



Informing the **Public** & Guiding **Policy** by **Conducting** Research

Iowa Parent School Lunch Survey: Formative Research for Communication about School Meal Pattern Changes

Spring 2013

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about school meal pattern changes**

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I. Executive Summary

The purpose of this parent survey is to determine Iowa parents' knowledge and perceptions of the school lunch program and the new school meal patterns. The results of the survey will inform the development of a health communication intervention, which will educate parents about the new school meal patterns and encourage their support of the reforms. The parent survey is one piece of a larger research effort to understand the school lunch program and its comprehensive importance to families in Iowa. Interviews have been conducted with school food service directors, school administrators and school nurses. Additionally, high school students have participated in focus groups. Beginning in Fall 2013, in-depth telephone interviews will be conducted with rural food service directors to better understand the unique challenges they face and the support and resources they need to successfully implement the new school meal policies.

Designed by researchers at the University of Iowa Public Policy Center and Department of Community & Behavioral Health in conjunction with the Iowa Department of Education, the 28 questions included in the final survey instrument measured parent knowledge of school lunch changes along with attitudes toward these changes; parental beliefs surrounding healthy dietary practices for their children and the importance of school lunch in childhood nutrition and general health; and preferred modes of communication between parents and the school.

Parental response to the electronic survey surpassed expectations. Over 2,000 responses were received during the two-week period of the survey's online availability. In general, respondents actively engaged with the questionnaire and furnished an abundance of feedback in response to open-ended prompts.

The responses detailed in this report represent parents from a broad range of backgrounds, experiences, and geographical locations within Iowa, encompassing 139 districts across the state and 12 private/parochial schools. A total of 130 parents reported that their student receives free or reduced lunch.

Findings

The results of the survey revealed parental beliefs and opinions that can be used to further inform schools, districts, and state programs and their communication efforts.

- 84% of parents were aware of the changes to the federal school lunch guidelines.
- Most children (72.6%) eat school lunch at least 4 times a week instead of bringing it from home. Parents report a variety of reasons for this, most commonly: lack of time to prepare a lunch at home, child preference for school lunch, and normative culture at their child's school of eating school lunch. Parents report that 22.7% of students never bring a lunch from home. Of the students who bring lunch from home, 42% do so because they do not like school lunch.
- Parents currently draw from a variety of resources-- including

magazines, television, the Internet, and other parents-- to learn about healthy eating. Parents are also receptive to obtaining this information from a range of resources in the future, like email, social media, and information circulated by their child's school.

- Many parents express worries about their child's health in general, but do not see school lunch as being a causal factor in childhood obesity.
- Parents generally report high levels of communication with their child about school lunch.
- Parents (64.1%) feel that children are not getting enough to eat at school lunch, and that unappealing food often goes to waste.
- Many parents report that their children do not like what is being served at school lunches. For example:
 - Children want more fresh fruits and vegetables at school lunch
 - They would also like more condiments, dressings, and desserts such as cinnamon rolls to be served at school lunch
- Parents report that lunches made from scratch are preferred over processed or pre-packaged foods, and express nostalgia for the "home-cooked" school lunches they remember having as children.
- Over half (59.7%) of parents believe that other parents are dissatisfied with the new changes.

These findings suggest overall negative attitudes from parents toward current school lunch practices throughout many districts in Iowa. However, trends are promising for future programs and efforts, given that many of these parents express openness to communication from the school about lunch and nutrition in general, and report open communication practices with their child about school lunches.

II. Purpose

The following report is a summary of the data collected from 2,189 parents of public school students in the state of Iowa via an electronically disseminated survey. This report outlines the results of a survey in which Iowa parents of school-aged children answered a series of questions intended to assess attitudes, beliefs, and practices surrounding school lunch at their oldest child's school. Specifically, questions were oriented to reflect the federal school lunch guidelines implemented beginning in August 2012, and were designed to gather opinions from parents on the policy initiative throughout many districts in Iowa.

The parent survey is one component of a larger research effort to understand school meal reform with the goal of supporting Iowa schools, parents and students in successfully implementing the new school meal reforms. Telephone interviews were conducted with school food service directors, school administrators and school nurses. A national environmental scan was completed to determine how other states were responding to these changes. A random sample of Iowa school district websites were examined to identify what information school districts were providing about school meals. Iowa high school students (n =18) participated in focus groups. Starting in Fall 2013, telephone interviews will be conducted with rural food service directors to better understand the challenges they face and the support and resources they need to successfully implement the new school meal policies.

The survey instrument was designed to identify parent knowledge and attitudes on a variety of interrelated topics; namely, the role of school lunch in childhood eating practices, communication between parents and the school, and the execution of school lunch in their child's school.

The central objectives of this survey were:

Assess knowledge of the recent federal school lunch changes among parents and the ensuing attitudes toward these changes

Uncover parent beliefs surrounding healthy practices in general for their children, and shed light on the importance of school lunch within this schema

Gauge preferred modes of communication for schools to keep parents informed about school meals, and get a sense for which resources parents use to access information about healthy eating and nutrition for their children

III. Methods

The electronic survey instrument was jointly developed with the University of Iowa Public Policy Center and the Iowa Department of Education. The University of Iowa Institutional Review Board approved the study. The survey was developed using Qualtrics® survey software and was fielded from March 1, 2013 –March 18, 2013.

Participants were parents recruited from elementary, middle, and high schools across the state of Iowa. Schools distributed the online survey via email, on the school website, and as information sent home with the students. Parents were also encouraged to disseminate the survey themselves to other parents of children enrolled in an Iowa school. Only parents of Iowa school students (K-12) were included in the survey.

The survey items were developed based on the previous research that had been conducted with school administrators and staff, as well as information gathered from other states. Parents were asked to report on the experiences of their oldest child, because school staff identified the younger children as being less concerned about the meal changes. The final survey instrument included 28 items, two of which were for demographic purposes and asked respondents to identify the grade level and school district of their oldest school-aged child. Questions were asked about current school lunch practices, communication preferences surrounding eating practices and other health-related behaviors, knowledge about school lunches and attitudes—both that of the respondent and perceived attitudes of his or her child along with that of other parents-- toward these changes, and parents' perceptions of child preferences and attitudes towards school lunch.

Both quantitative and qualitative responses were collected from parents. Quantitative data is tabulated below as frequencies and percent of responses. Qualitative responses were coded thematically and organized categorically by relative frequency of response; given the high volume of qualitative responses to the open-ended questions posed by the survey instrument, particularly illustrative excerpts are given in some cases in the results section below. The full body of qualitative responses is provided throughout the report. The qualitative responses are as they were submitted by the parents without any corrections or deletions from the researchers.

It is important to note the limitations of this study. There are three limitations that should be considered when interpreting the results. Parents without internet access would not be able to the survey. Efforts were made to include school districts that have limited electronic communication with parents. The sample is not a random sample of Iowa parents, but a convenience sample. Parents with stronger opinions about school lunch, may have been more likely to respond. Parents were asked to report only on the experiences of their oldest child, therefore more high school students are represented in the sample. The experiences of elementary age students might not be well represented.

IV. Results (total n=2189)

School district for oldest child (n=1859)

District	Frequency	Percent
AGWSR	2	.1
Adel DeSoto Minburn	1	.1
Akron Westfield	55	3.0
Albert City-Truesdale	1	.1
Albia	51	2.7
Alden	14	.8
Algona	1	.1
Allamakee	32	1.7
Alta	2	.1
Ames	2	.1
Anamosa	1	.1
Ankeny	13	.7
Ar-We-Va	1	.1
Atlantic	1	.1
Audubon	2	.1
Ballard	1	.1

BCLUW	1	.1
Bedford	1	.1
Bellevue	1	.1
Benton	3	.2
Bettendorf	1	.1
Bondurant-Farrar	191	10.3
Boone	2	.1
Boyden-Hull	1	.1
CAM	3	.2
Carlisle	3	.2
Carroll	1	.1
Cedar Falls	12	.6
Cedar Rapids	4	.2
Central	42	2.3
Central City	2	.1
Central Decatur	1	.1
Charles City	2	.1
Cherokee	41	2.2

Clarinda	1	.1
College	5	.3
Creston	3	.2
Dallas Center-Grimes	4	.2
Danville	1	.1
Davenport	2	.1
Decorah Community	15	.8
Denison	51	2.7
Des Moines Independent	20	1.1
Dubuque	2	.1
Boyer Valley	2	.1
Earlham	1	.1
East Marshall	2	.1
East Union	14	.8
Edgewood-Colesburg	1	.1
Farragut	2	.1
Forest City	4	.2
Fort Dodge	1	.1

Fort Madison	1	.1
Fremont	1	.1
Garner-Hayfield	1	.1
GMG	6	.3
Griswold	4	.2
Grundy Center	5	.3
H-L-V	1	.1
Hamburg	14	.8
Hampton-Dumont	1	.1
Harlan	2	.1
Howard-Winneshiek	141	7.6
Hudson	10	.5
Humboldt	2	.1
Independence	2	.1
Interstate 35	7	.4
Iowa City	4	.2
Iowa Falls	71	3.8
IKM-Manning	18	1.0

Johnston	6	.3
Keokuk	1	.1
Knoxville	6	.3
Le Mars	2	.1
Linn-Mar	2	.1
Lisbon	18	1.0
Madrid	1	.1
Manson Northwest Webster	2	.1
Maquoketa	4	.2
Maquoketa Valley	7	.4
Marcus-Meriden-Cleghorn	4	.2
Marion Independent	1	.1
Marshalltown	6	.3
MFL MarMac	4	.2
Moravia	1	.1
Mount Ayr	23	1.2
Nevada	91	4.9
New Hampton	3	.2

New London	9	.5
Central Springs	1	.1
North Fayette	7	.4
Northeast Hamilton	1	.1
North Polk	1	.1
North Scott	1	.1
North Tama County	10	.5
North Winneshiek	27	1.4
Norwalk	2	.1
Oelwein	4	.2
Oskaloosa	157	8.4
Panorama	1	.1
PCM	2	.1
Pella	3	.2
Perry	2	.1
Pleasant Valley	4	.2
Pleasantville	26	1.4
Pocahontas Area	2	.1

Postville	3	.2
Red Oak	2	.1
Rockwell City-Lytton	2	.1
Schaller-Crestland	1	.1
Schleswig	1	.1
Sergeant Bluff-Luton	2	.1
Shenandoah	77	4.1
Sioux Center	1	.1
Sioux Central	19	1.0
Southern Cal	3	.2
Solon	140	7.5
South Page	1	.1
South Tama County	18	1.0
South Winneshiek	6	.3
Southeast Polk	55	3.0
Stanton	1	.1
Storm Lake	2	.1
Tri-County	1	.1

Turkey Valley	71	3.8
Union	44	2.4
Urbandale	1	.1
Van Buren	21	1.1
Wapsie Valley	8	.4
Washington	1	.1
Waterloo	2	.1
Waukee	5	.3
Waverly-Shell Rock	1	.1
West Branch	1	.1
West Delaware County	1	.1
West Des Moines	5	.3
Western Dubuque	6	.3
West Lyon	1	.1
Woodbine	1	.1

Other schools and school districts

School/School District	Frequency
Trinity Catholic School, Protivin	3
Homeschool	2
Kuemper Catholic School System	2
CFS Catholic School	1
Cresco Iowa	1
Holy Family Catholic Schools	1
Kuemper Catholic School System	1
Private school	1
Shelby County Catholic School	1
St. Francis Xavier Dyersville	1
St Patrick's Catholic School	1
Zion Lutheran School-Denison	1
Zion-St. John Lutheran School	1

What grade is your oldest school-age child in? (n=1757)

Grade	Frequency	Percent
Kindergarten	107	6.1
First	76	4.3
Second	85	4.8
Third	103	5.9
Fourth	85	4.8
Fifth	128	7.3
Sixth	126	7.2
Seventh	116	6.6
Eighth	158	9.0
Ninth	132	7.5
Tenth	223	12.7
Eleventh	214	12.2
Twelfth	204	11.6

Last week how many days did your oldest child eat school lunch? (n=1981)

Days	Frequency	Percent
5	1234	62.3
4	205	10.3
3	166	8.4
2	97	4.9
1	91	4.6
0	188	9.5

Why does your child eat school lunch?
(Check all that apply)

Reason	Frequency	Percent
My child likes school lunch.	573	26.2
There is no time to pack a lunch from home.	553	25.3
My child's friends eat school lunch.	530	24.2
School lunch is a good value for the money.	408	18.6
School lunch is a healthy meal.	333	15.2
My child receives free or reduced cost lunch.	226	10.3
Sometimes we forget to pack a lunch from home.	209	9.5
My child never eats school lunch.	126	5.8
School lunch is better for my child than what we could make at home.	116	5.3
It is convenient.	88	4.0
We don't have money to pack a lunch from home.	79	3.6
My child will only eat school lunch if they like the food that day.	50	2.3
I like my child to eat a hot lunch.	30	1.4
My child doesn't want to pack his/her own lunch.	16	.7
School lunch has a better variety than lunch from home.	15	.7
It is not cool to bring lunch from home.	11	.5
Other	127	5.8

Why does your child eat school lunch? (“Other” responses)

About once a month there will be a vegetarian friendly option

Bad survey question all answers assume something bad and bias is introduced.

Because it is offered.

Because why the fuck not

better than not eating

but never enough

Can't leave school on Mondays, so has to eat school lunch

child choice

Child uses lunchtime for schoolwork and to meet with teachers.

child will not take lunch from home

class schedule does not allow time for him to leave for lunch

Does not like / doesn't want to starve

Doesn't eat at school unless he does not have time to leave the building.

dose not look at lunch menu

eats ala carte

eats it on a special day for a treat

Everyone should be entitled to a free lunch

habit/routine

he comes home and eats

he eats the lunch, but says that it is not fulfilling

he eats school lunch as well as snacks from home

he gets bored of home lunches

He has an eating disorder

he otherwise would eat pb&j every day

He rarely eats school lunch.

He walks home for lunch

Home lunch is healthier and my child isn't starving at the end of the day. School lunches are also undercooked often and cold.

I also eat school once a month with my daughter.

I always did

I just don't send sack lunches.

I thought it would be better than sack lunch everyday but it is NOT

I wish our lunches were what is posted on our website. Our lunches aren't consistent. I would prefer she eat school lunch, but it is not always reliable.

If we pay for it, then they should eat it.

Isn't allowed to come home for lunch

It's option we choose to use

It's the only choice

Just because

just dont give them the option

just eats main

just happens

lunch period too short to go back to locker for home lunch

My child eats school lunch only a few times a month

My child hates cold sandwiches

my child leaves for Central during the lunch hour

my child just eats salad most of the time

my child rarely eats school lunch

My child will only eat a school lunch once a month

My children don't always like what they are having for lunch

My daughter rarely eats lunch and eats only chips and gatorade at school

my son takes his lunch everyday. The school lunches have taken a turn for the worse. Example....One day that I visited, they were serving cherry tomoatoes. Each child got 5 cherry tomatoes on their plate. First of all, that was in February and cherry omatoes are not cheap to buy at that time of year. Also, the table that my son and I sat at....not 1child ate their tomatoes. Complete waste!!!

needs to stay at school to get work done

never eats at school

no place to keep a pack lunch temperature right

No time to go home for lunch.

no time to leave between classes

no way to keep a sack lunch hot or cold

no way to keep food at proper temps till it's eaten

Not enough time to go home

Occasionally she likes what they are having at school.

occasionally if its a less fatty meal, once or twice

Often do not have everything available for a balanced nutritional meal that can be packaged as a cold lunch.

only if she forgets her cold lunch

Our school lunches are full of frozen processed food that is unhealthy.

Our school's lunch staff

paid for at the beginning of the year

picky eater

Preschool family style meal

rarely eats

rarely eats school lunch

School Lunch is not a good value.

she found metal in her food one day and refuses to eat it again

She isn't picky and will eat school lunch.

She only gets to eat at school twice a month

She sometimes eats school lunch but very rarely

she takes her lunch part of the time

She takes it but doesn't eat it because she doesn't like it.

Sometimes I choose to not pack a lunch from home.

sometimes she likes the lunch

sometimes takes lunch

student choice

Teach kids not to be so picky

There are ALOT of days my child wants to pack a lunch but I don't want to start that or she would take one everyday

There are times that my child does not eat school lunch

There are very limited things you can pack when they don't have access to a microwave to heat stuff, or a fridge to keep stuff cold

They complain the food is horrblic.

they like some of what is served

unable to pack some days
We can't send peanut butter/jelly like they like
we just make our kids eat the school lunch most of the time
we pay for it but she doesnt always eat it and comes home hungary
we pay for the school lunch
We should be fed if we are here from 8-3
what we've always done

**Why does your child bring lunch from home to eat at school?
(Check all that apply)**

Reason	Frequency	Percent
My child sometimes doesn't like what is being served at school lunch.	921	42.1
My child never brings lunch from home.	497	22.7
My child needs more food than school lunch provides.	415	19.0
Making lunch from home means I know what my child is eating.	291	13.3
My child does not like school lunch.	287	13.1
Lunch from home is a healthy meal.	271	12.4
Lunch from home is cheaper than school lunch.	194	8.9
Bringing a lunch from home gives my child more time to eat.	163	7.4
Lunch from home is made with love.	114	5.2
My child will not eat the fruits and vegetables the school lunch provides.	110	5.0
My child's friends bring lunch from home.	67	3.1
My child has food allergies.	21	1.0
My child needs more energy for sports.	8	.4
My child brings a lunch from home for field trips.	7	.3
My child doesn't like to wait in line for school lunch.	7	.3
My child is a vegetarian and there are very few vegetarian options at school lunch.	3	.1
Other	34	1.6

Why does your child bring lunch from home to eat at school? ("Other" responses)

As a fun change

because there is NO microwave provided for my child to heat up a lunch brought from home

Diabetic

doesn't eat

due to her college classes, her schedule doesn't allow her to be at school for lunch so she eats at home

During certain times of the year, my child needs a specific diet.

For fun

He either goes off campus or picks from the allecart so we do not know what he is eating.

he has open campus he goes home to eat

I think more parents of high school would send lunches if someone would start then others would follow

like to use his lunch box

Meals are not good because they are processed or out of a can.

My child does not like things covered in sauces. If he has fruit or veggies, he would prefer to have sauce on the side.

My child struggles with certain smells and he becomes very uncomfortable during the lunch period. So bringing his own lunch helps him cope.

My children eat a variety of healthy foods, including fruits, veggies, and whole grain that taste good and are good for them. They tell me that the school lunch tastes terrible since they changed to whole grain. My kids do not like pre-packaged foods and they tell me that school lunch tastes like it comes from a box. "Nothing's home-made like you make"

need meatless meal on Fridays during lent

now sometimes she does not eat a lunch

Occasionally they take a sack lunch.

our oldest has sensory motor issues - textures

required for outing

school lunch is too high in fat and calories

Seldom brings lunch from home

She is not at school during lunch time off campus classes

She planned ahead and it was tasty.

special diet due to disorder

Staying “green” means eating leftovers. Waste not, want not.

The cooking of the food is inconsistent.

The kids sometimes like to prepare their own lunches at home if we have time
we need the good old fashion hot lunches again like I got as a kid in the 70’s
when required

In the past twelve months, have you learned about healthy eating in any of the following places? (Check all that apply)

Response	Frequency
Magazines	1336
Television	1138
Family members	787
Healthcare provider (doctor, nurse, etc)	705
Other parents	658
A website	420
Facebook	390
School website	291
Blogs	227
Twitter	51
Pinterest	24
Work	18
Books	13
Newspaper	10
Personal research	9
Form sent home from school	8

Coach/trainer	6
Emails from school	5
Food service directors	3
ISU extension	3
Other	59

In the past twelve months, have you learned about healthy eating in any of the following places? (“Other” responses)

Advocare

Altoona Campus

been eating healthy for years

Changed our own lifestyle

Child and Adult Care food program

common sense

Con-ed classes

Dr. Oz show

engine2

FCS Conferences

Food & Fitness

Food Mgt. Magazines, Meetings

Friends/Collaboration

grocery stores

Gym

health and fitness references

Health Class

Health class daughter takes.

Health Teacher

Healthly eating is nothing new -

Herbalist

high school - food pyramid

Hy-Vee schoolprogram

I am aware of what foods are haelthy

I grew up with 2 diabetics (tyoe 1). I was also an athlete.

I know healthy eating

I've always known & practiced

involved in the school lunch

Iowa Farmer Today

Live Healthy Iowa

magazines

mailings

media

Mom cooks for a daycare

Mom's wellness program

myself

Myself- my college education

Newsletter

Our own knowledge, things learned and used in the past.

Podcast

podcasts - Rich Roll

professional conferences

radio

Ridiculous presumptuous question

Scientific Journals

the students dad

too many to name

Upper Explorerland Safe to School Program

vegan/organic

We are a very active rural agricultural based community, with most of our children being heavily involved in sports and outdoor activities. As such, our children require a diet much higher in proteins and carbs to fuel their very active minds and bodies. These diets of healthy proteins and carbs at higher rates have been suggested by medical professionals such as our family physicians.

We emphasize healthy choices in our home

We try to ourselves at home

webinars and other online classes

Weight loss meeting

Weight watchers

Weight Watchers

Well aware of how to eat properly

wellness center
yoga instructor



In the future would you like to receive information about healthy eating and school nutrition from any of these sources? (Check all that apply)

Response	Frequency
School website	884
At grocery stores	765
At a healthcare provider's office or clinic	704
Information on paper sent home from school	663
As an email	618
Information posted around your child's school	585
Through your Facebook page	247
Application on your mobile phone	229
Online blog http://www.harvestpreserve.org	176
As a text message	81
As regular tweets on Twitter	48
Other	14

In the future would you like to receive information about healthy eating and school nutrition from any of these sources? (“Other” responses)

Another presumptuous question

Apps for iPad

city library

funding is scarce--don't waste it on this

I research this on my own

I will seek out and be informed on what I need

I'd like to see the nutritional information posted on the school lunch calendars so parents can actually see the nutritional information and make educated decisions regarding their child's eating habits.

Ideas for how to get more nutrition into kids

in class perhaps

Iowa State university extension office website

Just when I want to look it up

Keep the information coming to parents

List nutritional value with school lunches. Might be surprised how little there is now.

mail

newsletter

newspaper

nutritionists

PTA

School Newspaper

school newsletter

School newsletter and posted in lunchroom

School nutrition has proven to be propaganda of the commercial food industry

TV

We do not need any media source telling us how to eat. Our families are long lived and healthy. We have a good understanding of what constitutes a good, healthy diet.

we're pretty self educated...books, PBS programs, etc.

Work

Have you heard about any of the recent changes to school meals? (n=1852)

Response	Frequency	Percent
Yes	1555	84.0
No	297	16.0

From what sources did you learn about the school lunch changes? (Check all that apply; only answered by those who responded 'yes' to whether or not they had heard about any recent changes to school meals)

Response	Frequency
Child's school	1175
National news	1038
Child	1055
Local news	968
Other parents	791
Internet source (for example: CNN, Yahoo, etc.)	495
Through my job at a school	30
School meal staff	14
Through my job	12
Department of Education	5
Family	4
Social media	4
School lunch menu	3
Social newsletter	3
Teachers	3
Other	37

From what sources did you learn about the school lunch changes? (“Other” responses)

alliance for healthier generation

Associated Press

CACFP

Child and Adult Care Food Program

Congressman Steve King

documentaries

email

Faculty meetings

food delivery company

Food distribution companies

Health Class

I am passionate about health so I have been following this closely.

