healthful are your school's meals? Ohio State University Extension and the Ohio Agricultural Research and Development Center, 8/15/04.
- 2) School Lunch Program: Efforts Needed to Improve Nutrition and Encourage Healthy Eating. US General Accounting Office, May 2003. Page 3.
- 3) Texas Public School Nutrition Policy. Texas Department of Agriculture, revised June 1, 2004.

Appendix

- Santa Clarita Valley school menu
- Survey questions
- Survey results as published in the Green & White
- Student editorial comment on the WHS milk vending machine

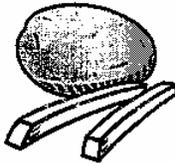
It's cool to eat @MY school

Did you know.....

We don't Fry!

Our kitchens do not fry any foods.
All items are baked, including

- French fries
- Chicken nuggets
- Popcorn chicken
- Fish sticks, etc.



1st Annual Vendor Fair



We want to thank all the families who attended our *First Annual Vendor Fair*; it was a great success! Thank you for taking

the time to taste and rate many new items for breakfast, lunch and snacks. You may see some of these new items in your school soon!

Pizza Days

Once a month, your school has "Pizza Day".



- Students may purchase pizza in the cafeteria as lunch for \$2.25, which includes entrée + salad bar + beverage + dessert, (and an additional 2nd slice of pizza can be purchased for \$1.00).
- Pizza is also available a la carte (Red Cart), but to meet our new nutrition guidelines for the Red Cart, pizza must be served with juice or fruit.

The new pricing for the **pizza + fruit OR juice combination**:

- 1 slice Pizza with 4 oz. fruit juice or fresh fruit = \$1.65
- 1 slice Pizza with 12 oz. Giga/Welch's juice = \$2.25
- 2 slices Pizza with 12 oz. Giga/Welch's juice = \$3.50

McDonalds Day



On McDonald's Day, a McDonald's hamburger (plain) is served in the lunch line. It is not an entire "Happy Meal". Due to strict ordering procedures required by McDonald's, the hamburgers will only be available *in the cafeteria* when purchasing a complete school lunch.

Health-e-Meal Planner

Don't forget to check out the nutritional value of your favorite breakfast and lunch choices.



To get the Health-e Meal Planner,

- Visit our website at www.scvsfsa.org.
- Click on "**Your Meal Choices --- the Nutrition Scoop**".
- Choose menu items for breakfast or lunch.
- Nutrition data will display and compare to the Recommended Daily Allowance (RDA).
- Check out how the calories, fat, carbohydrates, and key vitamins & minerals compare with your student's needs for the *whole day*.

Santa Clarita Valley School Food Services Agency

Serving Students of Acton-Agua Dulce, Castaic, Newhall, Saugus, and Sulphur Springs School Districts

E-Mail: Lhilland@scvfsa.org

NOVEMBER 2004

<http://www.scvfsa.org>

***Menu Subject To Change**

Interested in working once in a while? Have a few hours to spare during a day? SCV School Food Services needs people to work between 9:00 a.m. and 2:00 p.m. (days, hours, and locations will vary). Pay rate \$7.25/hour. Call 295-1674 extension 119. EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shrimp Poppers Chicken Nuggets Hamburger Pizza Deli or PBJ Sand. Mini Pretzels	2 Nachos Chicken Nuggets Cheeseburger Pizza Deli or PBJ Sand. Choc. Bear Cracker	3 *Taco Chicken Nuggets Hamburger Stuffed Crust Dippers Deli or PBJ Sand. Cookie	4 **Hot Dog Chicken Nuggets Hamburger Pizza Deli or PBJ Sand. Jello	5 Dannon Yogurt Chicken Nuggets Hamburger Pizza Deli or PBJ Sand. Keebler Crackers
8 Chicken Fingers Baked Chicken Hamburger Pizza Deli or PBJ Sand. Goldfish Crackers	9 BBQ Park Dunkers w/Rice Baked Chicken Cheeseburger Pizza Deli or PBJ Sand. Belly Bear Crackers	10 Burrito Baked Chicken Hamburger Mozzarella Cheese Sticks Deli or PBJ Sand. Cookie	11 HOLIDAY Veteran's Day No School	12 Macaroni & Cheese Baked Chicken Hamburger Pizza Deli or PBJ Sand. Mini Pretzels
15 "Hip Dipper" Turkey Strips Hamburger Pizza Deli or PBJ Sand. Pudding	16 Grilled Cheese Sand. Turkey Strips Cheeseburger Pizza Deli or PBJ Sand. Icee	17 **Hot Dog Turkey Strips Hamburger Pizza Stick Deli or PBJ Sand. Cookie	18 Chili Fries Turkey Strips Hamburger Pizza Deli or PBJ Sand. Goldfish Crackers	19 Spaghetti w/**Meat Sauce Turkey Strips Hamburger Pizza Deli or PBJ Sand. Animal Crackers
22 **Mini Corn Dogs Chicken Patty Sand. Hamburger Pizza Deli or PBJ Sand. Cookie	23 Turkey Gravy w/Mashed Potatoes Chicken Patty Sand. Cheeseburger Pizza Deli or PBJ Sand. Holiday Cookie	24 Ravioli Chicken Patty Sand. Hamburger Stuffed Crust Dippers Deli or PBJ Sand. Mini Pretzels	25 HOLIDAY THANKSGIVING DAY	26 HOLIDAY No School
29 **Corn Dog Chicken Tenders Hamburger Pizza Deli or PBJ Sand. Cookie	30 Teriyaki Beef Dunkers w/Rice Chicken Tenders Cheeseburger Pizza Deli or PBJ Sand. Belly Bear Cracker	11/22 - 11/24 Newhall SD Fall Break - No School		