IDPH

isu extension

Meetings, Food Mgt Magazines

my own district

My wife has had school lunches

Newspaper

Not sure which of the above info received was accurate

NPR

Personally have eaten them

radio

Radio

School District

School Nurse

School's wellness team

The Daily Show with Jon Stewart

USDA Team Nutrition

webinars and other classes

Wellness committee

Has your oldest child said anything to you about the changes to school meals? (Only answered by those who responded ‘yes’ to whether or not they had heard about any recent changes to school meals.) (n=1523)

Response	Frequency	Percent
Yes	1143	75.0
No	380	25.0

If you answered “yes” to the previous question, what did your child say?

1. Not enough food is served
 - Often because child is in extracurricular activities like sports.
 - “When I pick him up after school, he complains he’s ‘starving’”
2. The food in school lunches tastes bad or is bad quality
 - “Nothing tastes goods anymore”
3. Food is wasted from school lunches
 - Often because kids don’t like food and throw it away
 - “They throw away lots of food”
4. Condiments and dipping sauces are missing from school lunch.
 - Salt, pepper, ketchup, and ranch dressing were common examples of missing condiments / dipping sauces to improve taste
 - “Kids (mine included) still don’t understand why they can’t even have more than a packet of ketchup or why they can’t have ranch dressing with their fresh veggies”
5. School lunches have improved
 - “Big improvement. Fruit and veggie bar is a big hit”
6. Kids are adjusting to change
 - At first kids didn’t like the changes, but now are okay with them.
 - “At first they were still hungry even after lunch. Now there is a larger variety offered, and she is no longer hungry. She says the meals aren’t that bad, and she can always find something she likes to eat.”
7. Kids don’t like that everything is whole grain
 - “Hates it and the fact that everything is whole grain”
8. Kids don’t like that desserts have been taken away
 - “Complaints about changes in the lunch options provided; specifically the lack of desserts”
9. Kids like salad bars and fruit options, but in many instances the quality is lacking. For example, the lettuce offered often looks brown, and the fruit can be soggy.
 - Canned and processed foods were universally panned.
 - “He likes the fruit, but some of the main courses are not so good”
10. Kids think school lunches should have more variety
 - Often they report not thinking they are presented with very many appetizing choices.
11. “Different variety of meals - expanded choices”

If you answered “yes” to the previous question, what did your child say? (“Other” responses)

Suddenly, they are getting more food to eat now. It was very pathetic how little they got on their plate when the school yr. began. Every day she would come home very hungry and irritated. Tell me how are kids supposed to even think straight when they are so ravenous. She isn't heavy at all, just was very hungry and still growing.

Quality and quantity have declined

she loves that they are serving veggies, but would like it better with dipping sauces

“It tastes really bad”

“I don't like anything they make any more” “I just skip lunch most days” “They throw away a lot of food”

“It's fucking gross.”

12. “The school lunches have taken a turn for the worse. It doesn't matter if you feed us “healthy” lunches at school because I will still go home feeling hungry and eat junk when I get home. The school lunches are not fulfilling and I don't like them very much. It's ridiculous that we can sometimes have cheese on our nachos, but not on our salad. It would make so many more people eat the salad if there were other things besides Ranch dressing to put on it. There are vegetables, but they look gross and the lettuce looks brown and soggy. The portion sizes are ridiculous. I do like the apples.” These are my thoughts as the parent and as a substitute teacher in the elementary who has eaten many of the school lunches in past years and this year. The food might look like it will taste good, but I have eaten what looked good and it tasted horrible and I am not a picky eater. The green beans tasted like wax and had the consistency of wax also. One day the side dish was cold kidney beans. This was horrible. They serve this tiny, little drumstick as the main dish. It has hardly any meat on it. They have tacos and only get tomatoes and lettuce, no cheese to put on it. They say that they can only give them a certain number of calories, but these kids range in weight from probably 40 pounds to 130. There needs to be some common sense. I have seen so much more waste this year. One teacher said her sister works at a nearby school and the amount of waste has increased from 6 garbage cans each day to eighteen this year!!!!

13. “They are changing the lunches again.”

14. “They give us way too many vegetables.” “They don't give us enough food.” “they have to serve more vegetables and less carbs”

“they're trying to starve us”

“We don't get enough to eat”, “I still feel hungry”

“Whole Grain everything is yucky, Little bits of food, Little amount of ketchup, Do not even like the whole grain (crust) cheese pizza.”

A few items that are not good or even taste good

Absolutely hates it & comes home hungry every day because of small portions and lack of variety

Ala cart is better

All of my children feel the quantity and quality of the school lunch has diminished and is not worth paying for. With three children and one adult being exposed to school lunches each day I have heard nothing good about the changes they have experienced through three different schools in the same district.

Alot of the time she doesn't even know what she is eating.

At 6 feet tall and 165 pounds, he says he does not get enough to eat.

At first they were still hungry even after lunch. Now there is a larger variety offered, and she is no longer hungry. She says the meals aren't that bad, and she can always find something she likes to eat.

At first, complaining that the portions were way too small.

At the beginning of the school year, children were unhappy with the changes. But as the year progressed, everyone got used to the new lunches and they actually like them. My daughter said that kids were talking about how much better and less tired they felt during afternoon classes.

At the beginning of the year my child detested it! She would complain how bad the food was and why did they have to change the meals? She actually took her lunch at least once, maybe twice - regardless of how "uncool" it was - because she didn't want beans and rice or the other "stuff" that was being served that day. In the past years she ate a PB&J uncrustable from A La Carte if she didn't like what they were having. She has adjusted to a degree. Kids (mine included) still don't understand why they can't even have more than a packet of ketchup or why they can't have Ranch dressing with their fresh veggies - even in a rationed amount. They would actually eat the veggies with the ranch - would that be better than not eating the veggies at all?

At the beginning of the year my children did not like what was being served. We packed a lot of lunches. As the school year went on I think that the meals got better and the kids got used to them and we don't pack as many lunches. My oldest is able to take extra portions of certain items and she really appreciates this.

At times the food the kids want runs out by the time they get through the line. Many days the food is not cooked in school. The food is warmed and served or thawed and served.

Bad idea

better food this year

Big improvement. Fruit and veggie bar is a big hit.

bigger portions which is great

Both of my children say it is not enough food, not regular foods that kids would eat or even try, same amount of food is given to a senior as is to a 2nd grader. 2nd grader doesn't get enough for lunch to last them till the end of the day. Starving when they get home.

Buns are too brown Spaghetti is watered down no more pickles because they are

too salty

But Not until I heard other parents complaining about the lunches and asked my son what he thought. He said there could be more meat and that sometime he is still hungry.

By the time school ended, he was very hungry, and then had to go to athletic practices, so by the time he got home, ate almost everything in sight, good and bad.

can't have seconds. Doesn't get full. He is a 13 year old boy who participates in sports after school and is burning lots of calories. often times never full and hungry

can't understand No ketchup, really. some of the food he says really sucks. (had always loved the lunches before the change.)

children get less food, they are still hungry after eating lunch. nothing tastes good anymore

Commented about foods that she likes are no longer being served.

complained about all the veggies

complains about the food choices. limited protein options. He doesn't like the bread. My boys are extremely thin and athletes. They complain the meals do not provide enough calories to get them through a full day of school and their athletic games or ractices. very hungry by the time they get their next meal almost to the point of feeling sick/weak

Complains that they can't have salt or pepper (non fat way of adding spice to veggies). complains they don't like the food.

Complaints about changes in the lunch options provided; specifically the lack of desserts (which I am happy about) and that he doesn't seem feel he gets enough to curb his appetite through the afternoon. When I pick him up after school, he complains he's "starving".

complicated- especially breakfast

Concerns that there is not enough food to satisfy her hunger -she is a 3 sport athlete and is very physically active with practices, weight training, etc.

Could get a double portion of fruit if did not want the veggie.

d0n't get enough, small portions, no meat, all processed foods, not as healthy

Described how what it now required to be taken by each student eating hot lunch.

Desserts served only once a month. Healthier food is being served and less breakfast meals served as lunches.

did not like sweet potatoe fries. small portions of ketchup.

did not like the changes

Did not like the smaller amounts, did not like how they cut the good stuff out to make food taste better.

Didn't know why cottage cheese was taken off the menu as he was told it was not a healthy food?

didn't like changes

didn't like them not enough food

Didn't really like the changes. Too little portions, HAD to take items that they didn't want which created waste

Didnt like the changes. Not enough food and they have taken out alot of items, like lettuce and replaced spinage. smaller portions not including things like a cookie or pizza, taken out catcup and ranch dressing. They are lerning they need food to fuel th brain.

didnt like the new item but she is saying less now. the new is gone

Different food choices than before and sometimes just not enough food to fill him up, especially during sports season.

different variety of meals - expanded choices

Disappointed that lettuce is no longer served. They do not like the way the veggies are prepared (would prefer frozen over canned). Main entree portion sizes are too small (example: 1 chicken leg, most other meals also). Do not like some of the fresh vegies that are available on the garden bar.

discussed some of the food items no longer served because not healthy; discussed some items that are offered every day because they are healthy

Disgusting, food is terrible, portions are small, waste of food.

Dislikes changes, wishes some of his favorite foods from past would be served

Dissapointed about no types of lettuce on the garden bar and less portions.

does like the milk choice as its not what we drink at home. States it isnt enough food to get her though the day when she has sporting events after school

does not care for all the fruit and vegs. need meat and potoes to fill him up

Does not care for the amount of food being served. LOVES the fruit being served.

Does not care for the food, not homemade, everything comes from a can.

Does not eat as much of the lunch, food is not as good. Goes hungry most days

Does not feel like she has enough to eat. My child is very thin, has a high metabolism, and feels she is still hungry after lunch.

Does not get enough food and is forced to eat what they don't like or they can not get 2nd helping of things they do like.

Does not get enough to eat.

Does not like new guidelines. My kids all come home hungry every day. She tells me how little food they get now.

Does not like the amount given now or the options.

Does not like the change. Need more variety & more time to eat what they get.

Does not like the changes in the school meal- not enough to eat. He also has sports right after to school and the small meals they are served is not enough to keep him going through the day.

Does not like the changes. Reduced portions is an issue, causing hunger at end of the day. Bing eating when he finally gets home from after school activities and right before eating supper with the family. Too often "odd" food options are provided and are not appetizing (refried beans, quesadilla with broccoli, etc.). Comments on the large amounts of food being thrown away and the waste that it is. He has concerns with the school "policing" what students bring in for lunch from home because they don't like the menu for a particular day. Certain foods cannot be brought into the school. Wishes he could have a meeting with Michelle Obama to talk about his concerns.

Does not like the food, portion sizes are not enough, hungry all the time.

Does not like the new way the meals are provided and that he has to take food he knows he will not eat. Thinks this is very wasteful as good food is being thrown out as kids are not eating it.

does not like the school meals anymore. tastes horrible

does not like them at all and both my kids are completely starving when they get off the bus they eat everything in site

Does not like them at all!!!!

Does not like them. Does not get enough food. Food taste bad.

Does not taste as good or look as good as before.

Does not think it is enough food feels hungry throughout the remainder of her day.

Does not think that many of the meals are good...lots of food gets thrown away. Also does not understand why if the school wants to feed hungry kids over the summer for free then why would they throw away a tray full of food in lunch line if the child does not have enough money to pay for it??? Shenandoah schools do this, what are we supposed to tell the kids.

Doesn't like that all breads, pastas, etc must be whole grain. The pizza dough is very thin and not very tasty. We are a meat, potato, and corn/beans family. (all home grown). More and more school lunches are processed than home made. Even my own child says the childhood obesity doesn't happen at school, so why must this one meal be so strict.

Doesn't care for all the asian and hispanic foods. Need more American type food.

Doesn't care for the menus.

Doesn't get to have 2nds and wish he got a little bit more food; wish we could still have butter sandwiches with our tray

Doesn't like as well as used to.

Doesn't like most of the changes.

Doesn't like much of the food. Has sent me pictures of some things that are look really nasty via cell phone. I wouldn't eat some of it which looks like poop.

Doesn't like some of the food offered and not enough food.

Doesn't like the changes

Doesn't like the food as well. Often feels hungry.

Doesn't like the food. Refusing to eat most of the school lunches when this was not a problem before. She has stated the taste has changed and she is not a picky eater like my other child.

doesn't like the new fruits/veggies offered i.e. black bean salsa

Doesn't like the new options

doesn't like the salad bar choice because you cannot order a salad with your regular meal...it is only "in place" of the regular meal

Doesn't like them as well

Doesn't like them as well as previous lunches.

Doesn't like them.

Doesn't like them. I have seen some, they look very unappealing.

Doesn't like vegetables, less food, not as satisfying to appetite

Doesn't mine the school meals if they would provide better portion sizes! He is 16 years old...growing , active boy! Right after school he plays sports...not always bring food to school, energy level low! School needs to supply after school snacks for hose athlete if they don't supply better portion sizes at lunch!

doesn't taste as good

doesn't taste good, not enough food, starving by the end of the day

Doesnt get enough to eat

Doesnt like them. No taste and limited amount of food. He has a plate full of food and he doesnt eat 3/4 of it but they put it on his plate. It is a totally waste of food.

Don't care for much of it.

Don't liek what is being served. Wouldn't eat it.

Don't like the changes. Want to eat what they like to eat.

Don't like them near as much, way more hungry now. Miss the old items that they used to have. Miss the basics now they put "weird" things on everything.

dose not like them. Not enough food.

Enjoyed getting fresh veggies and herbs from the school garden!

Enjoys new salad bar at school -- wishes it was offered every day. Also wishes they

they didn't have to choose a regular lunch or the salad bar, sometimes would like a side salad to the regular menu items offered that day.

Enjoys the extra fruits and vegetables

First time in twelve years she has not liked lunches, or does not get enough!

food doesn't taste good/ everyone is still hungry/ the products are tasteless/ parents worry about their children that are athletes not getting enough calories to participate in after school practices

Food has no flavor, items we do not eat at home, portions are still too small.

Food in school is less in portions and variety. Most of the food is breaded, and canned fruit and vegs.

Food is bland, does not make sense, portions are too small, they feel like the local cooks are being told what to do and cannot make exceptions, more government control, the kids that are fat were not getting fat off school lunches, the kids go home and eat junk,

Food is fairly good; not too much different than before; it leaves her hungry

Food is not as good; portion sizes are too small & she is hungry when having sports practices after school.

food is not enough and often is hard to pay attention at school being hungry

Food is not very good.

Food is ok, but don't get nearly enough!

food is tasteless

Food not as good and not enough to eat.

food portions are too small, not fresh (cold, hard), no flavor, same food all the time.

Food quality is not as good. Portion sizes too small. Always hungry while at school and after school at extra-curricular practices and games

Food tastes better

Food tastes different. Not as much food still hungry

Foods are more limited, fewer condiments, smaller portions, the good stuff is gone.

For the most part he likes the new school lunches. But he likes fruits and vegs.

For the most part she does not like them as much and wastes a lot of food. She misses getting dessert more frequently and doesn't like most of the vegetables.

Good - more fresh fruits and vegetables. Bad - small portion size.

Good at times but not enough of the main food item

gross

Gross veggies

gross, only drank meal, starving when get home, hungry wants more supper

Gross, sucks, get 4 grapes, very smaller portions.... Has friends that are guys that play football -- don't get enough food at lunch time to keep them energized and stuff to play sports/football until 5:30 at night.. Certain kids need more food to keep them going for after school activities.. And what happened to the saying food for fuel.. Or need healthy food to keep the brain going..

Has not been enjoying the meals, portions have changed

Hates it and the fact that everything is whole grain. Also there isn't enough food there to keep them "full".

hates it! not enough food! no desserts. cant buy extra food.

HATES IT. Doesn't want to eat the food. Older children are not getting served enough protein to keep them going.

Hates the changes. They are not getting enough to eat to get them through the day and then sport practices after school.

have a buffet bar now

He can tell they are better than they were in the last few years. He said that they are made to take a fruit or a veggie and they are more fresh options.

He comes home hungry every day. The entree is no longer the main large portion. Cinnamon rolls and desserts are now very small portions.

He complained of the portion size and that the meals did not taste good because they are mainly canned and processed food. We serve fresh fruits/vegetables (when in season).

He complains that some things taste badly.

he complains that the amount of food is not sufficient

He didn't like the change to wheat bread and he felt the portion size was too small. However...I didn't feel bad for him and explained that these were good changes.

He disliked them most in the fall when he played football. He didn't think he got enough to eat to sustain him through football practice. He complained he didn't feel he had enough energy to practice, he felt sick when he got home. He started taking lunch many days when he had practice and then felt better. He hated the food...it was advertised as a fresh salad bar but the lettuce was brown, the fruit came from a can. It was disgusting.

He dislikes some of the offerings that are made.

He does not feel that the meals are as good and he thinks they cost too much. Especially those of us who have to pay full price.

He does not get enough food. He gets headaches by the end of the day.

He does not get enough to eat. He is an athlete and does activities right after school. So we need to send a afterschool snack with him to get him through. Also he does the salad bar line a lot. They have even restricted the amount of fruits

you can tae. Which my understanding was that you can have all you wanted. He believes the hot meal line has changed a lot. He does not care for must of it. No taste is the big thing.

He does not get enough to eat. He is hungry. The food is not appetizing for children.

He does not like that he has to take certain components that he is not going to eat anyway.

He does not like the changes

He does not like the changes due to the amount of food he gets. He does like some of the food changes but not all of them.

He does not like the changes. He said the food was bland and was going to start taking salt and pepper packets to school to season his food with.

He does not like the changes. He would like a dessert.

He does not like the majority of them. Most of the meals taste terrible.

He does not like the meals as much as he used to so sometimes he won't even eat anything at lunch anymore.

He does not like the new changes and feels like he doesn't get enough to eat.

He does not like the new changes. He would prefer more fresh fruits and vegetables, salads, etc.

He does not like the recent changes. He says that he doesn't like having almost every patty on a whole grain bun, he doesn't care for beets and many veggies that have been added to the menu, he doesn't like that the option of a peanut butter sandwich (if e doesn't like what's being served) has been taken away, during the seasons where he is in sports he is frequently still hungry after eating lunch, and he says that he would rather be hungry (and throw most of his lunch away) than eat things he doesn't lie.

He does not like the serving size. He is an active child who starts out his day at 6am and sometimes does not get home until after a a sports event. He is a child who could use to gain weight. He usually gets doubles at school, but is still hungry and ard on my pocketbook.

He does not like the taste of a lot of the meals; and when he does like the lunch there is not sufficient quantities to keep his hunger satisfied as he is involved with after school sports.

He does not like the whole wheat change and it is not enough food for a senior boy.

he does not like them!!!!!!

He does not like them. There is not enough food. Lack of flavor. He will not eat them anymore.

He does not think it is fair to limit what he can eat at school because parents can not regulate child in take at home. In his words he is not obese so why can't he eat what he wants.

He doesn't always like them but when I've subbed in the classroom they look very good and healthy. They may not keep them full as long however.

He doesn't feel he gets enough to eat and is amazed that some of the meals meet nutritional standards. For example, cheesbread as a main entree is not sufficient.

He doesn't get enough to eat!

He doesn't get filled up at all and is starving all day.

He doesn't like a lot of the changes. He does not like the whole grain

he doesn't like all the changes, they serve things that aren't kid liked, he likes the salad plate option, he likes that he can buy bottles water with his meal if he chooses

He doesn't like that he is forced to take food he knows he will not eat. It just gets thrown away and is wasted.

He doesn't like the food as much.

He doesn't like the food quality and is not served enough (and he is a very slim child)

He doesn't like the lack of meat/protein, and is always hungry. Teachers offer more snacks throughout the day to compensate for lacking lunches. This defeats the purpose of a healthy lunch!!

He doesn't like the main dish as much but loves having access to salad bar for fruits and veggies

he doesn't like the school lunches anymore cause he is very hungry when he gets home cause he says that he doesn't get enough to eat through the school lunch meals. He is also out for sports football, winter weight lifting, track and baseball. So he need extra to protein to help build muscles. And he doesn't get that through the lunch program he is also 6' 1" about 170 lbs. not very much fat cause he is always exercising

He doesn't like them and has trouble feeling like he gets enough calories to make it through the day and through sports practices after school.

He doesn't like them; they don't fill him up; there's not enough food; food isn't prepared correctly; food isn't tasty.

He doesn't like to eat hot lunch anymore

He doesn't mind the changes. He feels there are a lot of choices as long as you like healthy fruits and vegetables. He stated that many students go hungry because they don't take the extra options that are offered to them.

he doesn't see that they are a whole lot healthier other than the yogurt has less sugar.

He feels that he does not get enough food to satisfy him to get through the afternoon

He feels that the meals are too small. He is a 16yo that is very active.

he feels the lunch is not enough food to keep him full. he gets hungry quickly

He feels the lunches have been worse this past year. He will often only eat cottage cheese. Quantities have been reduced and quality is worse.

He has choices on fruits and vegetables

He has complained about the portion sizes not being enough for an active teenager.

He has complained that the servings are smaller and he is not getting full. He is an athlete & burns many calories. He has also complained about the lack of salt and condiments.

He has not had a positive attitude toward the changes but he is a teenager. It is tough to get any positive comments about school

he has said there isn't as much food, especially when he was in football he would get hungry

He has to take food from home with him because the amount he is served is not enough to fill him up. Also 'tricks' they do by serving baked beans cold to make them worth less calories apparently. The amount they get is not nearly enough for a growing teen

He has told us about the food served and how he hardly eats at all during the day. We visited during lunch one day and I can see why the food looked horrible. He use to be go for seconds in previous years since being a teen that is growing and now he is't allowed to. He leaves on a bus at 7am and don't get back until 430pm sometimes later with sports. We have to pack him snacks because he is soooo hungry. He says give back what they use to have it is more healthy to eat then not eat all day.

He hasnt eatten one meal at school this year. When they do have something he likes its not enough food for a high school child. Is limiting ketchup packets really a cure to obesity? No it starts at home. Is making them take food they dont want to eat a wate of good food? Yes. By High School they know what they want. I can see a young child may end up eatting it if its in front of them but not a high schooler.

He hated it

He hates that there are no longer peanut butter and jelly sandwiches available

He hates the changes, misses being able to have two fruits at lunch. Liked the freedoms of choosing 4 out of 5 componets. Is very hungry in the fall (during football - long days 6:30 a.m. - 7:00 p.m.) not enough served with school lunch. The quality offood has decreased in his mind since the new Obama standards.

He hates the fact that they can't have salt and ketchup on the tables/available to apply to meals as needed (and many of the school meals are bland). He appreciates the fruits and vegetables and says that most meals taste pretty good, but he doesn't likethe fact that they can't have "real" desserts (ALWAYS has to be healthy).

He hates them because ALL 3 of my kids come home around 4pm everyday STARVING!!! I know nutrition is great BUT how can our kids learn when they

don't get enough to eat!! We make Breakfast every morning in our house because hoping it will help them learn and not get HEADACHES!!

He hates them. He said so much food is wasted because it's required to go on your plate whether you want it or not. He said it doesn't make any sense and many days he hates what is being offered. I never heard these complaints before the changes in regulations.

He is 16 yr old boy that works very hard before and after school and is given the same amt of food as a 6yr old. He is made to pay for ketchup if he wants any. Both of my children are very good veggie and fruit eaters but soggy over cooked veggies and very ripe fruit are not what a child needs. example: A smaller hamburger with same size white bun with no condiments WHO would eat this ???

He is active in high school running sports - cross country and track and does not get enough to eat. He will purchase more than 1 meal and milk. Plus, he will bring things from home to supplement his lunch. If he has early AM practice he will come home to eat before class starts if time allows instead of eating school breakfast because it is not enough food. I think the calorie count for the meals are less than the calories the athletes are burning with practice and competition.

He is always hungry when he gets home from school. He tells me that there wasn't anything he liked.

He is being introduced to new foods for himself, and is a very picky eater and has not liked many of the items served. I encourage him to try new foods. I myself have ate the new meals and MANY are not very good tasting/appetizing at all. Squash and sweet potato fries are impossible to even eat, taste awful. Food has very little seasoning and when used some things (onions especially) are over used. There is much room for improvement. Children seem to like the fresh fruit/vegetables, meals lack good protein source (something they will eat). I see many lunches that children are not eating the protein portion of meal. Adults are the obese ones--need to be focusing on them also.

He is displeased with the quality of some of the "new" lunches being served. He also becomes hungrier before the end of the day. Prior to this change, they were allowed seconds on fruits and vegetables if they were still hungry, this is no longer the case. I find this absurd! As a parent who pays for school lunches, prices should not be increased for less food being served.

He is hungry and does not get enough food at lunch time. He wants some condiments and can not get them with his lunch. for example he wants ranch and you can only get with salads

He is hungry

he is hungry some days, would eat more veggies if he had enough ranch for all of them, the pasta is gross

He is hungry, never gets even close to full even if he takes doubles. There just isn't enough of the things he will eat.

He is no longer getting enough to eat and is starving in the afternoon. He understands about making the lunches healthier but thought it was too much of a

change at once and he also doesn't have enough fuel for sports.

He is not fond of the lunch choices. Not as many choices. Sometimes comes home hungry because he didn't get enough

He is not getting enough main dish and that some of the side are changed and you can't get dressings for food.

HE is not impressed! Now most days i pay for 2 lunches because 1 does not fill him up!

He is not receiving enough food to fill him up.

He is receiving less food than in the past. Portions and options are smaller. We are having to pay for 'seconds' everyday.

He is still hungry

He is still hungry after he is done eating all of his meal. He says they do not give him enough to eat. He says he is not allowed to have 2nds until he is in 6th grade (I believe it was 6th grade). He does ask alot to take his own lunch. If this progrm continues as it is, I will for sure consider sack lunch for next year!!!

He is still hungry after lunch. It isn't enough food.

He isn't happy about the changes and isn't getting enough food to fill him up.

He leaves hungry

He likes the choices on the salad bar

He likes the fact that there are more choices.

He likes the fresh options they are now receiving.

he likes the salads

He likes the scholol lunches. He misses the lettuce and cottage cheese on the salad bars

He mentioned that he isn't getting enough to eat and is eating everything even though it may not be his favorite. He would like larger portions or the opportunity to get doubles.

He never complains about anything....my younger three are not thrilled with the changes.

he never has enough time to eat nor enough "good" choices to feel full.

He really misses the salad bar. Seems like we have the same meals, not much variety

He refuses to eat school lunch and it isn't necessarily the fruits and vegetables he doesn't like--it is the main dish like pork tenderloin--crisпитos (which aren't healthy by the way) that he doesn't like.

HE SAID HE'S STARVING AND THE FOOD IS NOT AS GOOD AS IT USED TO BE

He said that he is hungry because they are not getting enough food.

He said that the lunches taste different than they had previously.

He said that they changed the menu but that it still taste retched. He also says that some of his friend/classmates get different main courses. He also said that the biggest section of the tray is for veggies. Now I know that it is proven that you are uppose to have so many servings of veggies and fruit. But for an Iowa 13 year old boy that lives and works on a farm he needs more meat portions.

He said the teachers had discussed it in homeroom and they had asked the students opinions and that everyone was glad about the new healthier choices being offered.

He said there is less food and more fresh veggies.

He said they changed them and he doesn't like them anymore. Bad taste

He says he does not get enough to eat anymore. He misses having the open salad bar and ranch dressing. He brings snack to school now.

He says he is still hungry and doesn't feel there are enough options.

He says they get less to eat and is usually hungry when he gets home

He tells me he is still starving after lunch. Our pediatrician has suggested we send granola bars or peanut butter sandwiches in addition to his lunch.

He tells us that food amounts are rationed. You cannot buy additional food like you used to be able to. He understands that we need to make healthy choices and does chose to do so. He is actually according to our medical provider "under weight" for hisheight and weight. This makes my husband and I very concerned. He is starving when he gets home. We now send snacks to school for him prior to sports practice as his caloric intake versus his exercise was inadequate.

He tells us what he had for lunch most days. He has commented only once that he wished he could have more of something (the chicken drumsticks - he loves those).

He tends to like many of the "healthy" alternatives that most kids his age do not, but he does not like many of the school meals. Many of the casseroles that many children will eat have been eliminated completely. He likes the fresh veggies, but there is ot any fresh fruits anymore. He talks a lot about canned fruits.

He thinks he's being starved

He thinks the lunches are getting somewhat more paletable.

He throws more away now and there's not enough good fresh (not just oranges and mushy red delicious apples) food.

He toloed me that if there aren't enough things he likes he can choose something from the fruit basket.

He used to like some of the things served at school lunch but now says there is nothing that he is willing to eat. He now gets only what would be considered a "snack" item and a drink - not the full lunch because he says it always tastes awful and he woud just throw it all away

He usually buys a sub sandwich an is complaining about the portion size.

He wants desserts back. He also has noticed there is A LOT more waste as kids are forced to take "at least 1" from each category even if they know they are just going to throw it away.

He was happy he would get more food.

He was very hungry and didn't get enough to eat ever...and that he had to pay a good share of the cost of almost another meal to get more of the main dish.

He's always still hungry and when he gets home (he is in ALL sports available) he is starving. Not enough food for kids in sports.

Healthier

healthier choices

Healthier choices

healthier food and not given as much food to eat

Healthier lunches, more fresh fruits/veggies

His response was "great now we really aren't going to get enough food" I think our district took it to an extreme because they monitor how much of everything they get to an extreme measure even not even getting them enough food when we they are so active o get through the day. I'm not a fan of this at all - young active teenagers need more than what they are getting.

how different it is

How little they are.

How she only eats one thing off her plate some days because she doesn't like the taste of the rest. Also how the ketchup is rationed and you do NOT get enough to even half of your food.

How small the portions were and how the school seems to have a lot of chicken meals

Hungry all the time, wants salad bar back. Food is not good.

I advised him of the changes. when asked he will tell me what he liked and did not like

I don't eat vegetables or fruit. I just cover it up with napkin. I don't like my food mixed up. Meaning- wants a piece of ham, chicken, beef, pork , pudding etc.

i dont get full starving after school eats 2 times as much snacks to get full before i can get supper done

I dont like the change. I dont eat lettuce. I want more meat and less vegetables

I have two children that don't like it.

I keep trying to defend school lunch, but it keeps getting harder to do.

I like the new fresh vegetables we are getting. It is good to have a fresh salad every day. There really is no difference in the whole grain from the white....

I think the school lunches sound better and less starch than before, however, the kids won't eat 90% of what is being served. I see more thrown out (even with choices) than ever before.

If he want more food he can't have it. He is not over weight, if anything is under weight and can't eat anymore than what the government tells the schools he can have.

in the beginning of the school year did not get enough food so was packing his lunch daily but now eats at school every day

Is not happy with selection, amounts....

It doesnt taste good, or there is not enough to eat. I end up getting two lunches when can or eat off of the AliCarte

It has declined...she is very hungry most days she returns home

It is a waste for the required fruit and veggie because most kids do not eat them and it is thrown away

It is less food. There are restrictions on calories, which limits or excludes condiments. Beans (legumes) are served more often. Favorite meals are no longer served. Athletes walk away from the cafeteria still hungry.

It is not enough food. Especially for athletes that have practice after school. It is not enough calories to sustain them through practice.

It is not enough. He is still hungry through the whole day. The other day the kids had chili and cinnamon rolls. Because of the new standards they were not allowed to have crackers for their soup because it was do many carbs.

it sucks. theres not enough food. they are staving.

It tastes bad

It tastes bad and portions are small. They get hungry in the afternoon.

It was gross. A lot gets wasted.

It's not a lot of food/no more choices.

It's not enough food, especially for athletes. The kids throw away the food because it's so different.

It's not enough to get thru the day.

It's not good and he is always still hungry.

Just said there were changes that would be healthier.

Just that they get to make choices

Just that they only get a desert twice a week and that they dont give enough food to the kids.

Just that things are self serve

lack of calories and small food portions

Last year portions were small. This year is better. She likes the fresh vegetables and fruit.

Last year the food was not as good. This year she likes the meals a little bit better. She likes fresh fruits and veggies. Says its good most of the time.

Less caloric. Lesser amount of food distributed.

Less cookies, more whole grains and vegetables

Less desserts

less filling, still hungry, more fruits/veggies on tray

less food

LESS FOOD

less food and sometimes it's not enough to fill him up

Less food is received.

Less food, fewer choices, fewer condiments

Less food. Hungry at school and has to have immediate snack (yogurt,cheese,or fruit) right after school.

Less meat and more veggies

less protien

Less to eat

liked last years meals better, more food. Has been hungry esp on days where she has practice for athletic teams or games after school. We have had to send additional food for her on these days.

Liked some of the new items; not enough food; they're forced to take things they don't want.

likes most of the changes

Likes some and doesn't like some.

Likes some of the variety, but isn't thrilled with the smaller portions

Likes the expanded salad bar. Has commented that the main item is not as large and that everything is whole grain or whole wheat.

Likes the extra variety and unlimited access to vegetables. Can always find something to eat.

Likes the food and choices

Likes the salad bar options. Would like local sourced foods to ensure quality.

Likes the unlimted fruit and veggie bar

Likes the variety--salad bar; small quantities though

Likes variety of salads

Likes veggies, but not sweet potatoes and legumes

Lots more vegetables and fruits. Miss some of the "treats".

Lots of fruit and veggies

Loves the fresh fruit and vegetables

Lunch is not good. She is always hungry when she leaves the lunch room. Very bland.

Lunches are gross and getting worse all the time. My son went from eating school lunches daily to eating them once or twice per week, max!

Lunches are healthier and some are just healthier versions of meals the school has always served which is great. Some meals are new and are not as kid friendly. Frequent complaints from kids about cowboy cavatini, for example. When eating lunch with youngest I observed the table of children and very few ate any of it. It is great to make meals healthier but it needs to be something children will eat.

Main entree portion seems smaller

Mainly that when she eats last lunch she has not been able to get what she wanted for the main selection and that most of the time the portions are not large enough. Mainly when she states that when she is in a activity and will take bars or fruit to snack on to get thru the day.

Meal sizes are too small. She many times still feels hungry when finished with lunch, particularly during sports seasons. Feels weak at the end of many days of school.

Meals are less filling, and they are often running out of food

Meals are not as filling as before

Meals are not good, lots of wasted food as it is not being eaten, not getting enough to eat, especially when they right from school to sports practice. Some nights we don't eat supper till after 7:00 p.m. due to practices

Meals are supposed to be healthier and include more fresh fruits and vegetables. She also commented on the HS salad bar being taken away.

meals are too small. he gets double helpings of main course now

meals were very sparse, no choices, no seconds, and many days multiple vegetable options with no fruit options

Michelle Obama's kids probably doesn't eat these lunches. They probably have more choices.

Misses certain aspects of it. Sometimes not enough to eat for my athletic child.

Mom we don't get enough food.

More choices

More choices are being offered.

More fresh fruit

More fruit and vegetable options.

More fruits and veges.

more fruits and vegetables

MOre fruits and vegetables

More fruits and vegetables choices, which she loves!

More fruits available. He likes fruit.

more healthy choices and smaller portions

More positive then negative. Only a few things that they don't care for but overall they like it. It makes me feel better knowing that we are paying attention to the nutritional value of these meals.

More salad bar options

More selection

More variety of foods

more variety of "sides"-She like it

more variety of foods, tasty. But portions seem smaller.. our elementary and our middle school have similar size portions, and yet our middle schoolers are bigger kids with bigger appetites.. they need more food.

More variety of fruits & vegetables, but smaller servings

More variety of fruits and veggies, smaller portions

more variety, healthier choices

more variety, healthy and needs more desserts provided

more veggies, fruit: breakfast sandwiches no longer made with sausage or cheese and must be put together (bummer) they actually like the changes

more vegies and other healthy choices. She likes the fruits

Most comments are with regards to no more ketchup, no more ranch, no more crisпитos, no more tator tots. I personally ate lunch with my youngest one day... lunch was chicken sandwich, sweet potato fries, pineapple. My comments...at least they gave me a may pack for my sandwich, the kids did not get one. My sweet potato fries were disgusting...I did try them because I wanted to be a good example, but I couldn't finish them. The pineapple was canned and I just can't do canned pineapple knowing how good the fesh pineapple is.

Most of the food is wasted and the food is not tasty. She mentions that the goals are good, but the implementation is bad. Better to transition and not see all of the

food thrown away. The plan wastes more money than what food is eaten by the child.

Most of the lunches don't taste as good, he doesn't like that he can not have gravy.

Most of the meals are better. He didn't mind the changes.

Most of the time still hungry when leaving lunch... Don't care for some of the new vegetable that have to be offered, why can't we have seconds?

Mostly about what is not available now

Mostly I hear when there is stuff not liked.

Mostly that there is not enough food. They're still hungry so when they get home they eat and they eat again at supper time (2 hours later). If they are out for after school activities, they say that they are starving by the time they get to eat.

Mrs Obama started a healthy eating campaign for schools.

Must have fruits and vegetables, lunch room has changed layout

My boys feel as if they are not getting enough to eat, I have told them they are getting portion size and a well balanced meal. They also have the opportunity to get salad bar. I feel if this would have began in their earlier years they would have been use to it. My youngest son comes home from school and will eat many PB&J sandwiches to get him by till dinner. What if the school had the option of extra PB&J sandwiches if the child is still hungry or does not like some for a substitute? Just a thought.

My child states she throws away at least one item everyday, that she does not like. She states she often feels like she didn't get enough to eat. I have noticed that they eat more snacks after school, than they have before the change.

My child does not like meat and says she is forced to take it on her tray. I think vegetarian/vegan options should be offered. And I feel no one should be forced to take anything they will not eat. That is wasteful.

My child does not like the changes made in the school meals. The flavor is bland and horrible tasting.

My child does not like the changes. At her school they are required to take a piece of fruit, even if they don't want it. Apples and bananas that are not eaten are placed in a basket and served the next day. They often have rotten and bruised fruit to pick from!!

My child does not like the school lunches now. They do not get enough to eat, especially if they are in extra curricular activities after school. The kids should go back to eating school lunches like years ago and have some added activities to get them moving more in school

my child does not much of what is offered at school he is always hungry when he gets home because the food choices are limited and do not taste good

My child is a very athletic lean student and the food does not satisfy his hunger. He is not overweight and he needs more carbohydrates/protein due to his athletic activities after school. My youngest son is also in many after school activities and

also feels hungry. They occasionally don't like what is served but for the most part the complaint is they don't get enough food. I have to keep healthy snacks available for them and if I don't they find something unhealthy to eat which defeats the purpose of the healthy food program.

My child is dissatisfied with the changes that are being made.

My child is extremely hungry when he comes home from school. He doesn't feel as though there is enough food provided for school lunch.

My child is hungry after eating the items in his lunch that he likes. He chooses whether or not to take school lunch based on the main dish, but also according to how many of the sides that he likes because if he does not eat all of the sides and the main dish he is hungry and unable to get additional helpings of what he does like.

my child is not getting full enough. says the vegetables being served are gross and hard to eat... although my child will eat all types of plain vegetables and fruit at home... we have a very healthy home. Also due to my child being served more vegetables versus staple foods they are constantly hungry and no longer want to do sports because it makes my child "feel weak". We started packing a well balanced and healthy lunch and have not heard any more "feeling weak after running" complaints.

My child is not thrilled with the food. He often buys something off the ala carte, because he doesn't get enough to eat. He is 6'4" and 180 pounds - a lean, healthy, growing boy. We are disappointed that the menu that is released to families that indicates "healthy" food, is not always what is served.

My child likes the changes.

My child loves fruits and vegetables. The problem is that although these are offered they are not replenished. If the first group uses up the fruits and veggies, the second group gets the leftovers. We only have two shifts at that school for lunch so it should not be a problem. Her main gripe is the quality and the consistency of the cooking of the food.

My child loves that fresh fruit and veggies provided. She is not a fan of whole wheat breaded items, but fails to see much added nutritional value adding whole wheat breading to cheese sticks, chicken nuggets or fish sticks. I DO believe they should use whole wheat breads and rolls with no or limited high fructose corn syrup or refined sugar. Also why are we providing chocolate milk every day?? It is VERY unhealthy. If they don't like milk, what is wrong with water?

my child really did not care much for all the changes in the school lunch. Starting with less of the main courses and the limitations of condiments.

My child was upset that they removed certain items from the salad bar.

My children are not happy with the new lunches. I send extra food so that they aren't hungry all day at school. This was too drastic of a change. There are a lot of foods that my children haven't tried and aren't fond of. I think a lot of food goes to waste.

My children don't feel like they get enough food. They are not happy about not getting butter and peanut butter sandwiches.

My children say that it's not enough food and that they don't like having to choose certain things and if they don't choose certain things, they don't get other things that they want. But mainly, they are not full

My daughter is a four sport athlete and there is not enough food on the plate for her energy needs, so we pack our own lunches.

My kid is a active kid that is 5'10" tall and 120 pounds he said there is not enough food for him.

My kids think processed food is crap and we don't eat that stuff.

My son has told me that they have cut down on portion sizes and he often comes home hungry and tells me that the school isnt serving very much for lunch.

My son is active in athletics and generally has 2-3 hours of physical practice after school. The lunches no longer provide adequate calories to get him through practice yet there is no time between school and practice to get anything to eat.

My younger two eat school lunch daily. They complain about portion size (too little), and the lack of taste. (Both of these children are of healthy BMI)

N/A

Negative feedback, mostly driven by comments of teachers and staff.

Neither child cares for them and not enough for the oldest to fill full

Neither of my children are impressed with the "new" menu or items- they do not like the whole wheat pasta at all, they say that they eat chicken all the time, very few days do they "like" the lunch. I think it is a terrible waste of money to make children "take fruits and vegetables" when they don't like them or eat them. My oldest is a very poor fruit and veggie eater we compensate at home in other manners but to make her take them and she throws them away day after day-

New lunches are terrible. My son is 6'4" and weighs 210lbs. The portions are so much smaller than they used to be that he does not get enough to eat - he is hungry when he leaves school. How is he supposed to survive on the same amount of calories as 100lb freshman? The whole wheat bread items are awful - the kids throw the buns away. My daughter is in middle school and the same for her lunches. She is also hungry when she leaves school. My children have always loved their school lunches until this year. It makes no sense to make kids put fruits and veggies on their plates, when they throw them away. There are children eating Little Debbie snacks on the bus in the morning and on the way home because they know they will be hungry during the day. There is a steady stream of high school students that drive directly to the Casey's store after school because they are hungry. How are children supposed to be able to listen in class and study when they are not getting the nutrition they need during the day? They are starving when they get home and eat everything in sight.

no butter for dinner roll, so they will not eat a plain roll. food is more bland, lack of flavor

No cheese

No desserts

No desserts, more fruit, some foods not on menu any longer

No longer any salad on the salad bar, which is disappointing.

No more desserts, smaller portions, pretty much nothing is made from scratch anymore.

No or less syrup, Ketchup, salt, you have to take fruits & veggies, smaller main dish size...doesn't taste good

not a lot of food served

Not always happy with food offerings. Complaints of still being hungry

not always the best. misses cinnamon rolls. can't always eat the raw vegetables because of his braces. Hates ranch dressing.

Not as big of portions and changes in items served

not as flavorful.

Not as good as before. More food is thrown out than eaten.

Not as good as they use to be.

Not as much and less quality of nutritious foods

Not as much food

Not as much food, food is different, no ketchup, not as good, less variety of meals during the month.

not enough

Not enough calories when he's involved in sports as well as does an Bigger/Faster/Stronger PE regimen. He's often hungry before school lets out and purchases additional food between school/after school practices just to make it through until he returns home.

Not enough choices or foods they like

not enough food

Not enough food

Not enough food Terrible tasting

not enough food and also at times he doesn't like what is being served

Not enough food and doesn't like most of what's being served, like beans, salads and sweet potato fries.

not enough food and is disgusting

Not enough food and many foods are just thrown away of those they have to take

not enough food and no condiments

not enough food and no fresh vegetables or fruit

Not enough food and some days choices they don't like

not enough food and the portions are smaller

Not enough food being served. No seconds.

not enough food for a child who grew three inches in height last year

Not enough food given

not enough food given food tasted stale

Not enough food given to students in sports

Not enough food given, not enough protein available; However more fruits and vegetables offered but entrees are not healthy and highly processed still.

Not enough food is being provided, not enough variety is being offered. She is always hungry before she gets home from school.

Not enough food is served for athletes.

Not enough food presented at lunch.

not enough food provided for athletes

Not enough food provided to keep them full until the end of day. Does not taste good.

Not enough food provided to the student to give them the needed energy for after school sports practice.

Not enough food served at one meal to feel satisfied.

Not enough food served...but does like the fresh fruits and vegetables being offered.

Not enough food still hungry. They get home and pig out on everything in site

Not enough food to fill them up for the rest of the school day.

Not enough food to keep him full when he is involved in sports and other activities after school.

Not enough food to satisfy hunger. When he did eat school lunch he would eat a full lunch plus an additional entree or two full lunches. My younger children 14 and 11 both say they are still hungry after eating one school lunch.

Not enough food, can't make it through the day and into afternoon sports with the amount of food provided.

Not enough food, dislikes "healthy" food substitutes (sweet potato fries instead of french fries) -- can't we just have fresh fruit instead? Enough with canned fruit. WE WANT SALAD BAR. Enough already with the 22 versions of "chicken patty". If kids aren't eating a particular food, stop serving it. Let the cooks try their own healthy recipes. NOT ENOUGH FOOD. Kids all go to vending machines after lunch to get more to eat.

Not enough food, especially for students in athletics

not enough food, food is “gross”, ruined certain items by cooking it differently, mad that there are rarely desserts

Not enough food, he gets hungry before the day is over.

Not enough food, no extra bread put out, does not really like the way whole grain coatings cook up, whole grain noodles tend to either be too mushy or too hard, no sweets

Not enough food, not enough ketchup or no ketchup, change in lettuce (will no longer eat it), veggies she does not recognize. The food is often times cold.

not enough food, poor quality of food

Not enough food, this child is not over weight and participates in sports

Not enough food, too small of serving sizes.

Not enough food; portions are too small for their age and appetite; kids are still hungry; portions (including condiments) are strictly monitored; there is no salad bar anymore to supplement with on days they don't care for the main item or are just hungry for salad, also.

not enough food; she is starving when she gets home which tells me she is hungry in the later part of the day and not able to learn. We are financially stable but I am concerned for the kids who only get a good meal at school. Recent changes have more detrimental impact to low income than they do on my children

not enough food!

Not enough food!

Not enough food.

Not enough food. Go hungry. Don't like all the vegetables primarily beans.

not enough food. he is 6 ' 3 and weighs 140. athletic.

Not enough food. He was buying double/triple lunches \$5 to \$7 each day!!!

Not enough food. Still hungry especially when in sports.

Not enough food. Tastes bad. No flavor. Not filling.

Not enough food. These are growing children. Females have enough pressure to be “skinny” from society and now they get it from their school. How sad...