Milk offered daily - Choice of Nonfat, 2% Lowfat, Whole, Lowfat Chocolate

\$45.00	21 Discount Lunches K-12	EVERY DAY (Included with every lunch) Salad Bar And Potato Dish * May contain Pork ** May contain Poultry	Extra Milk	\$.50
\$100.00	50 Discount Lunches K-12		4 oz. Juice	\$.40
\$30.00	21 Discount Breakfasts K-12		8 oz. Juice	\$.75
\$62.50	50 Discount Breakfasts K-12		Adult Lunch (without beverage)	\$2.75
\$ 2.25	Full Price Lunch K-12		Adult Breakfast (without beverages)	\$2.00
\$ 1.50	Student Breakfast K-12			
\$ 0.40	Student Reduced Price Lunch			
\$ 0.00	Student Red. Breakfast			

START YOUR DAY WITH BREAKFAST! KEEP YOUR BODY TUNED!! Milk & Fruit or Fruit Juice is offered daily with Breakfast.
Check with YOUR school to see if Breakfast is offered. Check with YOUR school for any changes to the calendar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Buttermilk Bar	2 Yogurt w/Cinnamon Toast	3 Breakfast Pizza	4 Cheese Tortilla Roll	5 Pancake on Stick
8 J & J Funnel Cake	9 Waffle Stix	10 Yogurt w/Cinnamon Toast	11 HOLIDAY Veteran's Day	12 MaxStix
15 Breakfast Pizza	16 Buttermilk Bar	17 Breakfast Burrito	18 Mini Pancakes	19 Breakfast Hot Pocket
22 Cheese Omelet w/Cinnamon Toast	23 Yogurt w/Cinnamon Toast	24 *Bundee	25 HOLIDAY Thanksgiving Day	26 HOLIDAY No School
29 Mini Pancakes	30 Breakfast Burrito	11/22 - 11/24 Newhall SD Fall Break - No School		
EVERYDAY: DAILY SPECIAL/CEREAL/CINNAMON ROLL/AND BREAKFAST BAR * Menu subject to change				



The Green & White Newspaper

WHS Cafeteria Survey

*Note: This survey is being done in conjunction with the Board of Education's Council Advisory Committee. Results will be printed in the **March 11th issue** of the school paper.*

Grade 9 10 11 12

Gender Male Female

How often do you buy lunch in the WHS Cafeteria?

- 4-5 days a week 1 day a week or less
 2-3 days a week Never

How often do you buy breakfast in the WHS Cafeteria?

- 4-5 days a week 1 day a week or less
 2-3 days a week Never

What items do you normally buy in the cafeteria? (check all that apply)

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Plate lunch | <input type="checkbox"/> Cookies |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Fresh sandwich |
| <input type="checkbox"/> Soft drink | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Candy | <input type="checkbox"/> Fries |
| <input type="checkbox"/> Chips | <input type="checkbox"/> Other a la carte items |

What makes you decide what items to buy (check one)?

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Taste | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Appearance | <input type="checkbox"/> Available quickly |
| <input type="checkbox"/> Price | |

If you rarely or never purchase lunch in the cafeteria, why (check one)?