Not enough food. Hungry

Not enough food. Staff doesn't let them take more veggies. The two oldest get extra main once or twice a week.

Not enough food. Too many vegetables. food she doesn't like. portions too small. doesn't get full.

Not enough food... He's hungry all the time. Poor quality and quantity

Not enough in serving size-still hungry; don't like some of the foods being served

not enough meat.. servings too small

not enough portions for athletes

Not enough protein/meat main course for older kids. Athletes especially need extra calories for them to perform. Many are still hungry during and after school.

Not enough quantity of food and not enough fresh fruits and vegetables. Poor quality protein.

Not enough some days, still is bad

Not enough time and too many restrictions. He is concerned about the double standard for schools lunches.

Not enough time given to eat meal. Likes some of the changes such as salad bar and variety of fruits and veggies

not enough to eat more fruits and veggies

not enough to eat

Not enough to eat and not enough time to eat it.

Not enough to eat, and it is gross. He says he throws a lot away, and doesn't feel good about that. We throw too much away at school so why not have things the kids will eat.

not enough to eat, don't necessarily like what they serve

Not enough to eat, it's healthy so add more food that is healthy

Not enough to eat, lettuce on salad bar is gross.

Not enough to eat, portions small. Food is bland.

Not enough to eat, selection is not as appealing

Not enough to eat!

Not enough to eat. Doesn't taste like real hamburger.

Not enough to eat. He is very active and the lunches provided are designed for obese kids.

Not enough to eat. Would rather have meals made from scratch versus processed foods.

Not enough to eat. Most of the food gets thrown away.

Not enough to eat. The fun foods have been taken away. Very hungry when she gets home.

Not enough to eat. Different foods that most kids don't like. The portions have

gotten smaller.

Not enough to keep him through the day-especially since most kids have after school activities. Doesn't always like the quality of the food

not enough to keep him full through football, basketball, or track practice until he gets home

Not enough variety or substance. In her words "food they serve us is crap", "maggots were found in the corn this year", "they are starving us".

not enough, too small of portions and the taste is Blah.... for Young Athletic Men/Women... All of our kids come home like they are starving..... none of them are overweight.. etc.. they are very athletic. School lunches are NOT the problem for obesit.. etc in children.. it stems from HOME.. not SCHOOL!!!!

Not enough food and doesn't taste so good. Black bean salsa with corn, not a kid favorite.

Not enough food provided. Taste bad.

Not enough food, they want us to eat better and they buy grilled cheese???

Not getting enough food to eat. Does not feel full after eating a meal. Was really hungry after school to go to practice for football. Has asked if they also changed the portion sizes. Started buying ala carte as extras to not feel hungry all the time

Not getting enough food to make it through practices after school and getting home at 7:00 p.m. Athletic events are costing big bucks for our kids as parents have to buy food and give them to take with them on the bus

not getting enough to eat sometimes, Starving after school.

Not getting enough to eat to satisfy her.

not getting enough, left hungry and not as good as they had been in the past (not cooks fault)

Not good.

Not happy with the portion sizes of the meals. Too many vegetables and fruits for her to eat in one sitting.

Not happy with the quality or quantity of food provided. Feels like she is not getting enough food in a day. She is a very active child.

Not improved, actually somewhat worse and that the meal preparer's do not wear hair nets and that hair is frequently found in the food.

Not much to eat-only one fruit and vegetable choice-not several choices like they were told at the beginning of the year. Neither of my kids eat ketchup and it is counted as a vegetable choice and they are always having refried beans and my kids do not like them-we do not live in the south!

Not overly appetizing and not enough food/calories for a growing boy who is in school many days from 6:15 to after 5:30 p.m.

not pleased with the reductions in cheese availability

not taste

Not very good meals and you hardly get anything to eat

not very happy about them, thinks they got too carried away with what they will & won't allow kids to have

Not very much food. Kindergarteners get the same amount as 7th grade

not very much to eat, not alot of choices, very blah and basic, he dosen't get full,

Nothing good. Small portions, gross veges, etc

Nothing much - just that they had changes.

Nothing specific, but not a fan

Obaham wife took out cinnamon rolls with chili and also no ice cream

Only get ketchup in packets

Our school is charging extra for a lot of the things they serve. It is not made clear to the children what they will be charged extra for at elementary or middle school level. Then we get a big bill, and we can't afford it as we are on free lunch. The things our school serves are not always healthy. They serve cutie pies and lots of things that are full of sugar, salt and carbs. They need to make more things from scratch. They buy everything premade. They have high levels of preservatives, sugar, sodium, abohydrates, etc. that turn right to sugar in our body. Thus kids gain weight and get diabetes. The extra things they serve that cost extra are getting ridiculous. You need a seperate job to pay for them. Our last cook made almost every thing from scratc, and the kids ate better. The food tasted better. Now Deanna serves everything from a box or can. It is not healthy for the kids, and they don't like it.

Our school's food is awful and the portions are not large enough to sustain kids who are attending athletic practices after school and not getting home until 6:00 in the evening.

Parents are very concerned about the quality of the food served, the amount of food served and what is actually consumed from what is offered. We at Wapsie are very concerned about offering enough from the salad bar (let alone a daily salad bar in additon to their meal) where kids can choose healthy options instead of being forced to take the standard lunch. Kids are bringing junk food to satisfy their hunger. Forcing kids to make poorer healthy eating options. They need optimal nutrition for extra crricular performances. Being a rural school with not a lot of options near, students even have a locker full of junk food to share in some hallways. School is trying hard to meet nutrition standards, but it is not appeasing to kids and not enough offere to satisfy. Even compared with other school districts and offerings. Don't get me wrong. Wapsie is a quality school with best intentions for all in mind. Very grateful to be asked to participate in survey.

Portion size is to small for a high school student who is active in many extra curricular activities

Portion sizes are too small.

Portion sizes are too small. Not given enough food to sustain them through entire

school day and through after school activities. Food being served is not what kids “like” so unwilling to eat food they do not like the taste of.

portion too small.....still hungry especially at the end of day prior and during sports

Portions are not big enough

Portions are now smaller, not fully cooked, options limited, “healthy” options do not taste or look healthy.

Portions are smaller but you can get extra. The hamburgers are not seasoned and are boiled, not grilled. The pizza has grease dripping off of it. Shrimp poppers are minced.

portions are too small, condiments are not always offered,

Portions are too small, he has to go back and get extra. FYI year round athlete with low body fat

Portions not large enough. Can't have enough catsup, ranch, no cheese on the breadsticks, no more fries.

Portions sizes are too small. Food does not taste good. Food appearance is not appealing. Choices are limited.

Portions too small, less variety, can't gain weight like coaches want because of portions and cost to purchase more

Positive

Positive...healthy

pros and cons

Quantity of food seems to be limited and not enough for growing children who are doing sports after school with no time to eat between school and sports time.

Ran out of good food...small amounts

Really misses the option to get a peanut butter sandwich

Receive larger portions of fruit and vegetables. No longer get peanut butter or plain sandwiches on days with soup.

Reduced sizes. “New” lunches not as filling, left her hungry.

Run out of food often, salad bar not as appealing and not always available, hot vegetables served cold, too many different foods than used to would like to try first and then have on the menu, staff not very pleasant about the changes, hungry at times as not enough food for athletes

Said he was glad he doesn't eat lunch because you get even less now.

Said that the choices have gone downhill. They were good, but have declined.

said they were small and gross

Salad bar

Salad bar is not as good as last year. No soup on the salad bar this year.

Says he likes most of the items, but some things he doesn't like.

School lunch does not fill him up anymore. Still hungry after lunch.

School lunches have less food, smaller portions, generally not good, not satisfying. Worse than years past.

School lunches suck. Don't get enough food, especially for athletes. Not enough variety

See comments on previous question that had free text

Serving size not adequate for a active athlete. Lots of wasted food as school makes kids take items they do not like because the school will not financial support if they do not take it.

Serving size to small, he is hungry after lunch. Little flavor.

She believes there is not enough food served. The main course has been reduced significantly. Some of the items she loved before have been eliminated.

She can now choose twice as much of the fruit if she doesn't like the vegetables-they can choose from several fruits and veggies and take as much as they want (within reason!). They also have a yogurt option if they don't like the main meal or the sandwic offered and she loves that, since she isn't a big fan of bread.

She didn't eat because they didn't like was served. She said, the lunch sucks and would like to bring her own lunch to school more often.

She does not like 90% of the meals and when she does eat, there isn't enough.

She does not like some of the food served. It is bland.

She does not like the changes that were made. She said there is not enough food given to her. Her friends and her try to bum food off other students because they are hungry.

She does not like the food and wishes she could bring her own lunch, most days my child will not even eat the lunch.

She does not like the food. She has found metal and other items in her food. Both of my kids have told me of finding things in their food and friends finding things in their food. Not sure if this is a problem with the cafeteria or hte food that is beig purchased. The cooks do not care when something is found and expect the kids to eat it anyway.

She does not like the lunch change and that she is still hungry after lunch.

She does not like the wheat crust pizza. She thinks the required vegetables are wasteful because "no one" eats them. She laughs when I explain the rationales for serving whole grains and veggies!

She does not like them.

She does not really like the changes even if they are healthier.

She doesn't always like the food.

She doesn't always like what is now being prepared and doesn't get enough to eat.

She doesn't care for several things that are served. She also says that what is served is not enough. She is very hungry at the end of the day and participates in sports so she needs more calories. She is taking snacks most days to school.

She doesn't feel there is enough offered still, and they are trying to make children consume less lettuce by taking away the salad bar on certain days.

She doesn't like alot of the food provided thru the new Michelle Obama initiative

She doesn't like most of the food choices

She doesn't like most of the school lunches.

She doesn't like some of the veggies and fruits put on her tray.

She doesn't like the changes as in not being able to serve ranch dressing. The whole wheat pastas though don't taste that bad, look very unappetizing when in pasta salads, etc...

She doesn't like the elimination of hard boiled eggs, cheese and ham/turkey from the salad bar. She thinks the meatless entrees don't fill her up and she's hungry at school the days they don't serve meat. She wonders why they can serve chocolate milk, bt not deserts.

she doesn't like the meals very well, doesn't feel like she gets enough and is hungry before the school day ends

She doesn't like the taste of some of the food that is now being served

she doesn't like the taste of the food. She is buying the lunch and eating fruit only, so we had her start taking her lunch from home

SHe doesn't like them and hardly eats school lunch any more

She doesn't mind the actual meal as we eat healthy at home. The issue becomes the drink for her. The school will not provide a drink substitute for a documented medical allergy so we are paying for a drink that my child can not drink and no alternativeis available other than us sending a water bottle or paying additional money. I do not agree that the school provides alternatives so some documented medical allergies (i.e. nuts, gluten) free of charge where a whey protien intolerance requires additiona cost from the family. If one medical condition provides a free of charge dietary substitution then all should. I do agree that only those medically documented needs should provide free of charge substitutions.

She doesn't most of the meals served. She doesn't like vegetables

She feels the size of portions is sometimes too small and leaves lunch feeling hungry.

She feels they aren't offering as much food as in the past and she quite often doesn't have enough to eat to fill her up.

She gets more food than the K-5th and that sometimes she gets desserts and her siblings don't. This causes issues between them because the youngest ones don't

understand why.

She has a lot more choices than she used to. She likes it.

She has complained about how a lot of the new food isn't as good as it once was.

She has said they are actually serving vegetables now instead of just listing them on the menu, but not offering them.

She has talked about the healthier choices they have.

She hates it and many things taste so badly, she doesn't eat much.

she hates it...all 3 of my kids come home hungry cos lunches that used to be good r now nasty,tasteless and cardboard like

She hates the change. She has lost weight because the lunches are not enough for her. There are children passing out during school and during sporting events because they are not being fed enough throughout the day.

She hates the new changes. Not enough food and it's usually cold

She is a very picky eater so it is more economical for us to send a fruit and sandwich from home then have her throw her food away at school.

She is disappointed because she loves fruits and vegetables. Prior to the new rules our school always had fruits and vegetables available for students that were still hungry after eating lunch and wanted seconds. Now students must request extra fruits or egetables when they go through the line the first time. This promotes poor eating habits. They must either throw the food away if they get full before finishing it

She is frustrated that the "cooks" seem to act like they know what my daughter likes. Wrong.

She is hungry - not enough food is being served. She has a medical condition - Ulcerative Colitis and she needs more food that most. She is not getting that at school. She often takes cold lunch on top of the school lunch she gets to get enough food!

she is not a big girl, but complains that she is still hungry

She is not getting enough food. Neither is my 7th grade son. They are very fit athletes and need more caloric intake. They take extra money each day to purchase additional items a la carte. They also welcome any leftovers that classmates don't eat. They need more to eat. They come home and snack heavily to make up for the missing calories that they need to perform. Our family is very unhappy with the changes related to reduced caloric intake. It's not enough for my kids.

She is not happy with the changes. She feels that less food is provided and that many of the food choices are unappealing.

She is not satisfied and comes home hungry. The variety is limited. She also says that she wishes they would serve more meats.

she is still hungry

She is still hungry when she eats school lunch and is NOT a picky eater. She often has salad bar if having hot lunch

She is upset she can't have ketchup when she wants it.

She likes all the salad choices and the fresh fruits and vegetables. She'd eat school lunch if there was enough time to eat it. She says by the time she gets through the line, sometimes they'd be out of silverware and often less than 10 minutes to actually eat the lunch so she started packing her own lunch.

She likes that there are vegetables and fruits, but they are not always fresh. Also she eats the second shift of two shifts. If they run out they do not replenish it.

She likes the addition of more fresh veggies.

She likes the food that the school provides. There wasn't really any negative feedback about the school's lunches.

She likes the option to be able to pick some of her sides, but is disappointed that there are not any types of deserts anymore (my children are both very healthy and active so need to get more calories during the day - so a small treat is ok). She also says sometimes there is not enough food to fill her up.

She LOVES that she gets more fresh fruit and vegetables!

She loves the vegetables!

She mentioned that some of the things she liked from last year haven't been served at all this year. Also, the introduction to the garden bar...both my girls like that!

She noted that there are still unhealthy options.

She refuses to eat school lunch now.

She said that the kids didn't like the changes. And in regards to students whose accounts were not paid up, they were allowed to fill their trays and when they got to the 'cashier' the lunch was thrown in the trash.

She said the food is gross and they don't get much at all! I've heard this complaint from many many kids! Frustrating to know we pay so much for school lunch and it's not keeping them satisfied because they don't get hardly any and it's not good!

She said there isn't enough food and she is still hungry after lunch.

she said they are eating healthy foods now and that a lot of food gets thrown away because the kids won't eat it.

She says they do not provide enough food. She would like more fresh fruit and vegetables.

She talks about different foods they get the chance to try.

She thinks that most of the foods are ok but would like some condiments with some meals. Not all of the meals fill her up long enough to make it through her after school sports so she is starving prior to getting done with practice and then she stops at a gas station on her walk home to get something to eat even though she only

have a 1/2 mile walk home.

She wanted to know, as a healthy, fit/active, involved in sports, etc., child why she was being punished by less food and less choices at lunch. She liked the school lunch until the changes were made in calories, removing salt, etc. She thinks that there should be a way to offer healthier choices to everyone, but only limit calories for the students who are overweight.

She was expecting big changes and didn't feel like the options were much healthier.

She was hungry in the early afternoon. There are not enough calories for her through the school lunch program. We pack her lunch now. We think there should be more selection at school lunch so if kids want more foods that fill them up they should be able to purchase it.

She was not getting enough to eat. They had to count the calories she had on her tray to see if she could have honey mustard sauce to eat with her chicken nuggets. Which, she would not eat the chicken without the sauce.

She was unhappy with the portion sizes, salt restrictions, and the very large amount of wasted food thrown away each day

She was VERY excited to finally get to eat on the salad bar. She loves salads and now there is no salad on the bar. She was very upset.

She's hungry at school.

shes not pleased

Small portions Taste is different

Small portions and are left hungry. Are having more of a variety. The ham sandwiches are nasty. pizza pasta, spaghetti, chicken and rice bowl are good. The meals need to have more seasoning added to them to give them some flavor.

small portions for athletes. He is hungry.

Small portions--Sacrificed taste for nutritional value

smaller meat portions & more veggies - not flavorful or appealing.

Smaller portions

Smaller portions & different veg.

smaller portions but good veggies

Smaller portions, fewer extra items

Smaller portions, food isn't as good as it used to be, comes home hungry

Smaller portions..... healthier choices.....

smaller servings, whole wheat bread

Solon recently made changes to the administrators over the school lunch program - it made all the difference in the world - went from trash to tasty they say

Some changes are good, some changes she doesn't like.

Some changes they like others they think are stupid.

Some foods have no taste. Some portions are not enough. Instead of lettuce, spinach was given for salad. What's wrong with lettuce?

some meal not very filling or tasty

Some meals are good n some are not.

some new fresh fruits and veggies are really good

Some of his favorite meals are being canceled; such as giant fruit muffins.

Some of it tastes really bad and he doesn't get enough to eat somedays.

Some of the favorite meals at school had been changes to the point they no longer liked the item that was once a favorite

Some of the food is harder to eat with braces. Need more brace friendly meals or options. Sometimes she can only eat 1 item she is given due to her braces.

Some of the food now tastes nasty. I don't like having wheat bread. Why do they feed us a hot dog and put it on a wheat bun...does this some how make the hot dog better? My child generally eats salad bar as they do not like the main course being served a lunch

Some of the meals are not real good

Some of the meals are terrible. Not enough to eat and he is very thin.

Some of the stuff is gross and they give really small protions. The food they surve is burned off too fast and for some kids its their only meal between home ans supper at 6:30 at night. I feel bad for those kids in sports. Give larger prtions of the healhy foods or something. Offer salad bar to all ages. they need to get full. My child who is 9 and a growing boy(all three children actually) come home starving they look weak and are in need of energizing the body. I agree processed and unnatural foods hould be exempt from their shchool food diets. Home like foods! Real foods, we dont serve frozen foods or foods out of cans at home, besides some vegetables and soups the reg.

Some things are better and some are not.

some things he doesn't like but willing to try new things

some things are gross and the portion size is small

Sometimes I hear, "All we get is fruit and veggies. I'm starving!"

Sometimes not enough food

somewhat healthier

Still doesn't like the choices. Still doesn't feel full when a good choice is offered.

Still doesn't like the meals.

Still hungry after he eats.

Still hungry when done

Still not good options. The message the kids are 'hearing' is that they have to eat MORE in order to get the proper nutrition. We aren't teaching them about healthy versus fatty school foods.

Still not good, athletes not getting enough to eat.

SUPPOSE TO BE GETTING MORE FOOD, BUT HASN'T HAPPENED.

That it taste awful, they don't give you enough, it's to greasy

THAT THEY HAVE CHANGED AND THEY DONT LIKE THE NEW THINGS THEY OFFERED

that changes were in the process, but were slow

That condiments like salt, ketchup, and ranch dressing has been removed. Portions or calories are less, and that leaves my athletic, active child hungry in the afternoons.

That he didn't like the fact that he received so much of the fruits/veggies portions. He likes and eats fruits/veggies, but stated it was to much of them and not much of anything else.

that he does not like it

That he does not like the new lunches as he does not get enough to eat. The food quality is good, there simply is just not enough of it and we cannot afford to double up on lunches as we have several children in school and we do not get free lunch.

That he doesnt like it. And it was way better before!!!

That he dosnt like what he gets now. He miss having special treat with his meal. All they get now is fruit and veg and not some of the homemade stuff.

That he eats salad every day because they have to eat healthy at school. :)

That he is starving even after he eats because there is not enough food

That he likes the fruit, but some of the main courses are not so good. He definately says the sweet potato fries/wedges are NOT very good.

That he strongly dislikes the food choices, and that the food is not enough. He is often hungry after lunch. Also that they do not offer desserts anymore.

that he would like more food

That her friends are hungry as they are not being served enough food.

That it makes lunch tasteless. She barely eatas lunch because of it. I think it's stupid personally.

That it sucks

That it sucks and the portions are too small

that it's not enough food, that the condiments (ranch and ketchup, etc) are "rationed", bummed that she no longer gets to eat off a salad bar because she can't be trusted to eat what she wants to

That lunch would be better again because of the changes.

That not many children eat most of the lunches. She also said many students don't have enough time to finish food even if they do like it, and that many are still hungry in the afternoons.

That she does not like it.

that she gets small portions and that she is super hungry when she gets home from school

that she is getting less food at each meal and fewer of her favorite meals

That she liked the changes.

that she must take a little of each item, even if she doesn't like or want that item.

That some kids don't like things they serve at school.

That some of the meals don't make sense.

That sweet potatoes are gross and why do they serve them if everyone just throws them away.

That thanks to mrs. Obama, he is starving by the time he gets home from school.

That the amount of protein they get is small... and they have several carbs on their plates. Not enough to fill them up. Fresh fruit is often not good. Does not taste good. Does not fill him up.

That the changes have made the meals worse than they already were

That the food doesn't taste good and there is not enough.

That the food doesn't taste quite as good as it used to, but they are not allowed near as much food as they feel they need. My daughter has said that her and her friends end up going to the "a la carte" for additional food and snacks, which are unhealthy.

That the food is not good anymore. That there is such a small amount and weird varieties that they don't get full.

That the food is supposed to be healthier, they don't serve ranch, people are still hungry, the salad bar looks good

that the food is terrible and they don't get enough to eat.

That the food isn't any different than it was before she just gets less of it. It is always cold and over or under cooked and there is never enough to fill her (mind you my child is not a big child by any means). The only thing different is they never get dessert any more and sometimes the vegetables are raw but most of the main course is still pre-processed junk.

That the food was not very good. Nothing was made from scratch. Everything is frozen and reheated

That the healthy substitutions were not any good.

That the lunches they receive now are tasteless or awful. No seasonings, no real cheese, no real meat. Serve tofu substitutes, lettuce is nothing but large chunks from the core - no leaf lettuce. Cooks make you take food that you know you won't eat so

it is just wasteful. If school lunches are to be healthy, then why not make the cooks actually make something instead of all this pre-package, full of salt food.

that the lunches would be more healthy for her.

That the meal portions have gotten smaller and she is still hungry after lunch. Most everything is starchy and the flavor is gone.

That the meals are small and she never feels she gets enough. And not the foods she has had in past. Foods are not good like before.

That the meals suck and you don't get enough food to eat, so they are hungry when they get home and eat what they can find. The food isn't as good tasting as it was in the past.

That the meals taste worse then in past years with whole wheat etc. and that they are not ever full after eating lunch. They often order "seconds" which increases our spending.

that the portions and food options are awful and there is no fillers such as sandwiches etc if you dont like the meal, they never complained about school lunches until the last couple years - it is awful.

That the portions are smaller and some of the healthy foods aren't prepared very well. Like the veggies are overcooked and smooshy and the sweet potatoe fries are undercooked and aren't crispy but soft and greasy.

That the salad bar was great.

That the school lunches are almost becoming 'too healthy'. They are not allowing potatoes and gravy at lunch because there is 'too much fat in the lunch'. Also she is never full when she eats at school and ends up taking a candy to school to satisfy her hnger.

That the school lunches are not very good in taste and quality and that the servings are too small.

That the serving sizes are small and the food doesn't have a good appearance

That there have been new foods introduced.

that there is alot more fruits and vegetables to choose from

That there is not enough food and that it is not very good.

That there is not enough food being given. That the kids are leaving hungry.

That there is not enough food on their trays. She is still hungry when lunch is over.

That there isn't enough food; that she is still hungry.

That there was not enough food and alot of the kids were keeping food in their lockers or going to fast food places right after school cause they were starving

That they are better than in the past, with more variety of fruits and vegetables.

That they are having healthier meals. More fruits and vegetables & smaller portions of meat in which I am agreement because that is what we are doing at home.

That they are not getting enough food.

that they are not good and he comes home hungry. He won't take a lunch because then he can't sit at the regular table. Cold lunches have to sit at a different table.

That they are not good and not enough food

That they are still hungry after they are done with the meal.

That they can not go over a certain calorie count and have to serve less meat

That they do not like the changes that the school has made. They are hungry when they get home from school most days because they do not like the choices on their plate. Although the school says the new lunches are healthier, much of the fruit they eat is frozen and not appealing (brown bananas), the entrees are not fresh but frozen, they don't feel full

That they don't get enough food

That they don't get enough food during some lunches and that the main meals are not always good, like mozzarella sticks, breadstick with sauce or garlic cheese bread. We do not consider this a main entrée.

That they don't get enough to eat.

That they get about half of what they used to get and it doesn't fill them up. And some of the food isn't very good anymore.

That they get less food on their tray and it is not as good as it used to be

That they had to take everything that is offered now, they can't pick and choose so a lot of food is being thrown away.

That they now have to eat healthy and that their portions are so small that they are still hungry after eating.

That they only get to eat so many calories for lunch. That they can't go back for seconds and that they are very hungry when they get home because they don't get much to eat.

that they still make processed foods, and the portions are very small, that they come home very hungry. they say that not all kids are obese, and the ones that are it is the parents' responsibility to feed their child better.

That they suck, and the portions are smaller

That they're trying to be healthier but it's not good and then she is starving, cause they don't serve enough.

that they were healthier

That they were healthier

That you can pick either fruit or vegetables, you don't have to have both.

that you don't get much. the portions may be ok for the younger kids but as we are older and growing and in sports we need that extra food. not that it's real tasty but it is something.

the “healthy” food they serve know ends up in the trash and if they dont take it they get a fine. so who ever came up with this crap just made the kids not eat! mine usally come home starving because they wouldnt eat the crap they try to feed them. sure i might be healthy and most adults would eat it, but guess what we are talking about kids.

The amount of food has significantly decreased. 2% milk is no longer an option.

The amount of food is not enough for many teenagers.

The amount of food provided and quality is not as good. She says a lot of kids are still hungry after eating.

The amount offered has decreased.

The are bland and never enough food

the bread/crusts are tough and hard to chew, the protein amount is too small(still hungry), they are forced to take foods they know they will not eat and the food waste has increased dramatically!

the changes are not good

The changes are the reason my child now bring her lunch everyday. She is an athlete dedicated to feeding her body to be successful and the food quality and quantity given at our school doesn't meet the qualifications coaches aim for athletes to eat. She ad the majority of her peers have said the same comments and want this changed.

The changes have made it so she doesn't like school lunches

The food does not taste as good. They are starving when they get home from school. Not enough to eat.

the food does not taste good as compared to other years.

The food does not taste good. The fruit is not fresh. There is not enough food to get them through the day.

The food doesn't taste as good, there isn't much of it, and the pizza used to be good but it is really greasy now.

The food has no taste not served enough food either

The food is good but there is not enough.

The food is gross and he doesn't like to eat very often. Also there is not enough for him to be satisfied. It is basically a snack for him.

the food is not appetizing, portions are too small, elementary studends are treated the same as high school students when the school is determining portion/serving sizes. most foods are prepackaged and not prepared freash at the school.

The food is not as good and alot of the time they do not get enough.

The food is not good and only eats it because he is hungry. perportions are way to

small for a growing teenager.

The food is not good so she hardly eats

The food is still good, but there is not enough to eat. Our oldest child continually asks if they can get “seconds” just in order to feel satisfied at lunch. We are not on free or reduced lunches, and a second main entree costs nearly half of the entire meal. We do not have it in our budget for our children to get second servings every day. Our children come home hungry. The portions are smaller, and proteins, and especially the carbohydrates have been greatly reduced or all but taken out of the meals. Our children say they get hungry at school in the afternoon, and even get tired towards the end of their school day. This is a very serious concern. School children cannot be getting hungry like this. It has extremely negative impacts on learning and school performance as well as growth and development.

The food is tasteless or doesn't taste good—all the bread is wheat (which he hates). There seems to be less portions of each food group. Sometimes he says all he eats is the meat. He's always hungry afterward, so he buys unhealthy snacks at school and eats these on the bus home. He also states other kids say they don't like the meals either.

The food is terrible.

The food isn't good anymore. I am starving by the time I get to cross country. I plan to take my own lunch on meet days.

The food isn't healthy. They have decreased the amounts, and only give you a short time period to eat. They receive 20 minutes from the time the bell rings, to waiting in line to receiving the food, and then eating it.

The food isn't very good and there is not enough of it. My daughter only eats off of the a la cart at school. They have taken out all of the things that she did like.

The food sizes are way too small, the food is gross.

The food sucks and they don't feed us enough.

The kids don't like the new school meals.

The kids receive emails from the school about lunch. The cost to me has increased, and they are allowing the kids snacks during the school day. They also have more fruits and vegetables.

The lunches are almost inedible. Too small portions for those that are go in early for practices and stay after for other practices. The kids are starving and some bring less nutritional things to snack on because they are starving in school. Kind of bows the whole healthy kids act right to pieces. Some are struggling with classes and concentration because of being hungry.

the lunches are getting better but there isn't enough time to sit and enjoy lunch, they are rushed, by the time they get through the lunch line they have a very short time to eat. sometimes my child opts not to even eat so she's hungry when she gets home

The lunches are healthier, but less food is served. My child comes home hungry every day. Sometimes the food does not taste good.

The lunches are not filling and do not taste good.

The lunches are not very good & not enough food.

the lunches are smaller, the lunches don't have enough of food that he likes to eat, complaint around the "peanut butter" substitute.

The main complaint is that the portions are just not big enough and she is starving when she gets home from school.

The meals are getting smaller, and less appealing. My boys are hungry before the school day is over.

The meals are much worse than they use to be. Less food. They are hungry after finishing the meal.

The meals are not good, and they do not fill her up. She is constantly hungry after eating school lunch. The school also shuts off the vending machines (which actually have healthy snacks in them) during lunch, so she cannot even purchase anything to subsidize her lunches.

The meals are okay, she wishes some days more food was available, she doesn't like changes to the salad bar

The meals aren't that good.

The meals do not give you enough to eat. When kids have activities from 6 a.m. till 8 or 9 at night, they do not get enough to eat at all.

The meals don't taste as good. Many time food is overcooked. Their biggest complaint is lack of food. My child is of healthy weight and has high metabolism. He is very active in sports. He takes snacks for free time and after school. He says he feel hungry and lightheaded from lack of food many days after lunch. Portions are way too small for growing and healthy children who do not need to lose weight.

The meals served were disgusting. The appearance of fruits and vegetables was that they looked old. The salad dressings were now given to them in small packets and the contents were often lumpy. Any meats used in the meals was very greasy. For the mos part, portions were smaller and the appearance of the food and consistency was not appetizing at all.

The meals themself are not filling and the choices are not as good salad bar has been drastically changed and that's what she used to eat a lot of

The meals were healthier and had more choices but is sometimes bland.

The new meals are radically different than the old lunch menu.

The offerings have changed slightly.

The portion sizes are bad. They have taken away some things that the kids liked to eat. They have to take food they won't eat, which is a waste of money. My kids wish there was a salad bar with more fruits and raw vegetables available.

The portions are not big enough to get full. The same size portion is givin to the WHOLE school system. If you go back for seconds you get charged the same as for the first time

The portions are not large enough and the type of food served is tasteless.

The portions are smaller and healthier

The portions are smaller and the food tastes worse

The portions are smaller, and the main portion (usually the protein) isn't enough to fill her.

The portions are smaller, the choices are not always good, kids are throwing away more food because they don't like it, they cut out all desserts so kids get more junk food at convenience stores and/or at home to satisfy their sweet tooth, kids are fillin up on junk food after school because they are starving, kids in sports are over-hungry at practices and games, kids want more variety and bigger portions, and they want healthy foods they actually like and will eat.

the portions are too small for a child of her age to keep them satisfied until they get home.

the portions are way too small

The portions are way too small for high school students and do not provide enough energy to get them through the school day The toppings for tacos and sandwiches are NOT side dishes and should never be considered as such. Juicy Juice is not a side dish it is a drink. A lot of the food gets thrown in the trash which is a waste and shows how much it is not liked.

The portions have been drastically reduced and the small size causes him to be hungry all day long

The portions sizes are very small and she always feels hungry after lunch. She tends to eat junk food (because it's easily available and quick) after lunch to make it until she can have a healthy snack at home.

The portions will be cut back which is a big problem. My child is not overweight and not even close and does not get enough food at the school lunch. Not even close. We supplement his lunch every day with granola bars or some other item.

The quality of the food is poor and not much of it. She likes to eat lettuce, but every day it is brown and very unappetizing.

The quantity of food they get is less veggies are soggy

The quantity of the food is not enough, as well as being served food they will not eat, resulting in them not eating much of their lunch.

The rolls are smaller. Too much vegetables and fruits, not enough protein.

The salad bar no longer has cottage cheese, applesauce or pudding on it which is what he would select to help make sure there was something he would eat. He does not like the steamed vegetables as they are cold and hard by the time he eats lunch.

The school cooks have to serve more fruit and veggies because of Michelle Obama.. I like her, but not all the lettuce they serve now!! we HAVE to take at least one of each, but then we just throw it away if we don't like it, so it seems like a waste. I wish we could pick just the ones we liked.

The school lunch doesn't taste good anymore. He takes his lunch more often than not which is not convenient for me as a working parent.

The school lunch has gotten worse since the new regulations, No variety being served, the same thing on the salad bar everyday. Lettuce, carrots, ranch. Orange Chicken, Stir Fry and Ribs are disgusting!!!!

the school lunch is horrible, but more fruit and vegy choices

The school lunch is worse than ever now

The school lunches aren't as good as they used to be.

The school lunches do not taste as good as they did previously. The serving sizes are sometimes not sufficient. Sometimes the items served do not seem to complement each other.

The school used to offer salad on the salad bar each day, and now with all the new changes, they are not doing that. He really enjoyed this and was sad when they discontinued offering it.

The schools are trying to offer more healthy choices

The selection is poor. The taste of many items is not as good as it was before.

The serving size of food is to small. The fresh fruits and veggies are good.

The taste and amount of food is much less.

There are a few meals that he does not like, but for the majority he likes them.

There are less choices for meals, less portions, and things he doesn't like to eat.

There are more choices for lunch, but they don't give us enough of the main dish.

There are more fruit and vegetable choices offered.

There are more veggies and fruit available.

There are no desserts... They don't offer the fruits or veggies my child likes to eat. They often serve food that doesn't sound good or I even question if I would eat myself.

There are several things he does not like, therefore, he does not eat his whole lunch.

There are some good meals and there are some meals that needed more food.

There has been changes and he adjusts

There is a lot of things she doesn't eat now. Some of her favorites are no longer available.

There is more flavor in the food.

There is not as much food.

There is not enough comes home still hungry

there is not enough food

There is not enough food and alot of foods are not good and have no flavor. Misses his old lunches.

There is not enough food and he doesn't like some of the choices.

There is not enough food at lunch anymore and they are starving at the end of the day.

There is not enough food for an 8th grade boy who goes to a sporting activity right after school. Our school is serving things like refried beans and black beans on a regular basis (almost weekly) and very few students will eat these.

There is not enough food for me. I am a football player, mom, I need more than what they are offering.

There is not enough food offered.

There is not enough food offered....still hungry and costs me more due to getting a second main dish at more cost to me

There is not enough food on their plates and they are only given the required amounts of fruits and vegetables they can't have any extra or there is a charge....Still a lot of processed. They should start making them from scratch and they would be able t monitor what goes into the product instead of relying on the plastic wrappers for their information

There is not enough food or enough time to eat.

There is not enough food to eat to support an active child's lifestyle.

There is not enough food to fill her up, especially when she is staying after school for activities.

There is not enough food to sustain a person through all of their activities later in the day.

There is not enough food, the food is bland and mushy, there is no flavor, the choices are limited, no more condiments, use of more "appetizer" type food as an entree (bosco sticks, crispitos). In general neither of my children receive a filling, tasty meal at lunch unless they bring their own. The smaller kids have to have afternoon snacks just to keep their moods from going downhill due to hunger. These kids need more energy for learning and lunch is certainly not providing it.

There is not enough food!

There is not enough food. Food is not very nutritious

There is not enough for him to eat. He is normally hungry throughout his afternoon classes.

There is not enough to eat and he is still hungry after lunch.

There is not enough to eat and what there is really doesn't taste to good. The portion sizes are decreased. To me this is where they should be eating they are growing and moving at school. Some kids may not get much to eat at home so school should at

lest fill them up before they get home.

there is not enough to EAT!

There is not enough to eat. Still hingry after the meal is over

There is not enough to fill him up. Sometimes the choices of fruits and vegetables are not appealing. Sometimes the meals are not as good.

There is not enought to eat. She does not get enough salt in her diet for her low blood pressure from the available choices anymore.

There isn't as many sweets and not as much food being served. he likes the foods though. even broccoli :)

There isn't as much food or choice in what there is to eat. He often eats other kids portions because he is still hungry after he eats all on his tray. The food doesn't taste as good as it use to.

There isn't enough food in a meal. The portion sizes are too small, especially considering that the needs of a growing child don't seem to have been considered. A teenager needs more calories than what are being provided.

There isn't enough food to keep him full. The low fat is killing him--he's as thin as a rail, and eating double lunches is expensive.

There isn't enough quality food now, how will this help

There isn't enough to eat and that they are still hungry when lunch is done.

There isn't enough to eat. They are hungry because they can't have extra sandwiches incase there is something they don't like. The fruit isn't fresh. Can't have condiments to make items taste better. They have to take food even if they know they won'teat it.

There seems to be a limit on the calorie intake during lunch. This limits what is served at lunch. My children are in sports and are still very hungry after eating.

There's more fruit

There's not enough food, the meals aren't as good as they use to be, there is no taste

These are her words.. "I hate them!" She hates that the ketchup packets are limited, and she the ranch dressing is horrid. When she is in sports she said that it doesn't keep her full through practice. I do send a snack but she is so hungry by the tim she gets home she feels sick. She also complains about the amount given. She loves the fruit and salads but said that she doesn't usually get enough main dish. hates that she gets only 1 hotdog or a few chicken nuggets.

They dislike the changes to the foods they eat at school.

they are allowed to eat off of the salad bar.

They are better.

They are boring or poor tasting and still not satisfying in portion size for 18 year olds

they are countning calories, and only giving you certain portions.

They are getting used to it, mostly there is not enough to fill them up. Doesn't have enough flavor.

They are giving them a lot less food and she is starving when she gets home.

They are gross and he's still hungry!!

They are horrible. They barely get any food for almost 3 dollars per day.

They are making the meals healthier but in her opinion not better.

They are nasty, no dessert

They are not as filling. However, more vegetables and fruits are provided for the students.

They are not as good as they used to be.

They are not as good. But now my oldest child attends a different school district and he likes the lunches. My younger 2 still go to Solon and the lunches there are not as good.

They are not filling and aren't as flavorful as previous lunches

They are not getting enough food to keep him full. They have to take a fruit and veggies

THEY are not getting enough to eat

They are not getting enough to eat during lunch of what they would like. And then having to go straight to a sport or practice of some kind after school they still feel very hungry. They were satisfied before all of the changes to our school lunch.

They are not getting enough to eat. He really misses having the salad bar option that included soups or a sandwich choice with the fruits and veggies. The fruit and veggie bar doesn't have much for an option and doesn't fill him up.

They are not good. Not enough portion size. Still hungry.

They are not happy, mostly with things like very little ketchup provided. Sometimes that will make a child eat a vegetable!

They are not provided with enough, and the choices are gross. What teenagers eat hummus and red pepper sticks, and what happened to lettuce salads instead of spinach

They are now required to take a fruit from the lunch line even if they are not going to eat it.

They are often still hungry after lunch & breakfast

They are required to take a vegetable, even if they are not going to eat it, it HAS to be on their tray, and if they don't eat a fruit with skin (banana for example) they return it instead of throwing it away. The portions are smaller.

They are serving healthy food, but my friends are always hungry. Especially the boys who go to early weight lifting then have sports practice right after school. They have taken away most of our favorite meals such as build your own sub sandwich and past bar. Yes kids may be losing weight but it is because they aren't eating what is served and then finishing the afternoon hungry.

they are small and not filling.

They are so hungry at the end of the day. The meals are smaller or less filling. They had chocolate milk taken away! This has been the biggest let down. What is wrong with seconds of a fruit or peanut butter sandwich we all grew up with? My daughter is an athlete and not overweight...she is completely famished after a 2 hour practice.

They are still hungry after lunch

They are still hungry after they eat. Just another way to get more money from them by making them buy extras as ala carte to get filled up.

They are still hungry when they get home from school-said they don't get enough to eat at school.

They are tasteless, and there are so many meals that don't get eaten because of the content.

They are terrible and it's the same thing every 2 weeks, no variety, no seconds, they don't have straws anymore.

They are terrible and lack adequate sustenance, the choices are limited, the quantity is less than enough.

They are terrible for the most part

They are terrible lunches even foods they had previously tasted bad. Fake meat

They are too complicated and have flavors she doesn't care for.

They are trying to starve the kids.

They are unhappy.

They are very disappointed with the new program. Less food for more money. Comes home hungry everyday. Never did so last year. IT IS VERY DISAPPOINTING as a parent.

They aren't always getting enough food, but likes the food that is being served most of the time. Another child was very upset they had to take away the salad bar because they could not measure out the calories for each child.

They can no longer have desert.

They come home hungry. Says they don't get enough to eat !

They come home starving from school.

they did not like the changes

They didn't like no gravy or no icing on the cinnamon rolls. My son the football player needs more calories/food.

They didn't like the changes but that they would get used to them.

They dislike the new menu. Not just because it's healthier, the new food is made from cheap ingredients that doesn't taste good

They do not feel enough food is being offered and are starving when they get home.

They do not get enough to eat. When they are finished they are still hungry. They get less.

They do not get enough to eat and they taste bad.

They do not like 50% of the lunches being served because they do not like all the vegetables. My children do not like frozen vegetables of any kind no matter how they are prepared. They would also like to see a "treat" not necessarily a cookie but even small cup of yogurt or fruit pop.

They do not like many of the things that are currently served. The taste, texture, and appearance are unappealing. My kids complain of finding hair in their food and moldy fruits. I have tried some of the "healthy" cookies and spit them out because of the taste. The amount of food being wasted by the kids is shameful, but trying to force foods they don't want is useless. Both of my school kids come home ravenous and then eat all the food they can find in the house. They are then too full to eat much of the dinner that I prepare. They also always have to take food from home if they have any kind of after school practice because they get so hungry. As a parent, I think this whole "healthy" lunch idea has been a huge failure. Obese kids are not going to lose weight because of the "healthy" lunch served at school. Is the Obama bunch really that naive? I would like to see what the Obama girls get served for lunch. Oops, I forgot. They go to private school, so they probably don't have to eat the same "healthy" lunch that their poorer public school peers have to eat.

They do not like most of the food provided from the school. They usually never get full.

They do not like the changes, as they do not get enough to eat~ starving after school. They do not have time to eat all the raw vegies/fruits and they don't fill them up anyway.

They do not like the food served that this school says is healthy

They do not like the foods and the amounts along with the time they have to eat. They are hurried.

They do not like the school meals

They do not like what is being served.

They do not taste as good and sometimes you don't get as much as you used to.

They do not taste good. You do not get to put your own salad dressing on. Portions are smaller. Extras cost more. You can't have both fruit and juice at one meal.

They do not think the foods served are any healthier than what they got in previous years. The only change they really see are less breads and desserts.

they don't feel like they "fill them up" and are still hungry afterwards

They don't get as much food. They have to take a cup of fruit and 1 cup of vegetables but they do have choices. They can only have a measured amount of condiments such as ketchup and ranch dressing.

They don't get as much to eat & are hungry later in the day. They don't like the food as well.

They don't get enough food some days and they don't like some of the new foods.

They don't get enough food to eat. She is still hungry after eating some days. She likes vegetables, but says the schools are often not good.

They don't get enough food to fill them up, and the food they do get is not appealing. My son is a senior and works in the lunchroom, so he knows it's not the cooks' fault.

They don't get enough food to fill them up. They are very hungry when they come home from school, pigging out on snacks - healthy or not - just to make it to supper. I thought they were supposed to get unlimited fresh fruits and veggies, which my kids like, but I've been told by them that you can only have a couple pieces and it comes out of a can. Several of my friends' kids have said the same thing.

They don't get enough to eat

they don't get enough to eat and the flavor is bland....can't use salt or pepper to help the taste, they are very hungry when they get home

They don't get enough to eat for their age. Even the school counselor agreed with that statement.

They don't give him hardly any food and he's still hungry.

They don't give them enough food. Even water is rationed to only a couple ounces. Foods lack seasoning.

They don't like it

they don't like it. all the whole grain stuff makes everything taste weird. And they are never full usually are hungry the rest of the day. The servings are so small. By the time they get home they want to eat everything. Wishes I would send lunch everyday.

They don't like it. Servings are too small. No flavor

They don't like the changes.

They don't like the changes. They don't like all the food being called fancy names. Just say if it is spaghetti - not whole wheat pasta with red sauce, or whole grain noodles with marinara. We many times have the same thing many times a month, but with unique names. The kids don't really always know what it is. If it is pizza, call it pizza.

they don't like the food tastes bad and don't get enough to eat no deserts

THEY DON'T LIKE THE LUNCH AND MORE OF THE LUNCH ENDS UP IN THE TRASH

They don't like the meals served.

They don't like the meals they are hungry still after lunch hate it

They don't like the new food choices.

they don't like the new fruit/veg combinations with a entree that they liked before.
She doesn't want to eat if there is only one item on the menu that she likes.

They don't like the school lunches, say they don't get enough portions and are still hungry

They don't like the wheat bread, noodles and taco shells. They are glad to be getting more fruits and vegetables,

They don't taste as good as they use to.

They don't think it is enough food. But I have ate their school lunch with them and it is more than I can eat and I get the same serving size as the 2nd graders.

they dont feed him enough and has a hard time making it through the day then attend after school sports

they dont have any good food to eat

They dont have the salad bar anymore

they dont like changes

They dont like some of the new food choices therefore waste more food.

They feel they are not served enough food and that the food does not taste as good

They get less, they do not get the regular items on the salad bar. The food doesn't taste as good as it has in the past. She is usually very hungry by the time she is done with school.

They get more food again in the last month

They get more fruits and vegetables

They get to serve themselves fruits and vegetables, and she really likes being able to do this.

They had this

they hardly get any food and he isn't over weight so why does he get punished for a small # of students. and it is food that nobody will eat and it gets thrown away most of the time. he does like some of the food just such small portions for the age of id he is

they hate them

They have a lot of fruits and vegetables. No more cookies.

They have a lot more vegetables and some of them are very good; however, the menus aren't as satisfying as they once were and now he often ends up feeling hungry in the middle of the afternoon.

They have alot more choices for fruit and veggies

They have no taste and no filling enough as he is in sports and is hungry before and after his sports.

They have to pick certain amounts of a fruit and a vegetable

They have to take certain things now where they did not have to before.