- Bring lunch from home
 Nothing available that I like
 Not enough low-fat or low-calorie choices
 Prices too high
 Not enough time to eat lunch

Have you ever purchased an item from the new milk machine in the cafeteria? Yes No

Would you like more information about the nutritional content of menu choices? Yes No

What other items you would like to see on the cafeteria menu?

the Green & White

Westlake High School's
Student Newspaper
Friday, March 11, 2005
Volume 87 Issue 9
50 cents

In this Issue...

News Section:

Page 1-
Cafeteria
Page 2-
Cafeteria cont.
Page 3-
Cafeteria cont.
Page 4-
Green & White Re-
vue, Latin Conven-
tion

Editorial:

Page 5-
Smoking in the
bathrooms

Features Section:

Page 6-
Urban legends
Page 7-
Milk machine &
comic
Page 8-
OGTs & Through
Slanted Eyes column
Page 9-
Powderpuff volley-
ball

Sports Section:

Page 10-
Wrestling & Cavs
Page 11-
David Solarz
Page 12-
Indians

Cafeteria unwrapped!

Survey reveals habits, cafeteria secrets

by Charlotte Tsui

We are what we eat.

What does this mean then, for the (approximately) 1,043 kids that buy lunch from our cafeteria at least once a week?

Ponder no more. *The Green & White* weighed in (no pun intended) student eating patterns and came up with some surprising—and not-so-surprising—results. A resounding 715 students responded. (Turn to pages 2 and 3 for a detailed breakdown of their opinions.)

To begin with, who knew the cafeteria served breakfast? According to the survey, which was passed out during homeroom this month, 77% of WHS students didn't. This is assuming that respondents who checked off 'no' under breakfast did not have a clue about the cafeteria's morning services.

I presented the enigma to head cook Mary Kay Auger, who quickly confirmed the rumor. "Yes, we do serve breakfast!" she announced. "It opens around 8:30 or 8:40 every morning."

The early fare is not a sunny one, however: the choices are quite limited and include the sausage and cheese bagel (single or double) and hot, fresh-from-the-oven cookies.

"I'd love to serve more breakfast foods," Mrs. Auger wistfully reflected. "But we don't have enough manpower... [most of the cafeteria workers] don't come in till 9:30."

Jon Milan, senior and varsity soccer goalkeeper, is a loyal customer of the bagels and cookies. "The breakfast in the cafeteria is phenomenal!" he proclaimed. "The only one better is my mother's."

Another vision the cheery chef would "love to see" implemented is a school-supported eating/exercise program. In fact, she has tossed the idea to the physical education teachers, primarily Ms. Jagels, Ms. Faber, and the nurse, Mrs. Beyer. The plan would have students keeping a daily record of food consumption and physical activity.

While such a function would take months, if not years, to follow through, there are a handful of tweekings to the menu the cafeteria is hoping to install immediately. For example,



Senior Jon Milan starts caps off a rousing early morning Biology lecture with some hot bagels and cookies from the cafeteria's breakfast line.

lunchgoers can expect more "cheese nips, and granola-like foods" in the a la carte line within the next few weeks. Mrs. Auger also cited ordering 100-calorie snack packs, specifically Oreos, in order to offer lower-calorie options to students.

With that said, you're probably wondering how "cafeteria food" and "low-calorie" can be uttered in the same sentence, much less published on paper.

"All they have is junk food," commented junior Kristen Harter, who happens to be a vegetarian by choice. "The healthy options are overpriced...[and] the salad has way too much cheese."

The healthy options in the cafeteria (salad, yogurt, fruit, turkey wraps) are indeed scant and expensive. The Board of Education's Council Advisory Committee (CAC) realizes this dilemma. Its nutrition panel has taken pains to become familiar with the cafeterias and food trends in Westlake schools. According to panel member Mr. John Doucette, the subcommittee is "in the process of gathering information...and trying to understand alternatives. (Cont. on page 3.)

The marvelous wonder that is...

Compiled from the survey with 715 results
by Charlotte Tsui and John Tannous

Cafeteria Food



A TRIBUTE TO GOOD OL' BOSCO

You always know it's that Monday when the cafeteria lines snake halfway across the room. It's all everybody buys; it's all everybody talks about. They defined a high school, a cafeteria, and a generation. But do you think you know *everything* about Bosco Sticks?

---The Bosco Stick is a food item at the cafeteria; it's a breadstick stuffed full of melted cheese.

---They sell for \$1.75 for 3 sticks or 80 cents for one stick.