They have to take it even if they don't want it. Makes him not want to take it at all since he dislikes cheese and it's smell. If it has to be on his tray, he won't take the tray. We have to pack a cold lunch almost every day.

they have to try the fruits and vegetables provided for the day. less deserts, more fruits and veg

They have changed the school lunches and they are not as good as before. The food is very bland and not flavorful. Have added some weird foods like two potato mash that no one eats. Sometimes the school lunch personnel are surprised the students will eat the lunch they think they are bad. All of the food is prepackaged and precooked. School lunch is merely a heat and serve operation.

They like some of the changes, but not all. They mention lots of fruits and vegetables, which gives me more confidence that they are getting a healthy meal.

They made the school lunches less calories, but now portions are really small.

They made them very small.

They must take 2 scoops of Fruits and Vegetables, even if they don't like it and are going to throw it away

They never get real cooked food

They noticed there wasn't a dessert every day and that you had to take a veggie.

They offer more fruits and vegetables

They prefer the alternate meal and that's why they eat school lunch now. (the cold sandwich provided)

They said that they are trying to make it healthier and you don't get much to eat.

They say that they are often hungry after eating school lunch. The food isn't as good as last year.

They sometimes don't get full.

They still don't taste any better

They suck

They suckchild is starved by end of school day

they suck and not enough to eat

they suck!

They suck.

They think it tastes bad, there is not as much food, the bread products are hard,

there is no gravy, it is not worth paying for since there isn't anything they like.

They throw a lot of food away because they are forced to take food that they do not like or does not look good to them.

they took away chili crispitos

They took away cottage cheese. They make us eat lot's of fruits and vegetables and then serve us candy in class.

They took away many salad bar options. Foods she likes to eat are no longer offered. She said she is required to take a certain amount of fruits or vegetables even if she doesn't want to eat them so they are thrown away and wasted. The calorie restriction do not offer enough fuel for active teenagers.

they took away some of our meals and gave us "healthy" things

They took away the Bagel Thursdays at school, and do not offer baked potatoes on the salad bar anymore. The portion sizes are smaller and she is hungry by 2:00. Some days there are two or three fruits on the tray and that natural sugar burns faster, so he is hungry earlier. Not a lot of carbs and protein to tide them over.

They were asked to take more veggie and fruit choices

They were not impressed with some of the choices, portion sizes, taking away the salad bar, older kids getting another option then the younger kids.

They weren't getting enough to eat like they used to.... they also had a better salad bar previously with more items available. Things are better now that they get a snack right after school before sports.

They're not as good, he doesn't get enough to eat, and he doesn't have enough time to eat either

They're terrible - don't get enough to eat

Thinks M. Obama should have to eat it everyday.

Thinks school lunches have gotten worse. Says the meals now have no flavor. She has to take a vegetable each day but usually throws it away unless it is corn, beans or peas. Some days she will not eat lunch at all or will just eat a granola bar and a yogurt from home. There is way too much processed food being served like crispito, burrito, etc that are commodities.

This food isnt real

This is not because of the lunch personal!! They have no flavor, some of the food doesnt even look good, dont get enough to eat. Why cant they have the condiments? Why do they have gaterade and poweraid available? Arent they loaded with sugar and sodim? Government is so worried about those 2 things, compare the amount they get in their meals and what they get in a bolttle. It scares me!! Where are we headed with our children. Who is leading them! This is very scarey!

to much chicken---3 times a week-----small portions and not enough choses

Told me that they had to start serving more fruits and veges

Too little food. He is a growing high school boy and the new lunch guidelines are definitely not enough. He is usually hungry.

Too much chicken served and not the most filling meals. Always come home hungry.

Took away things they enjoyed.

Unfortunately they think more food is getting thrown away. Things like lettuce don't even have dressing on them. I'd eat more vegetables if I could dip them in something.

Unfortunately "healthier" foods are not popular with kids. So the feedback we receive is not the most positive.

Unhappy that the treats she allowed herself once a week are no longer available, feels she's being punished for other kids' poor choices.

Unhappy with the changes to the type of food and amount of food offered under the school lunch program

Usually the fruit and veggies are good and fresh

very little food...still hungry

Very little to eat than in previous years and they are always hungry when at school now.

wants PB&J and bread put out every day

Wants to keep a menu on the fridge, so she can check it everyday as there are a large number of meals she doesn't like.

Wasn't fair he had to wait until 3rd grade for salad bar and now all kids can have it as well as the bar doesn't have salad on it daily like it did in the past

wasn't real happy with the meals being served

We are actually paying more money due the portions have decreased, but this has also decreased his energy. I have started buying snacks for my children to take to school, due to them complaining that they are starving. I allow them to pack an apple, orange or a small pack of crackers.

We get more fruit.

We talk about school lunch daily. They have had a salad bar in the past, she kind of misses having lettuce and dressing to go with the vegetables. Sometimes she takes her own ranch dressing to school when she has school lunch. She likes all the selections

We talk about school lunch every day. Sometimes he likes it, sometimes he doesn't. He wishes that some of the junk would come back!

When they have practice or games there is not enough on the plate that is worth eating to sustain them until after practice or at a game some kids eat as early as 11 and won't eat for at least 6 more hours and not so sure but did not think 500 calories is enough for a growing boy or athlete for that matter

When we first moved to town the kids had one choice and that was it. Now they have a few choices.

While they understand they may be more healthy, they still don't necessarily like the changes.

whole wheat items taste like cardboard. Quantity of food is not keeping stomachs full all afternoon.

Why don't they give us enough to eat?

Wishes he got a small dessert more often. Said a lot of kids don't eat all of the new and different vegetables.

Wishes there was more variety (lots of chicken)

Wishes they could have more to eat.

Worse food than before. Not healthier just nastier

Yes, a lot...how come do they put the salad on the taco or how come don't I get ketchup.

Yes, they do not like them. They sometimes do not give enough food for an athlete to eat.

You don't get enough to eat! As a parent for the cost it seems like they should get more food.

YUCK! What happened to my french fries....how come we only get pizza once a month?

YUCK!! But does eat it, she likes salads and fresh fruits and veggies! She's glad they'e gotten healthier main meal options - not full of grease and calories!! Tasty!!

yummy!

In your opinion, how do other parents at your oldest child's school feel about the recent school meal changes? (Only answered by those who responded 'yes' to whether or not they had heard about any recent changes to school meals.) (n=1477)

Opinion	Frequency	Percent
Very Dissatisfied	244	16.5
Dissatisfied	332	22.5
Somewhat Dissatisfied	306	20.7
Neutral	122	8.3
Somewhat Satisfied	91	6.2
Satisfied	78	5.3
Very Satisfied	26	1.8
I have not heard feedback about school meal changes from other parents	278	18.8

In your opinion, what is the purpose of the school meals program? (Check all that apply)

Opinion	Frequency	Percent
To provide school children with healthy food.	1430	65.3
To make sure school children have something to eat during the day.	1195	54.6
To set an example for what a healthy meal looks like.	857	39.2
To help families who are struggling to feed their children because they do not have enough money.	702	32.1
To help families who are struggling to feed their children because they do not have enough time.	289	13.2
To give school children a break from their lessons.	119	5.4
To satisfy the government and/or politicians.	11	.5
To lower rates of childhood obesity.	9	.4
So kids have enough energy for school activities.	6	.3
To teach kids about portion sizes.	6	.3
To help kids develop social skills.	5	.2
To save school districts money.	5	.2
None of the above.	35	1.6
Other	14	.6

In your opinion, what is the purpose of the school meals program? (“Other” responses)

experience eating new foods

Have enough to eat, not just something to eat

hot meal

I am tired of paying for other children on reduced or free lunch- it is cheaper to send lunch from home

I have no idea

need to target to individual child's needs

not sure anymore cause my kid is very hungry and feels he is not getting enough to eat

offer choices to eat

They are at school, and the infrastructure exists to feed them lunch. I'd prefer they ate food I choose, but it's convenient to have the school feed them.

To also provide meals that are tasty.

To help advance the nanny state

to provide a hot meal that is healthier than a cold . meat sandwich.

To support dairy and meat farmers in USA

Do you think the recent changes to school meals are needed?
(n=1768)

Response	Frequency	Percent
Not needed at all	221	12.5
Not that needed	380	21.5
Neither Agree nor Disagree	212	12.0
Needed a little	538	30.4
Needed very much	417	23.6

Thinking back to when you were in school, do you think school meals have changed much? (Check all that apply)

Response	Frequency	Percent
Less food is served at my kid's school meals than when I was in school.	1002	45.8
I would be less likely to eat school meals now than when I was in school.	807	36.9
School meals look less appealing since I went to school.	749	34.2
School meals have gotten a lot healthier compared to when I went to school.	668	30.5
School meals look more appealing since I went to school.	229	10.5
I would be more likely to eat school meals now than when I was in school.	216	9.9
School meals are not as healthy as they used to be when I was in school.	173	7.9
School meals are pretty much the same as when I went to school.	160	7.3
School meals today have more processed foods than when I was in school.	67	3.1
School meals today taste worse than when I was in school.	5	.2
Other	80	3.7

Thinking back to when you were in school, do you think school meals have changed much? (Ranked in order of decreasing frequency):

1. School lunch used to be cooked from scratch, but now is made from foods that have been processed and pre-packaged
 - “Food is no longer homemade. It was when I was in school. It is ALL processed”
 - “Meals were actually prepared by the cooks, rather than serving pre-made or pre-packaged food”
 - “Growing up, I remember homemade buns, rolls, sandwiches, etc. I wish I saw this more often”
 - “It seems the lunches now are made from alot (sic) of frozen ready-made and come from canned foods that are high in salt”
2. Portions are smaller and kids are getting less food at school lunch
 - “Less food is being served at school so the kids when they go home are starving”
 - “I think things have gone a little overboard with the miniscule counting of calories. Kids should get more than one treat per week. Don’t completely abandon some of the old favorites”
 - “It’s not enough calories for student-athletes”
 - “At my school growing up, you could go back for seconds AND get either a peanut butter or a jelly sandwich to add to your lunch, free of charge, which helped get enough to eat to sustain you for the rest of the day...”
3. School lunch is less appealing or tasty now than it used to be
 - “Real food was served when I went to school and it was much tastier”
 - “Some of the food looks so unappetizing now”
 - “Flavor is not as good now”
4. School lunch is healthier now than it used to be
 - “Healthier options are served now”
 - “School meals have gotten a little healthier than when I was in school”
 - “Meals when I ate at school were more appealing, yet higher in fat/carbs/sodium”
5. School lunch has more variety now than it used to
 - “Much more choices now”
6. School lunch used to be healthier
 - “Meals today are not as nutritious”
 - “Food was homemade when I was in school, not prepackaged. Therefore, it was healthier!!
7. There has been little or no change from what school lunch looked like when parents were growing up
 - “Looks & tastes the same”
 - “The same but smaller”
8. Too much food is being served to kids today

- “I am appalled by the amount of food that is thrown away”
- “Kids get more than when I was in school”
- “They get a lot of food offered to them”

9. Dessert is not served at school lunch anymore
 - “There are few/no desserts”

Thinking back to when you were in school, do you think school meals have changed much? (“Other” responses)

I think we had more appealing foods kids would eat and more filling types of food

2nds were always an option! Some of those boys in high school definately need more than the average girl.

alot more healthier choices

at my school growing up, you could go back for seconds AND get either a peanut butter or a jelly sandwich to add to your lunch, free of charge, which helped get enough to eat to sustain you for the rest of the day and after school sports practice

can't remember

Children are not required to get fruits and vegetables

COST IS WAY HIGHER

don't remember

For me they haven't changed much other than the fact that they don't see who is eating cold or hot lunch. They serve more food, and my child gets free seconds if she wants, and I don't find it necessary when I am trying to help her gain weight. She eats ore fore school meals than she does at home, and it's hard to control her weight.

Healthier options are served now; however, the serving size is standard but not enough other options are available for children

I am not familiar with what school lunch looks like today so cannot make a honest comparison.

I brought lunch from home

I did NOT eat school lunch when I was in school. I took a sack lunch every day.

I did not eat school meals as a child

I did not have school lunch available when I attended grade school. I have eaten at several of the elementary schools and have answered these questions based on these experiences.

I don't even remember..

I don't see the harm in serving something a little fatty even now and then.

I feel that giving young children the same serving size as an older student is a waste of food.

I had less choices

I had sack lunch.

I have ate the lunch at it is horrible

I have not seen the lunches provided at our HS

i have seen what some of our school lunches look like and i wouldn't feed it to my dog

I never ate school lunches

i never had a meal at school

I think the healthy eating options could still improve

I think things have gone a little overboard with the miniscule counting of calories. Kids should get more than one treat per week. Don't completely abandon some of the old favorites.

I took a lunch box to school as a child

i went home for lunch

I work at the a school and will not eat the school meals.

If our schools meals looked like the After picture I would agree with this but they do not.

If schools were making kids fat, then I would say that the changes are necessary. But it is not the eating at school that is making kids fat, it is the lack of activity and increased screen time. If you wish to help kids be healthier, perhaps mandated daily physical education classes would be the way to go. Instead of piling tons of money into the lunch program, let's increase funding of daily physical activity within the school day.

if you are going to watch the calories then why can you buy pop with food stamps

Kids need a snack for energy

Meals when I ate at school were more appealing yet higher in fat/carbs/sodium.

more choices

more GMO, fillers, preservatives

More selections

More variety now

most adults would not eat what is served to the kids more kids are going without eating because they do not like it. i'd rather see a kid eat a somewhat unhealthy lunch than just a half an apple for the day

Much more choices now.

My school did not school meal plan, private school

neutral

Not enough time to eat.

NOT GETTING FILLED UP

not sure i ate much healthier for mostly seafoods cause I'm from an Island.

Our school lunch program was serving almost the exact same meals as when I was in school up until this year with the federal changes to the program. Our school lunch now is somewhat similar (but modified to meet the new criteria) and less appealing overall. The fresh fruits and veggies served aren't quality or properly ripened unless they are seasonal items from the school garden, which is giving fresh fruits and veggies a bad wrap.

Pizza was always a popular favorite and there are so many ways to "sneak" in healthy foods in them.

Real food was served when I went to school and it was much tastier

School meals have changed to fit the current eating trends of our society.

school meals have gotten a little healthier than when I was in school.

school meals look as appealing as i went to school

since i always took a sack lunch, i wasn't really aware of what my school served as hot lunches.

small school home cooked meals

taste should be a factor when preparing school lunch

The changes implemented for the fall of 2012 were needed. There have been some slight modifications to increase calories...people seem to be more satisfied.

The meals seem comparable but with perhaps a few more fresh veggies. It's the processed meats and sides that I'm worried about.

There was more local control which is needed

they are serving food that NO ONE will eat and are just getting thrown away

They could charge more for meals and make them healthier than they are now.

They get a lot of food offered to them.

They sound less appealing to kids. And when a few kids start talking about how "aweful" the food suddenly is, the rest catch on and say the same thing. It's a trickle down. Also the parents talking about the changes in a negative way also trickles down o the kids. I think if parents were made more aware before the school year started, it wouldn't have been taken so negatively.

too many mixed foods

took my lunch

Up to the parent at home what is health not the schools job

way to much cut back on food

We had a salad bar every day, that's usually what I ate.

We never had salad bar and I would have loved that!

We packed lunches as a child.

when i go eat with my child i bring lunch. i didnt mind school lunch as a child
when I visit and eat lunch at school I bring my own lunch
Wish there was less food wasted

Participants choose a number from 1-5 for each of the following questions where 1 is “not at all important” and 5 is “extremely important.”

Statement	1 Not at all important	2	3	4	5 Extremely important
Is it important that fresh fruits and vegetables are available for your oldest child's school lunch? (n=1772)	8 (.5%)	27 (1.5%)	122 (6.9%)	380 (21.4%)	1235 (69.7%)
Is it important that protein rich foods (like meat, fish, beans, cheese, nuts) are available for your oldest child's school lunch? (n=1773)	9 (.5%)	21 (1.2%)	92 (5.2%)	428 (24.1%)	1223 (69.0%)
Is it important that whole grain products are available for your oldest child's school lunch? (n=1766)	49 (2.8%)	109 (6.2%)	267 (15.1%)	471 (26.7%)	870 (49.3%)
Is it important that school meals are NOT preprocessed or prepackaged? (n=1766)	44 (2.5%)	119 (6.7%)	359 (20.3%)	384 (21.7%)	860 (48.7%)

Indicate how much you agree or disagree with the following statements.

Statement	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
School meals are healthy. (n=1735)	65 (3.7%)	256 (14.8%)	425 (24.5%)	837 (48.2%)	152 (8.8%)
Eating healthy school meals will make my oldest child healthier. (n=1719)	98 (5.7%)	283 (16.5%)	443 (25.8%)	660 (38.4%)	235 (13.7%)
Eating healthy school meals will make my oldest child stronger. (n=1730)	116 (6.7%)	282 (16.3%)	526 (30.4%)	597 (34.5%)	209 (12.1%)
Eating healthy school meals will make my oldest child better at sports. (n=1734)	228 (13.1%)	425 (24.5%)	590 (34.0%)	371 (21.4%)	120 (6.9%)
Healthy school meals will help improve my oldest child's school performance. (n=1736)	110 (6.3%)	251 (14.5%)	431 (24.8%)	716 (41.2%)	228 (13.1%)
My oldest child gets enough to eat at school meals. (n=1733)	590 (34.0%)	522 (30.1%)	223 (12.9%)	304 (17.5%)	94 (5.4%)
Healthier meals at my oldest child's school will change the way I feed my child at home. (n=1731)	450 (26.0%)	552 (31.9%)	554 (32.0%)	130 (7.5%)	45 (2.6%)
I am confident that I can regularly feed my child healthy foods. (n=1740)	24 (1.4%)	35 (2.0%)	148 (8.5%)	683 (39.3%)	850 (48.9%)

I can tell if food is healthy for my child. (n=1738)	16 (.9%)	18 (1.0%)	123 (7.1%)	686 (39.5%)	895 (51.5%)
The food service staff at my oldest child's school system seems well-informed about school meal nutrition. (n=1728)	55 (3.2%)	119 (6.9%)	701 (40.6%)	555 (32.1)	298 (17.2)

How important is it to you that your child thinks school meals taste good? (n=1705)

Response	Frequency	Percent
Not at all important	5	.3
Very unimportant	30	1.8
Neither Important nor Unimportant	71	4.2
Very Important	948	55.6
Extremely Important	651	38.2

Does your oldest child think the new school meals taste good? (n=1726)

Response	Frequency	Percent
No, does not taste good at all	334	19.4
Yes, very tasty	106	6.1
I do not know	110	6.4
Depends on the day	1176	68.1

Since the start of the school year, does your oldest child eat more fruits at home than they used to? (n=1732)

Response	Frequency	Percent
Yes	272	15.7
No	1407	81.2
I do not know	53	3.1

Since the start of the school year, does your oldest child eat more vegetables at home than they used to? (n=1736)

Response	Frequency	Percent
Yes	202	11.6
No	1485	85.5
I do not know	49	2.8

How often do you talk to your oldest child about school meals? (n=1744)

Response	Frequency	Percent
Every school day	293	16.8
Most school days	498	28.6
Once or twice a week	497	28.5
Once or twice a month	388	22.2
Never	68	3.9

Since the start of the current school year, on a typical day does your oldest child get a more nutritious meal at home or at school? (n=1718)

Response	Frequency	Percent
School	90	5.2
Home	797	46.4
Both equally	695	40.5
My child rarely or never eats school meals	136	7.9

How would you rate the cost of school meals at your oldest child's school? (Excluding kids who receive free and reduced lunch) (n=1596)

Response	Frequency	Percent
Somewhat Reasonable	551	34.5
Very Reasonable	527	33.0
Somewhat Expensive	286	17.9
Very Expensive	84	5.3
No opinion	79	4.9
Best value for my dollar	69	4.3

Are there any specific foods that are no longer available at school meals that your oldest child has missed? (Please specify):

In general, what parents report their child wanting at school lunch is consistent with responses from the rest of the survey—that is, less processed or pre-packaged food, more homemade items, and bigger portion sizes or options for seconds. Many parents requested the return of specific food items or categories to school lunch, such as desserts, non-whole wheat grains, and additional condiments.

10. Desserts represent the overwhelming majority of comments that parents made regarding items their child missed. The most popular items parents list are:
 - Cinnamon rolls
 - Cookies
 - Chocolate cake
 - Ice cream
11. More homemade items and fewer processed or pre-packaged items
 - “[My child] misses homemade food”
 - “My children miss foods made from scratch. They often talk of how they are eating foods pre-pared and dumped out of cans or box mixes. They would like to see recipes and real cooking happen.”
12. Condiments: e.g., Ranch dressing, ketchup, mayonnaise
 - less rationing of condiments
13. Pizza
 - more availability and better quality
14. A la carte sandwiches
 - Children miss the option of grabbing a PB&J if they do not like what is being served at lunch or are not full after eating hot lunch.
15. Salad bar:
 - “salad bar- she misses the mixed greens and fresh fruit and vegetable [sic] toppings. She does not like the premade salads.”
16. Real French fries instead of sweet potato fries
17. Meat:
 - More “real” meat, more meat portions served
18. Fewer whole grains
 - Children miss white bread and regular pasta.
19. Crisпитos
20. Soups
 - especially chicken noodle and chili
21. Peanut butter

22. Cheese:
 - Shredded, cottage, availability on salad bar
23. Macaroni and cheese
24. Children want more/need more portions
25. Breadsticks:
 - Bosco sticks
 - Pizza dippers
26. Hamburgers
 - more “real” meat used instead of turkey or vegetable fillers
27. Gravy
28. Potatoes
 - especially mashed and baked
29. Better taste in general
30. Grilled cheese sandwiches
31. More salt
32. Nachos
33. Little Smokies
34. Butter
35. Breakfast items for lunch, like eggs and French toast strips
36. Milk options
 - besides fat-free, mostly chocolate and 2% milk

Are there any specific foods that are no longer available at school meals that your oldest child has missed? ("Other" responses)

REAL meat (not pre-processed), Cheese,

?

"real" meat, noodles and pasta that aren't gray, sandwiches that actually have something in them besides bread, deserts, more than one breadstick or chicken strip

2% Milk

2% milk and butter

A daily cooked vegetable would be nice. Raw vegies get boring if you have them daily.

A dessert.

A second Fruit, adequate amount of protein

after the cost went up my children do not ever double punch but my other children will heat up a processed meal thing which disappoints me

all foods made from scratch-get rid of processed foods!

All fruit is canned. Nothing is fresh. The only fresh vegetable is salad.

all of the food that they use to have on the hot line

All soups and dessert. She doesn't like the main course so she eats a la cart. She loves the fruits and vegetables and get them at home.

any of the deserts, small cookie / bar

any salt or condements

ANY Unprocessed meats--NO MORE heavily processed CHICKEN products!

anything other than whole grain

Anything that had taste

Anything with taste. Tired of the whole wheat crap...kids don't want whole wheat..it tastes awful

Applesauce

bacon cheeseburgers

baked chicken, mashed potatoes, homemade hotdishes

baked french fries

Baked French Fries - he really hates the sweet potato fries & tator tots he said.

Baked Goods, Baked Fries, limits on protein and bread

Baked Potatoe Bar, Nachos, Noodles over potatoes and Hot Rolls, Tacos

Baked potatoes

beef and noodles, meat nachos

beef bites

Beef Stew, Sphagetti, Pizza, Hamburger (loose meat), soup and sandwhich, Chef Salad with big chunks of meat

Better pizza, cinnamon rolls, larger portion of chili, frozen yogurt, peach cups.

Birthday day was a great time, pizza, lettuce salad, small piece of birthday cake and fat free ice cream and milk choices....now no cake or ice cream. It was only once a month it is hard to understand when you are 8.

Bosco sticks

bosco sticks, more desserts

bowl taco, mayo, spaghetti, chili, cinnamon rolls

bread and butter sandwiches; desserts

bread and peanut butter sandwiches on the condiment table

bread items, cakes and cookies

Bread, a sweet treat, cheese, condiments, etc...

breaded chicken, white bread, for the al cart to have other foods beside healthy foods

breaded meals

Breakfast for lunch foods, desserts

Breakfast pizza

Brunch for lunch items

Buns for their sandwiches, some sort of dessert

Burrito

butter or jelly sandwiches and maybe some dip for their veggies or fruits (ranch). Sandwiches were a nice filler when they didn't particularly like what they were served.

butter sandwiches, cheese, desserts

Butter, Pickles, Mac and cheese with real cheese, frosting on cinnamon rolls.

Butter, sour cream, regular fries,

cake cookies

cake, cookies, brownies (all of which can be made low fat and even with vegetables and whole grains)

Certain main dishes, rolls, homemade items

Cheese and more meat

Cheese Burger Chowder in a Bread Bowl

cheese filled bread sticks w/marinara. can't they offer a whole wheat, cheese filled w/marinara?

Cheese Quesidillas

Cheese sticks, Cinnamon rolls and chili, Max's Totally Tacos

cheese, dressings, ketchup, etc., potatoes. Also misses the variety....

Cheese, white bread, and crackers.

cheesy breadsticks, not enough catsup, ranch, fries

chicken chili crisritos

Chicken Fried Steak

Chicken Noodle Soup

Chicken Noodle Soup, grilled cheese

Chicken noodles and mashed potatoes, baked potato bar

chicken nuggets

Chicken strips/nuggets, real hamburgers, jello, cereal, alternate juice option, 2% milk

chicken/rice bowl, chicken strips

Chili

Chili crisp into

chili crispito

chili crispito, regular fries

Chili Crisritos

chili crisritos should be served more often

chili, cinnamon rolls

Chili, peanut butter (due to peer allergies), strawberry shortcake, tomato soup with grilled cheese sandwiches, country fried steak, regular pasta (not whole grain)

Chocolate bottom pie, dessert seconds

Chocolate cake

chocolate cake, crisritos, peanut butter balls, biscuits and turkey gravy,

Chocolate Cake!

chocolate milk!

cinnamon rolls

Cinnamon rolls

Cinnamon rolls and cookies

cinnamon rolls ice cream

Cinnamon Rolls with Chili

Cinnamon rolls, desserts

cinnamon rolls, home made bread and rolls, tacos in a hard shell,

cinnamon rolls, pancakes, Ice Cream

cinnomen rolls with chile

Clubhouse cracker, and desserts

condiments

condiments are extremely limited

Condiments to help choke down the overcooked and dry proteins

Condiments. They are minimally offered.

CONIDMENTS TO GIVE THE FOOD FLAVOR - I AM ALL FOR NUTRITION BUT YOU NEED TO ADD MORE SEASONING AND HERBS LIKE WE DO AT HOME THERE ARE MORE THINGS TO FLAVOR THAN SALT

cookie, larger portions, a la carte items

cookies

Cookies

cookies white bread pizza

cookies, brownies, big cinnamon rolls, pizza with REAL crust, REAL french fries
NOT sweet potato fries

corndogs

corndogs, hamburgers, pizza, cheddarwerst, hot dogs, casseroles, cookies, cupcakes,
ketchup, barb. sauce, chicken,mashed potatoes, gravy

cottage cheese

Cottage cheese

cottage cheese and regular cheese

cottage cheese and shredded cheese, peanut butter

cream chicken on mashed potatoes, rolls, soups

Creamed chicken over baking powder biscuits, carrots and celery on table if she was still hungry

crispetos

crispito - not offered enough

Crispito and more home style cooked foods like spaghetti, pb and j sandwiches.

crisпитos

Crisпитos

crisпитos and chees bread

crisпитos, flyingsaucer

Crisпитos, Tator Tots, Ketchup, Ranch

Crisпитos!

Crisпитos! They loved them.

deli day

Deserts

deserts and cake and chocolate chip cookies

Deserts with holiday meals

dessert

dessert once in awhile

Dessert, peanut butter sandwiches for students who are still hungry, milkshakes, fries and wedges that aren't sweet potatoes

desserts - everything has to be SO healthy, they're missing the kids' favorite part! Yes, there is value in fruits and veggies, but pureed squash, a brown banana and a piece of meat are NOT enjoyable for most children to eat. If you don't give them a portioned controlled size of dessert at school, how is that teaching them to control what they eat of SWEETS at home?

desserts have been limited

desserts in moderation

desserts,

desserts, additional servings

Desserts, amounts of food, pizza

desserts, and filling foods

desserts, condiments

Desserts, like apple crisp, rice krispie treats etc.

Desserts!! I think they should not give the kids a choice they should have to have one of everything on there plate. Seems like some kids only have 2 things on there plate!!

Desserts!!!

Desserts

Dip for vegetables.

Does not like the sweet potato change or the wheat flour changes.

Don't remember if they said that they brought them back or not, but it would be gravy and butter and such

Doubles on Chili Crispitos

doughnuts pizza dippers

Edible foods. No Chinese plz

egg omletes, corn dogs,

Everything that taste good nothing is homemade anymore it is all pre packaged extra's like rice or peanut butter sandwiches.

fettuccini alfredo, lasagna, salad bar with their own dressing applied and chopped ham, etc.

Fiesta Sticks

fiesta stix,

Food with salt

Foods heavy in protein, carbs and calories are important to multiple sport athletes and the amount of food available.

foot long hotdogs, fresh baked bread

french fries

french fries, biscuit and gravy, scalloped potatoes and ham, mac and cheese

french fries, regular hamburgers

french toast sticks, grilled cheese with chicken noodle soup, sherbet, chinese food
fresh bread

Fresh fruit and vegetable/salad options daily

Fresh made breads, plain griled and not breaded meats, maybe a healthy dessert anytime during the month

Fresh vegetables and fruits or at least not canned. Meat instead of processed and breaded.

fries substitue sweet potato fries. If baked I can not see these are bad. Meal portions too small. Not enough protein, kids get hungary to small of portions.

garlic bread

Godfather's Pizza

Godfather's Pizza - the pizza served now has more grease on it

good homemade food

good tasting food

gravy

gravy and icing.

gravy on mashed potatoes,

gravy on the potatoes, fiesta sticks, white bread, buns, pancakes, etc., broccoli and cheese, cookies, cake, sunshine bars,

Gravy, butter, the vegetables they used to serve.

gravy, fiesta stix with melted cheese

Gravy...its ridiculous they cant serve it..tator tots, chips,

grilled cheese

grilled cheese sandwiches, cinnamon rolls

Grilled cheese sandwiches, cinnamon rolls, cranberry sauce

grilled cheese, cinnamon rolls, peanut butter sandwiches, white bread, homemade cookies, mozzarella dippers, good pizza

Ham balls; turkey, gravy, and potatoes; peanut butter/bread and butter sandwiches, cookies or brownies

ham on a home baked bun, crisptos, breakfast pizza, cream of chicken over biscuit

Ham, beef, pork, chicken, good mac and cheese, pudding, mashed potatoes, baked potatoes, hot rolls.

Ham, cheese,

Hamburger Bar, Sub sandwich Bar, Big scoops of mashed potatoes, Pasta Bar (Bar means all you can eat) No second servings are allowed due to nutritional values.

Hamburger gravy, mashed potatoes, sandwiches on bun..ex. Chicken, fish, maid rites, regular meat chili, hot dishes, French fries, pizza

hamburgers (not turkey burgers), the makeup or ingredients in BBQ and spaghetti is different

Happy with a salad bar - but not happy about peanut butter sandwiches that are now gone.

Hard boiled eggs, shredded cheeses, lean proteins like turkey and ham on salad bar, cottage cheese

Hard shell tacos

hard shell tacos, nacho supreme

He has mentioned anything about losing meals. He just adapts.

He has not said

He hasn't mentioned anything besides not getting enough at times.

he hasn't said

He loved the pizza choices and said they don't have pizza as much

He misses the ketchup and condiments more than anything.

High Calorie foods

holiday meal - turkey and gravy

home baked bread, meat in adequate quantity and variety of meat

Home baked cakes or desserts, peanut butter sandwiches and a well supplied and tasty salad bar with salad dressing that has taste and is not from packets with lumpy contents

Home made buns/cinnamon rolls, home made food in general, potatoes, ketchup.

home made cinnamon rolls

Home made pizza with meat, crispitos

home made rolls with chilli

Home-made bread

Home-made foods. Not pre-packaged or processed foods. Homemade rolls, they could use whole wheat flour and honey and still make them homemade.

homeade food not the boxed junk they serve

homeaide items, such as rolls. less condiments offered....

homemade buns, cinnamon rolls, regular taco shells.

Homemade buns, tator tot casserole, more ground beef, white bread and STOP the wheat stuff. More potatoes.

homemade cinnamon rolls, a great salad bar,

Homemade cinnamon rolls, pasta bar, make your own sub.

Homemade dinner rolls and cinnamon rolls, the old recipe.

homemade items instead of frozen or packaged

homemade items most everything prepackaged and very little fresh produce that is appealing and served ready to eat

homemade meals. There are still too many processed foods served.

homemade pizza, spoon burgers,

Homemade rolls and breads. there used to be homemade cinnamon rolls served with chili and they were the BEST around

Homemade rolls and cinnamon rolls

Homemade rolls, soups, grilled cheese sandwiches

Homemade things, like pizza.

hot dogs,

Hot dogs; a dessert

hot ham and cheese on a regular bun

I am not sure

I am sure there are, however I didn't know I was going to be filling out a survey so didn't ask her.

i can not mention all of them that my children miss

i can think of specific 1s but i know change in it to whole wheat products have made it where my child hates what used to be her fav lunches and breakfasts

I don't know

I don't like the prepackaged sauces. In my mind I see that as a total waste. There is so much more garbage from it. Also, i have to admit the Ranch is disgusting. The younger grades such as K-2nd can't open their own packages so you have teachers and kids running around trying to help. It is a totally waste of time and landfill space.

I don't think a cookie every once in a while would hurt them

I don't know

I feel our child should have more choices He often complains his food is served cold when it should be hot or that food that is served cold is frozen{ like hokie sandwiches} bananas are not ripe ect

i have not ask that yet, but I will.

I know he told me a few things, but it was awhile ago and I do not remember.

I would have to talk to them about this. I don't know.

I would like to see meals that are not heat and serve (we eat alot of patties on a bun or chicken nuggets)

I would like to see some casseroles offered to the students. The problem with a menu with tacos is that all the fixings are listed like lettuce, tomatoes, cheese, etc. When you put those on one taco, there is nothing else but a muffin for the students to eat. Is that enough, no. Some days there is an entire tray full of food other days hardly anything. Repetition is too much. Menus change very little, but the problem is that our school does not serve what it has listed. I know that sometimes products don't come in, but it is often that what is served is not what students have seen on a menu.

I'm sure he could provide a list but I haven't asked him for it - I know he simply won't eat anything that is served now

I've heard the "new" pizza is bad, the salad dressing is in a really little cup, little things like that.

ice cream

Ice cream sandwiches (made with cookies), salt

ice cream, cakes, cookies, desserts,

ice cream, homemade cookies, fish - not fish sticks

It sounds to me that there are pretty unhealthy meals being served despite the high price for meals.

Italian Chicken and Rice; Build your own subs

Italian Dunkers (cheese garlic bread) and cookies at breakfast

jello, pudding, desserts made from fruit such as apple or cherry crisp, ranch dressing, ice cream

jelly, anything wity any sugarbat all, not sure about nna peanut butter

juice

just miss the way some things used to taste

Just the cookies.

Just the desserts - and thank you for that!

just the desserts-but im by far okay with that

just the occasional treat.

Ketchup

ketchup, ranch dressing, salt, basic condiments

Ketchup, ranch dressing... and the low portions of even the fruits a veggies- not nearly enough food to keep them focused the rest of the day.

Ketchup, ranch, cheese sauce

Kid's like Hot Dogs, Hamburgers and Pizza

Large Fruit Muffins and bacon bits.

lasagna roll ups and normal sized rolls

lasagna roll ups, macaroni and cheese

Lasagna, big cinnamon rolls with the chili soup, good french fries.

lasagna, good tasting ice cream, the previous version of popcorn chicken, pizza and hamburgers

Lettuce

Lettuce (salad bar), cheese

Lettuce from the Garden Bar

lettuce on the salad bar, salad dressings

lettuce, ranch dressing

little smokies, breaded cheese sticks, french fries, ketchup

little smokies..stuffed crust pizza..peanut butter sandwiches...

mac and cheese

Mac and cheese, noodle dishes, desserts

macaroni and cheese

macaroni and cheese,

macaroni and cheese, grilled cheese and tomato soup,

Mashed potatoes with gravy a dessert of some sort, cookie, brownie, cake who doesn't want a snack

mashed potatoes, hamburger gravy, chicken nuggets, chili, chicken noodle soup/
grilled cheese

mashed potatoes, scalloped potatoes and ham, less meat, strawberry shortcake,
cinnamon rolls

meat

meat and cheese super nachos

meat, desserts, full meals, peanut butter, ranch dressing

meatloaf pizzaburgers

mexican straw hats, fajitas, Pizza rolls, bread sticks, salad bar with fresh fruits and
vegetables ranch dressing

meet at each meal

misses portion size and fact of less protein/cheese options

monster cookie day, regular french fries, soup on the salad bar, desserts

More basic foods instead of foods that are more spicy or oriental - would like option
not to have to choose those

more fruits & vegetables each meal

More mandarin chicken, please

more meat

More meat, Vegetables .

More portions are needed were not in africa.

More salad options! Kids who are last in line aren't getting salad as it is all gone!

more sub sandwiches and various salads

Most meals are processed food. no longer making homemade meals. Protein is lacking...which is the foundation for building muscle...it is also the most expensive. They fill their plates with complex carbohydrates which are bad for weight gain, however, they are CHEAP. He misses homemade food. He hates instant potatoes. He misses the meat portion.... he does not like processed food...which is about all they get.

Most of what was served last school year.

mostly it is just the portion sizes.

Mozzarella sticks

much less potatoes

my child has had braces for 2 years, foods you must BITE into do not work for those kids (apples) have to watch biting foods that are hard.

My child is very lean and is missing the dessert as she has not needed to severely monitor sweets intake

My child often complains about the food at school being cold and not heated properly.

My child really misses a cookie or a dessert every once in awhile.

My child would be happier if there were a salad bar, with several options, where she could choose what she wants in that salad...lettuce, cucumbers, carrots...

My children miss foods made from scratch. They often talk of how they are eating foods pre-prepared and dumped out of cans or box mixes. They would like to see recipes and real cooking happen. It's like the lunch staff isn't hired to cook...just heat things up that have been made in a factory.

My Children say its been very bad lately!!! Wheat macaroni! GROSS!!! NO PEACHES they have everyday!!!

My children will not eat sweet potato anything or beans. Those days they don't eat much, we try to make cold lunch those days

My kids like the peanut butter and jelly option. They select that often. The cookies aren't as good this year as last year and the brownies are gone. My kids loved the brownies.

My sons are big beef eaters! The school has limited the beef from the meals. And NO, my sons are not fat and lazy! They play three sports and need all the protein and energy food supplies need to perform to their ability. I have to bring snacks daily due to the school's lack of food supplied during lunch!

n/a

N/A

n0

na

nachos

Nachos and beef. Chocolate chip muffins. Lemonade. gravy with mashed potatoes
ice cream bars . Biscuits and gravy. Cheese and crackers with chili . Would like salt
back

Nachos!

Needs bigger portions of food

Needs more meats or he complains that he is hungry the rest of the day. He loves
fruits and some vegetables .

no

No

no comment

No the menu has not changed the only change has been portion size and restricted
use of condiments

No.

none

None

None specific

None that I am aware of.

Not really

not really they are just different

Not really just plain doesn't care for school lunch

Not specifically just in general I think what we pay for now is ridiculous because we
are paying and neither of my kids hardly eat it and are starving when get home how
can they learn that way

not sure

not sure, my child is picky and tends to like popular fruit, ie: apples, banana's, and
is hesitant to try things.

not that he has mentioned.

Not that I aware, he comments on the quality.

Not that I know of

Not that they have mentioned.

nothing home-made----no salad bar

oat meal

Occasional cookie for dessert, taco bar, submarine sandwiches, baked potato bar, pasta bar, chocolate chip cookie bar,

opportunity for salads

orange chicken

Orange chicken and rice

oreo fluff! :)

Our child misses having fries occasionally, not even baked fries. It is very rare to get a desert or cookie. Our child is getting much fewer carb's than before which explains his decreased energy levels and ability to focus academically late in the schol day.

Our children miss some of the protiens and carbs that used to be offered. Things like hamburgers, hot beef sandwiches, and peanut butter. Other carbs and protiens have been cut down drastically, such as breads, potatoes, fries (even baked), buiscuts, et. There are extremely few desserts that are served, such as cake, cobblers, cookies, peanut butter balls, puddings, etc. These are all things that can be part of a healthy diet in moderation, and children need to know how to eat these types of foods.

Our school used to make things from scratch. This is not the case anymore. I would like to see an occasional sweet treat offered to the students also.

Overall quality of all foods and declined

Pasta and tortillas that are NOT WHOLE WHEAT

pasta bar, french toast sticks, chicken strips

Pasta Bar, Potato Bar, Crispitos

Pastas

Paul Revere's Pizza that were offered every other Friday

PB&J/bread everyday on salad bar, ham and cheese on salad bar, extra's on salad bar like cottage cheese etc.

peanut butter

Peanut butter

Peanut Butter

peanut butter & jelly sandwiches as an alternative to the main choice served instead of now having it offered as a desert once per week

peanut butter and jelly

peanut butter and jelly sandwiches if they didn't eat anything else

Peanut butter and jelly sandwiches. Cheese from the salad bar.

Peanut butter and white bread daily, crackers

peanut butter balls

peanut butter bars!

peanut butter cheerio bars

peanut butter for sandwiches as he has a high metabolism and gets hungry quickly

peanut butter sandwich as an alternative if he doesn't like what's being served.

peanut butter sandwiches

peanut butter sandwiches and jelly sandwiches

peanut butter sandwiches for those who are still hungry

Peanut Butter Sandwiches, ketchup, mustard, bar b que sauce, regular salad dressings, cheese, croutons, deserts, fresh fruit (not can)

Peanut Butter Sandwiches, Little smokies, Cinnamon Rolls

peanut butter sandwiches; extra ketchup; 2% milk;

peanut butter sandwiches; miss more of the quantity of food rather than the food

peanut butter sandwiches; more choices of vegetables; not just lima beans

Peanut butter sandwiches.

Peanut Butter Sandwiches. 1% Milk instead of Skim.

peanut butter, cheese sticks,

Peanut butter, hard taco shells, bread, hot dogs, the occasional dessert. Birthday cake used to be offered once monthly to celebrate students birthdays, even that has been taken away! Come on, that's taking it a little far.

Peanut butter, bread, meat

Peanut butter, whole grain bread - gluten free would be nice, real butter.

Peanut butter! this is the main deterrent from sending bag lunch because of the peanut restriction

peanut butter dessert bar

Peanutbutter sandwiches

perosci, School made pizza, Chili, Homemade whole wheat rolls.

pickles

Pizza

pizza (Godfathers) ; "real" hamburgers - less "filler-type meat"

pizza and nachos

pizza and regular french fries

Pizza dippers

Pizza more often, beef and gravy

Pizza with cheese filled crust Mac & cheese is runny

Pizza with meat on it. He says the box says Cheese/cheese substitute pizza

pizza, hamburger

pizza, salad bar

PIZZA, SPAGETTI, LASAGNA, MEATLOAF

Pizzatas

pizzattas, regular french fries, desserts, ranch dressing everyday, salt & pepper, ham on baked potatoes, more items on the salad bar so they could make a chef salad

Potato soup

potatoes

potatoes, and non wheat products

potatoes, ravioli, breaded cheese stick, chicken strips, “normal pizza”, desserts

quantity

ranch dressing

Ranch dressing on the vegetable cart

Ranch dressing with chicken nuggets.

ranch dressing, ketchup, more home cooked meals before

ranch, ketchup, condiments

Ravioli

real home-styled food, everything made from scratch.

REAL MEAT , seasoning, and flavor. Nothing tastes good

real meat, real cheese, decent desserts with taste (cookies, sunshine bars, etc.)

real meats, ie; hamburger, pork, chicken

real peanut butter!

Real pizza

regualr french fries, ice cream, regular tater tots,

Regular bread, less hamburger options

regular french fries instead of sweet potato fries

regular french fries-butter-more dressing for salads- white bread

regular pizza and little smokies

Regular salad dressing on the salad bar. He does not like the fat free dressing at all.

regular white potatoes, “real” breakfast, ketchup should not be considered a veg/fruit serving, mustard and bbq sauce are no longer offered, he comments often about having to “open the packages” instead of “homemade” food

Rib sandwiches

rice krispie bars, a la carte bar service, second helpings,

Rolls, deli day, bigger salad bar

salad bar

Salad bar

Salad Bar

Salad bar used to be good, now is junk!

salad bar-she misses the mixed greens and fresh fruit and vegetable toppings. She does not like the premade salads. They include meat that she does not care to eat especially when there were other more healthy alternatives in the past like sunflower seeds, beans, and nuts.

salad bar, ham chunks

salad bar, not pre-made salads

salad on the salad bar daily

salad with dressing on the side, now the dressing is mixed in with the lettuce prior to distribution.

Salad.

salt salt salt salt no reason to have removed

salt and pepper

salt is a missing staple to help the food taste better. Home made foods, not the preprocessed meals that are served today.

sausage and pepperoni pizza

sausage in a pancake on a stick

sausage pizza, fritos, chips

says no when asked

School food is processed so my children do not eat it.

school pizza

Seasonings, breads, home made items such as soups. He would eat the entire meal if it had taste. He throws a lot of his meal away.

She really enjoys mexican food and walking tacos specifically

she took the salad bar all the time and now she says it isnt a salad bar it is a fruit and vegetable bar and she really wishes that the regular salad bar was back where she could make a nice salad with something other then spinch and that she could put mor things on it as weel

She used to eat the tacos and taco salad and now says the meat is not good, also used to eat the pizza and hot dogs and won't eat those anymore either.

Shredded cheese on the salad/fruit/vegetable bar. BBQ sauce for meats.

Shredded Cheese, Cottage Cheese, Peanut Butter/Jelly sandwiches

small dessert with meal and "seconds"

smokies mac and cheese- real hamburgers not maidrites

smokies, fiestada, pizza, cheese, mozzarella sticks, peanut butter, butter sandwiches, dessert

snickerdoodles.

Some of the desserts and deli day and at breakfast French toast

some of the home cooked foods that were made by recipes like spaghetti,lasagna,dinner rolls, foods that stick with you.For some kids this is the only meal they get til they get home late at night after practices and games

Something meat with macaroni and cheese

soup bowls

soups and olives on salad bar

Soups besides chili;always have chili, pizza

Soups, chicken noodle, chili (maybe once a winter or twice), bananas

soups, mozz sticks, scallop potatoes & ham, crispitos

soups, sandwiches, baked potato on salad bar, the sweet potato products mostly go in the trash, mashed potatoes are very watery,

sour cream

Southwest pizza

spagetti and mac n cheese

spaghetti and meatballs

Spaghetti, tator tot casserole, desserts!

spoonburger

Sub sandwiches with veggies

syrup

tasty breads/pizza crust/rolls

tator tots/french fries/pudding

the amount of good tasting food given

The amount served seems to be an issue if they do not like other items on the menu.