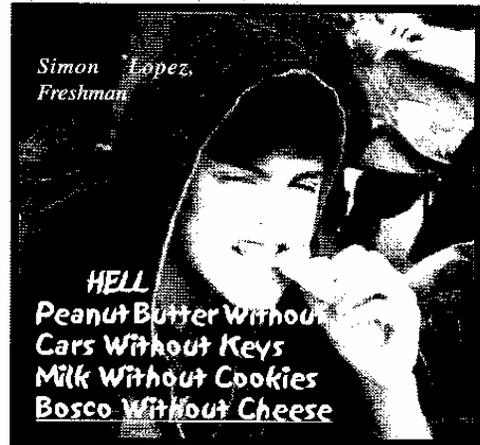
---They are the cafeteria's largest seller, even surpassing pizza which is sold multiple times a month, *despite the fact that Bosco Sticks are only sold on one Monday every month.*

---The cafeteria orders them from a food supplier called Gordon Foods. They are sold by the crate, 72 sticks per box.

---This past Monday, the cafeteria went through 24 crates of Bosco Sticks.

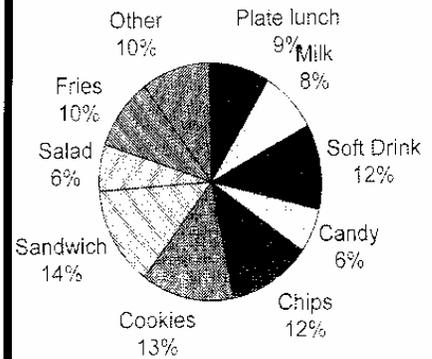
---This means that approximately 1,728 Bosco Sticks were consumed.

---Bosco Sticks can also be bought through the elementary schools' Market Day program.



CJ Kutina and friends

Breakdown of WHS Cafeteria Food Consumption



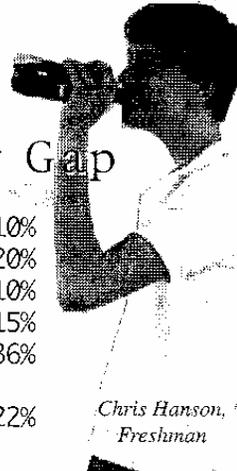
The Gender Gap



Stephanie Wilton,
Freshman

Food Item	Percentage	Percentage
Chips	16%	10%
Cookies	12%	20%
Salad	4%	10%
Other	8%	15%
Soft Drink	36%	36%
Chips	38%	22%

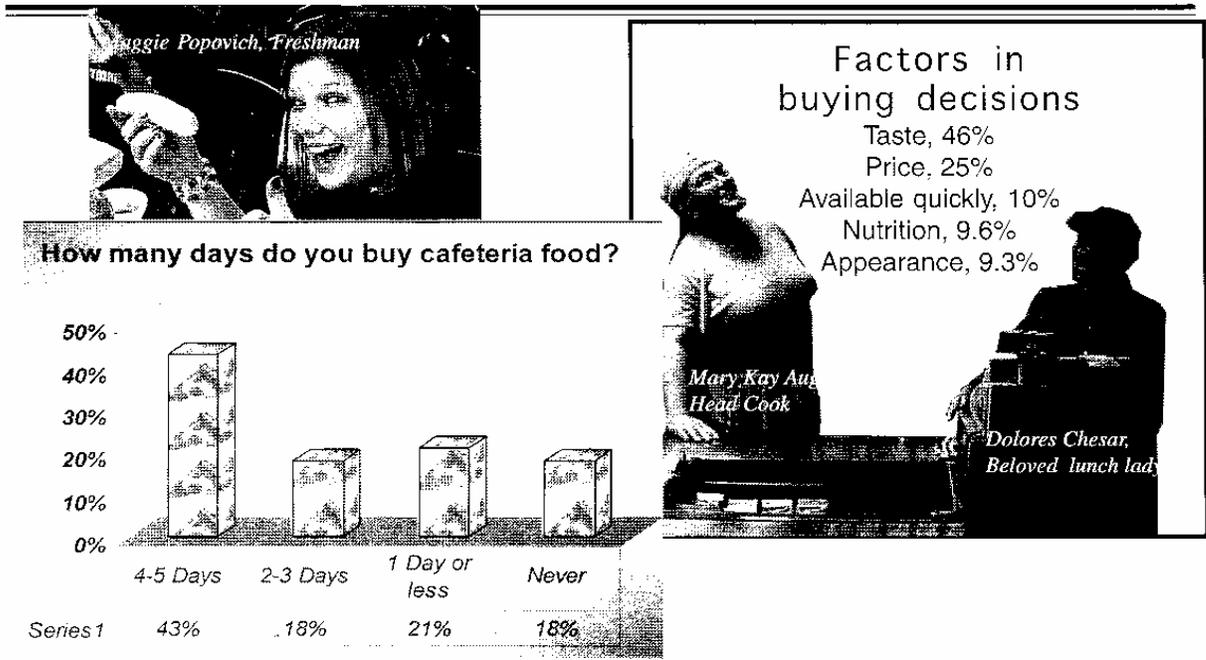
Stephanie Wilton
nutrition information
Has bought from
the milk machine



Chris Hanson,
Freshman



Lauren Schaffer,
Sophomore



Cafeteria (cont. from pg.1)

"We are not putting things at the high school that students aren't going to support," Mr. Doucette, referring to the survey. "[We will] suggest offering more choices...and things with pricing such as financial incentives for the healthier items."

That is, *The Green and White* will forward poll results to the CAC, who will then make use the data to make informed suggestions to the Board of Education. Some things, such as offering baked and low-fat potato chips, if approved, can take effect immediately.

What about pricing, a qualm that was ranked second (200 out of 815 votes) in affecting buying decisions?

"Students have to understand that we are self-sufficient," said head cook Mrs. Auger. "Currently, we take the basic food cost and multiply that by 2.5." The 2.5 multiplier is actually the industry standard and accounts for such things like labor, new equipment, and profit.

Food costs and availability are also controlled by the supply-and-demand trends in the cafeteria. The cafeteria does not receive money from the government—it is "self-sufficient," as Mrs. Auger pointed out. Consequently, she offers foods that sell the most. In the survey's case, the top three most popular items are cookies (15%),

pop and chips (tying at 13%).

Mrs. Auger also mentioned *Bosco Sticks* as one her best-selling plate lunches this year. The latest cafeteria trend (second only to the taco bowl or macaroni and cheese) serves up three hot mozzarella-stuffed garlic breadsticks. All for \$1.75 (another price increase from last year's \$1.60!), and 630 calories (a legitimate fact courtesy of www.marketday.com).

Would the freshman who put 'more *Bosco Sticks*' at the bottom of his survey feel the same way after reading that? Maybe that's why he checked 'no' under more nutritional information, as did 68% of Westlake High School.

By the way, that toasted cheese sandwich plate lunch you're eating is worth 390 calories and 4.5 grams of saturated fat.

Makes you think twice, doesn't it? Alternatively, you could buy something "healthy" from the line (think: increase in demand equals increase in profit which equals more cafeteria food options!). go the brown paper bag route, or steal diving champion David Solarz's home-tended meat-sub-with-fruit lunch.

Although, like Mrs. Auger said, "High school kids' eating patterns are already well-established. You can't force a healthy lifestyle on everyone."

Translation: even if the cafeteria offered a wider variety of healthier foods, the decision of what you choose to eat is out of Mrs. Auger's control and in your hands (literally!).

Senior Photography
 Your Photos
 Your Way

Rice Photography
 (440) 979 0770

Milk machine: making you fat?

by: Lisa Sliter

Disclaimer: This is an opinion, my deep hatred for milk has nothing to do with the cafeteria, Got Milk? Corporation, or the cute little cows that make it.

You tip your head back, enjoying the explosion of taste in your mouth as you chug an entire bottle of Cookies & Cream milk. Even though we live in a world of "low fat" this and "reduced fat" that, when you're drinking two to three bottles of sugary milk a day, you don't think to look at the nutritional facts because, come on, it's milk! It's here to keep you healthy and happy.

But wait!

Is it really healthy for you to be drinking something with 750 calories and 17.5 grams of fat?

When the school puts up something to promote "health," shouldn't they keep its contents limited to a certain amount of fat? Americans are already overweight. The last thing kids need is to be getting more fat in two 16 oz bottles of milk than they should be getting in one day.

Now, I understand the whole calcium thing. Growing kids need calcium; we don't get enough.

I just don't think its necessary to fatten kids up with sugary goodies. I feel like Hansel and Gretel...is someone about to shove me in the oven?

Teens these days sit around and play video games. We talk on our cell phones and drive our Lexi (plural of Lexus).

We don't have enough physical activity not to be affected by these drinks.

Compare:

Hershey's York Milk has **750** calories, **17.5** grams of fat, **11.25** grams of saturated fat, **125** grams of sugar and **87%** of calcium.

Wild Cherry Pepsi has **110** calories and **29** grams of sugar.

...And you tell me milk's good for me? No thank you, overpriced milk machine. I think I'll buy a Pepsi.