The biggest complaint has been many sandwiches no longer on a bun-instead are all now wraps.

The Chili tastes terrible, most foods seem like processed foods

the choices at salad bar or alternate is not offered, not being offered peanut butter or bread and butter sandwiches and not being offered a desert everyday

The desserts, obviously; however, I think it is okay to miss them.

The key is salt and seasoning. He won't eat at school because the food doesn't taste good without seasoning. Secondly, it is wasteful to force them to take all the food when they won't eat it. That's extremely wasteful. This drives my kids crazy! These two reasons are why my kids went from eating at school 95% in previous years to eating at school maybe once per month -- less than 1% of the time. They make their own lunches.

the main course he eats, but the rest he doesn't, therefore leaving him hungry which is less healthy in the long run

The main thing is there isn't enough of the food. Nothing specific missed other than not enough.

the old pizza sticks

The optional treats such as ice cream. she understands why it's gone but feels punished for other kids' poor choices.

The salad bar was taken away at our school to accommodate the calorie restriction! My daughter was outraged because the poor calories have been replaced with greasy main dishes or carb overloaded sides. Students can't better their bodies when they aren't even allowed to have a choice of salad.

The school could provide healthy alternatives for the foods that kids liked. For instance, serve turkey hotdogs instead. The kids see hotdogs and most would never be able to tell they are not full of fat.

THERE ARE ITEMS THAT ARE MISSED BY MY CHILDREN, HOWEVER I CANNOT THINK OF THEM SPECIFICALLY RIGHT NOW

They are the same type of foods, however, the product is not the same.

THEY CUT THEM SHORT ON THE RANCH DRESSING AND THE SALAD BAR

They do miss a desert from time to time.

they don't get chicken nuggets or hotdogs as often. or spaghetti. seems to have a lot of Mexican type foods now.

They don't have peanut butter sandwiches anymore if they are still hungry.

They miss hot dogs, burgers , chicken noodle soup, chicken patties.

They miss the home cooked meals, they do not like the prepackaged meals

they serve some of the same foods just not enough. and it is all whole grain and still very processed. regular pizza they miss. regular crispositos and regular cookies.

They still are available, but they mix things together, so he won't eat them. Cheese and ketchup

Things that look, smell and taste good.

TONS. Chili, hot turkey sandwiches, tuna tetrazzina, ham patty, marinara sauce, KETCHUP (she keeps a bottle in a staff fridge to use when ketchup isn't available with a meal), piroshkis, stromboli, SALAD BAR, pasta that isn't the gummy whole wheat, BREAD DESSERTS -- desserts are never served,

Treats

Tubrosa pizza

Tuna Sandwiches

Types of lettuce on the garden bar.

uncrustables

unknown

Walking taco, second main meal options, school-made rolls

walking tacos, bigger portions of the main course, occasional cookies or brownies, Peanut butter, rice stir fry bowls,

We haven't talked about what he misses, only what is currently served

weiner wink

what's wrong with tator tots or fries with a chicken patty sandwich or fish sandwich? The option of a half peanut butter or butter sandwich.

When they have crispositos, they no longer receive the cheese topping and they are very unhappy about that. Who wants to eat chips and a taco without cheese? It's very dry!

When we have tacos we do have lettuce and cheese etc. That is all that is on a plate. Really one taco with the fixings is going to feed a student.

white bread

white bread and buns wheat biscuits ruin biscuits and gravy for him

White breads, desserts (cake)

yes

yes - several favorite items are no longer served. School lunch should be a balance.

Yes but I can't remember right now

Yes- I cannot think of specifics , but we have discussed this.

Yes, baked potatoes, bagels, and soups..

Yes, but I can't remember what it was.

You just need to feed them better so there not so hungry still after lunch

**Are there any specific healthy foods you would like to see offered at your oldest child's school meals?
(Please specify):**

1. The overwhelming majority of parents reported wanting more fresh fruits and veggies, and more variety of fresh fruits and veggies. These parents want:
 - fresh fruit, not canned or frozen fruit—ESPECIALLY not canned
 - use of vegetables that are fresh and seasoned to be appealing and tasty
 - better quality of the fresh fruits and vegetables; do not want them to be brown or soggy
 - whole fruits like apples and bananas instead of fruit salads or chopped fruit
2. Parents want their kids to have meals that are made from natural, unprocessed ingredients, and are prepared from scratch by kitchen staff, not pre-made.
 - No foods from a bag or box
 - Cook take “short cuts” and food is flavorless and unappealing to children
3. Parents want their kids to have access to a salad bar, and in schools where a salad bar is already part of school lunch, parents want it to feature a wider variety of fresh ingredients.
 - Dark, leafy greens instead of cheap iceberg lettuce
 - More lean protein (like chicken or beans) available
 - More fresh fruit
4. Respondents want fresher, unprocessed meats, and a greater variety of meats (chicken, beef, turkey, fish) available to their child.
 - No pre-packaged or processed meats
 - More variety in seasonings for meats
5. Many parents want their child to have access to bigger portions of the healthier components of the meal.
 - Children should be able to take second helping of fruits or vegetables
 - Some parents of student-athletes or active children reported that their child is underfed at school lunch and needs more helping of proteins
6. Parents want more overall variety available at school lunch
 - Especially more variety in fruits and vegetables offered
 - Offer least one alternative for the meal in case the child doesn't like it

Are there any specific healthy foods you would like to see offered at your oldest child's school meals?

("Other" responses)

chicken, not preprocessed but fresh

?

"growth spurt years" take a large amount of calories for sports kids. kids need to be able to access MORE seconds or larger first portions (apples, carrots, granola bar, etc.) my son comes home HUNGRY every day and we try to have healthy snacks for afternoon until parents get home from work for supper

} would like them to be able to get extras and turn down food they won't eat

a better assortment of fresh fruit/veggies

a better salad bar with protein and extras to put on the salad. more like a restaurant.

a choice of fruits and vegetables every day-I have one child that loves apples but doesn't like applesauce

A colorfull variety of diffrent fruits and vegetables. Nothing specific, just varied.

a dessert once in a while doesn't hurt anyone, if they are getting 3-5 desserts in a month that is all The potaotes and meats are always a hit. The chinese lunch options are always a cold lunch day at our house. The burritos filled with beans and rice re not enjoyed either.

a different vegetable everyday that does not come out of a can/ more wheat pasta dishes or home made foods

a la carte items: fruit, salad, PB sandwiches

a nice salad bar

A second fruit for free, if the child chooses not to eat the vegetable. Keep vegetables raw - more acceptable to kids.

Ability to make a sandwich with turkey, chicken, lettuce, mustard, fat-free mayo, etc.

add ur fruit n veggies n make whole wheat an option

Additional fruits and veggies. Soups. Can't they have iceberg lettuce once in awhile? If we want balance, can't we have a small amount of iceberg lettuce with our tacos? We have to use some common sense.

All food made from scratch

Allow chef salads to all ages instead of just high school and faculty. Younger kids like them too.

almonds, yogurts, sweet potatoe fries. brown rice, quinoa

Alternatives to meat. Alternatives to dairy. No hot dogs or processed packaged meats should ever be served. No soda pop including DIET! Watch Forks over Knives!!!

anything that is not prepackaged. Schools need to go back to preparing them on site.

Apples with Peanut butter

Apples, bannana's, more bread/butter

apples, oranges, bananas, fresh vegetables besides broccoli, meats that are not pre-processed

Apples, oranges, pears, bananas, LESS canned fruit.

apricots

as long as she gets meat veggies and friut il be happy

Baked fish, baked chicken, lean beef; unprocessed foods that do not come pre-cooked;

Baked Potatoes

Better apples, salad bar, fresh pineapple

Better choice of proteins ie: chicken, turkey, beef. Instead of all this processed meat.

Better Meat...I think the ham is the "goverment ham" and it is very fatty and the hamburger seemed not normal either the day of Sloppy Joes!

better protein and more homemade food instead of packaged junk

Better salad bar choices.

better salad more with more choices and better fresh fruit choices

Better salad options

Bigger portions of fresh fruit, yogurt

bigger portions, seconds offered; always run out of strawberries; two hot meals offered, in case run out of one.

black bean & corn salsa, burrito, fajita, peanut butter sandwich option, daily lettuce/ carrot/simple salad bar, nuts, granola, yogurt option

Black beans may be healthy but no one eats them more fresh veges not clocked mushy cap

Blueberries

broccoli cheese soup

broccoli,salad

Brown Rice

Brown rice or some other whole grains instead of white rice.

Brown rice, black beans tastefully prepared, more cheese

can not think of them all

cantelope

carrots, apples, bananas, butter or peanut butter sandwiches, salad bar with meats/ yogurt/cheese/soup - offered every day for picky or growing kids who aren't getting enough to eat with the meals

Celery, Fresh strawberries, Chocolate Milk

Cereal

Cheese sticks

cheese sticks, peanut butter sandwiches for kids who are still hungry, baby carrots w/ dip, sugar-free jello & pudding

chef salad, taco salad or other salad entrees, unbreaded chicken, vegetable soups, squash, black bean brownies, grapes, bananas

cherries, applesauce,

chicken breast bananas lunch mat sandwich

Chicken nuggets and juice

chicken strips that are only white meats meet.

Chicken wrap, Cooked vegetables that have taste, salt and pepper, Ketchup at the elementary

Chinese foods

continue with a variety of fruits and veggies

continue with as much fresh fruits and veggies as possible, as well as prepared meals, not pre-processed

Continue with Fresh Fruits and Vegetables and salads

cooked cauliflower

Cooked veggies like broccoli and cauliflower, mashed potatoes, homemade soups, breads, healthy desserts.

cottage cheese

Cottage Cheese

Dark leafy greens - no ICEBERG lettuce as it has not nutritional value at all!!
Explore and try new things with the kids, you'd be surprised what they will eat!!

Dark leafy greens, try to season the vegetables more

desserts in moderation

different fruit

Different salad options, different variety of fruit everyday, and make the healthy ala-carte stuff cheaper so more students have the opportunity to get additional food.

either cooked or raw veggies. No in betweens

either more portions or larger portions, not enough food is served for a child to extend their day into afterschool activities.

Everyday salad bar, with choices they can make themselves!

expansive salad bar, pudding, seasonings

Fish

fish patty or fish sticks

fish, yogurt

flavored water, yogurt Gatorade/powerade products for Athletes to buy and take with them. Choc milk available for athletes following practices

foods that are not preprocessed

free range meat, less chemicals in/on food

fresh bananas and grapes

fresh berries

fresh bread

Fresh cut vegetables at every meal

Fresh foods

fresh fruit

Fresh fruit

FRESH fruit - not from a can. FRESH vegetables. More food that is palatable and not MUSH.

Fresh fruit and veggies

fresh fruit not canned, fresh vegetables not canned

Fresh fruit that they are used to eating. apples, oranges, grapes

fresh fruit, granola bars

Fresh fruit, vegetables, cheese, yogurt

Fresh fruit: apples, oranges, bananas, etc. Many kids would eat salad bar items. Cottage cheese. Chili.

Fresh fruit. Vegetables and Ranch Dressing. Peanut Butter for when they don't care for the main entree.

Fresh fruit...not canned

fresh fruits

FRESH FRUITS AND VEG.

Fresh fruits and vegetables

Fresh Fruits and Vegetables

fresh fruits and vegetables (not frozen or processed); local foods for vegetables, meat, and dairy

FRESH FRUITS and VEGETABLES at this school we only have frozen and canned 90% of the time

fresh fruits and vegetables--one serving each/per meal.

Fresh fruits and vegetables. Everything they eat is from a can or frozen. Nothing is made from scratch. They don't introduce new foods into the lunch menu.

Fresh fruits and vegetables. Not processed or packaged!

Fresh fruits and veggies

fresh fruits and vegetables, lettuce and the extras for a healthy salad

fresh fruits daily

Fresh fruits NOT CANNED

Fresh fruits, non-processed meats, lettuce and spinach for salads

Fresh fruits, salad bar, pastas, a bun rather than a tortilla shell at times for sandwiches.

fresh lettuce, fresh vegetables (not canned), fresh fruit (not canned)

fresh or frozen fruit - not canned - fresh vegetables or option of salads more often

fresh pineapple, strawberries, grapes

fresh produce

fresh spinach in the salad bar

fresh strawberries/kiwi/peaches, fresh zucchini/yellow squash

fresh vegetables other than Romaine salads

fresh vegetables that are locally grown, health vegetarian options

Fresh whole fruits and vegetables. Larger milk containers and 2% or whole milk.

fresh whole individual fruits, lettuce salads

Fresh, healthy yet appetizing foods with adequate allotments from food groups and consideration of increased proportions (especially protein) for student athletes.

FRESH, not canned fruits and vegetables

Fresher Food, not as processed

Fresher fruit and vegetable options. Hard carrots, soggy broccoli, brown apples, not a good option.

Freshly steamed or baked vegetables not from a can, meats that don't swim in grease and a salad bar that contains real lettuce, not all spinach leaves and salad dressing

that isn't lumpy.

Frozen vegetables rather than canned green peas. Canned peas are no good. They make an exception for Mandarin chicken.

frozen vegetables taste better than canned, she won't eat canned vegetables at all

Frozen yogurt, healthier sweets, cookies, etc

fruit juices for those children who do not eat the fresh fruits, possibly even yogurt

Fruit that is not sweetened with syrup from a can

fruit/veggie bar

fruits & veggies

Get rid of all the fat free stuff. Not all kids are overweight. Mine are if anything under weight.

give options for fruits and vegetables, and quit limiting protein due to (sic) evil salts and fats. My child is an athlete and requires different foods than someone less active or with clueless parents

gluten free sugar free

gluten free & dairy free options...child should have option to have water instead of milk whether dislikes milk or has dairy intolerance

gluten free foods and whole grain pasta, brown rice

go back to the basics of school food, chicken, potatoes, hot dishes

Go back to the way it was. Coaches inform all students meals are now no longer adequate to provide enough energy to get through after school practices. It is not a "health" meal when all or most of it ends up in the garbage can !!!

good lettuce, not all low-fat salad dressing,

grains

grapes

Greater use of beans and lentils

greater variety of non-cheesy veggies and unsweetened fruits

Greek Yogurt

green vegetables

greens, fresh fruit

grilled chicken breast...not always a chicken patty...less processed

grilled chicken salads are a favorite in our house, simply a salad with grilled chicken diced on top.

grilled chicken, grilled pork, oranges, bananas, apples, cucumber, carrots, grapes, pineapple, fresh green beans, spinach salads

grilled meats, less processed foods

grilled unbreaded chicken. lower sodium content in meals (less processed foods) real butter (no veggie oils or trans fat) soy or almond milk alternatives

grilled chicken

hamburgers

happy with options offered

Have you looked at the breakfasts as well? Are doughnuts and such considered healthy?

He loves fruit, so lots of fruit options.

He would love to have a salad bar open every day of the week, Fresh fruits not overprocessed canned fruits in heavy syrup just the whole apple or orange ! fresh Veggies with a dip (ranch) instead of overcooked soggy veggies where all the nutrition has been eliminated.

Healthier main dishes vs. bread sticks, cheese bread, pizza

Healthy needs to taste good....let's do some real cooking.

higher quality fruits and fresh appropriately cooked vegetables.

home made

home made meals instead of all the processed food with all the preservatives

Homemade and not processed foods,

honey for dipping fruit into

Hummus

Hummus,

I do not think mozzarella sticks are a meal and never will. MORE CHOICES!!!!

I don't know

I don't know

I just wish things were more often homemade. Seeing macaroni and cheese come frozen out of a bag does not seem very healthy. I do like the variety of ethnic foods being served.

i just wished they would let them eat more of the healthy foods so they would get more full and wouldn't be so hungry after school and towards the end of school

I like a chicken breast sandwich and burger bar with veggies would be a good choice. At least the kids would get a decent meal and they don't always like the meals the cooks make. Keeping it simple is best.

I love that there is more fruits and veggies. Would love to do away with anything that was fried

I see so much more fruits/vegetables. It is truly very nice.

I think an apple should be offered daily. What ever happened to the basics? And stop mixing the fruits and veggies...

I think apples and oranges should be provided daily - not canned oranges - reall whole cuties perhaps

I think cheese/yogurt/pudding should be allowed

I think cooks need to be trained on how to propoerly cook food. My kids like veggies at home, but the cooks take short cuts and make ok food nasty. Ex. Broccoli sitting in a steamer for hours and being served mushy and flavorless.

I think the school should grow a garden and eat fresh veggies from there.

I think they do an adequate job of providing healthy foods - if she doesn't eat much of anything else, I know she eats the fruit

I want home made foods instead of prepackaged. Would like to eliminate things like chicken nuggets, hot dogs, breaded patties and such, and stick with good old fashioned meals.

I would like for BOTH of my children to have access to the salad bar with more fresh produce (cucumbers, tomatoes, peppers).

i would like more fruit and vegetables be offered throughout the day, not just at lunch time. I would even be willing to pay for this extra service- it is a good way for our children to make a smart choice instead of the vending machines.

I would like the produce and meat to always be fresh, not canned produce and frozen breaded meats.

I would like them to offer a salad bar. My child would choose a salad bar option everyday if it was offered.

I would like to make sure the meat we are serving our children does not have added chemicals (or coloring).

I would like to see a side salad offered each day prior to/in addidtion to the main meal. Thanks.

I would like to see choices for fruit and vegetables. If they could have a fruit and vegetable bar and be able to take as much as they will eat.

I would like to see locally grown fruits and vegetables used in our schools. Produce shipped from miles away and/or in a bag, can, etc. is not the answer to providing a more healthful meal.

I would like to see more fresh fruit and veggies, we get a lot out of a can.

I would like to see more fresh options offered instead of canned/frozen/processed foods.

I would like to see more fulfilling proteins.

I would like to see more locally grown food offered and a salad bar would be great too! In place of the high carb breakfast options, I would like to see more nutrient

infused (especially protein) breakfast options and even healthy ala carte options such as hard boiled eggs, oatmeal, healthy breakfast smoothies, yogurt parfaites, almonds, fresh fruit, etc. Maybe more of a daily breakfast bar would be an appropriate replacement to our breakfast meal dilemma.

I would like to see more options--salad bar with healthy choices.

I would like to see more whole foods and not as much over processed foods filled with soy products.

I would like to see more "real meat", less processed food. More homemade meals. I also think everything is great in moderation. It is okay for them to have cheese and sweets occasionally. They need the energy!

I would like to see more/varied soups in the winter. They have only served chicken noodle once and no others.

I would like to see much less processed foods. More variety.

I would like to see the doughnuts or long johns offered once a week for breakfast switched to a more healthy food.

I would like to see variety. Taco bars, soups, fresh vegetables, less meat on a bun. When hot meals are provided, cook them thoroughly and serve them to temperature. Our district runs out of food, and uses our meal system as a source of revenue. A total disappointment.

I would like to see whole fruit for instance an apple, grapes bananas, not canned mixed fruit. I would also like to see the removal of dessert. Kids don't need brownies and cookies. They might eat more of the good stuff instead of just the dessert. I would like to also see meals that are made from scratch instead of processed.

I would need to give this more thought than time allows - variety and creative preparation would go a long way

I would not mind seeing some sort of dessert for them.. they are kids

I would prefer the meals to be prepared from scratch rather than prepackaged. This would eliminate processed foods with added preservatives. That alone is healthier.

I would rather have spinach or lettuce without dressing on it--it's usually already mixed in and my daughter would rather eat it plain

I would really like to see a variety of fruit and veg. instead of the same ones being used every single day

ice cream, fruit and vegetable juices

If they are healthy then give them more to eat.

If you have a salad bar or lettuce for any purpose do not serve just iceberg lettuce as it has no nutritional value.

in general, more protein and fiber

increased portion sizes for fruit and veggies- we have a very active school and they aren't getting enough food to even be able to focus for learning.

Instead of serving crazy salads like a broccoli salad or offering just a few fruits that come from a can but may be unsweetened, offer several choices so they are more apt to choose a fruit. For example: whole fruits- oranges, bananas, apples, grapes, strawberries. The canned or frozen fruits look like mush.

It needs to be taken into account that growing boys need more food. My son is frequently wanting to eat more than one lunch and is not fat at all. He just doesn't get filled up enough with one school lunch.

It would be nice if it was more convenient (quicker) to get nonfat milk and fresh fruits and not have to go through the meal line.

Just don't claim to serve fresh fruit & vegetables if they are indeed not fresh but canned.

just enough fruits and veggies for ALL students EVERYDAY!!

Just give them everything!! When I was a kid I hated green beans but when I was done eating and still hungry I would eat them if they were on my plate.

Just more food for those that are active at no extra cost

Just more food. More proteins need to be offered. Fruits and vegetables are great if they eat them, but the proteins and carbs. are what get them through their after school activities.

Just more fresh, raw fruits/vegetables, if they are cold and cut/peeled kids are more likely to eat them. And more of them.

just more variety

Keep serving fresh fruits and vegetables

kiwi

kiwi, corn on the cobb, salad bar

larger amounts of fruit and meat.

Larger portions of protein. More salad to the elementary.

larger portions. my son is taller than most kids and has a high metabolism. he has been having headaches by the end of the day from being hungry.

Larger variety every day.

Lean meats

less canned vegetables, need variety of greens instead of iceberg lettuce, need a variety of different apples, oranges and fruit. Apples are too small and bitter tasting

less french fries

Less processed food, more made from scratch

less processed foods

Less processed foods

Less processed, high fructose foods, more whole foods.

Lettuce (salad bar)

Lettuce from the Garden Bar

lettuce, lima beans, more cauliflower, healthy dips / dressings for salads or veggies, more whole grains, more turkey and ham options

Lots of fruits! Dairy products are healthy, we should be offered some cheese.

macaroni and cheese, bags of baby carrots, cauliflower that's not frozen

Made fresh food the same day. Hot food, not food that should be hot.

main entrees need to be less processed heat and serve food ex: less chicken patties, burritos, and corn dogs

Meals cooked from whole foods. Oh thats right it would take people to actually be able to cook that food.

meat and vegies

meat that isnt processed

Meat, cheese, burritos

Mixed vegetables, salads, grapes,

More "filling" foods

more "fresh" fruits and veggies, not canned.

More "home" made like baked chicken, roast beef/pot roast - more real meat and not the processed stuff in rib sandwiches, crispito, etc.

more actual meat like roasted chicken, i have seen the lunch menus for ankeny and cedar falls and their lunch menu sounds more appealing, Hudson lunches are not up to par

More apple, oranges and grapes. He loves the fresh fruits.

More apples that are raw

more baked potatos, prepared foods and less processed foods, baked chicken, turkey,

More bananas

More basic recipe meals, less cooking, battering, frying etc....

More beans and legumes

More beef, less chicken meals.

More breakfast items during lunch. Ham and Beans with cornbread.

More cooked brocolli

more culural healty food, like home made chicken soop.

More Dairy Products, and just a larger variety for them to chose from. He likes a variety of food, but when he only has 2 options that he doesnt like he just doesnt eat it. We are then forced to pack him something that he will eat on those days

more fish and beans, less processed foods (chicken patties, chicken nuggets), cereals with sugar less then 6g, no juice at breakfast

More fresh food vs prepackaged or processed

more fresh fruit

more FRESH fruit and SALAD BAR

More fresh fruit and vegetables...NOT canned!

more fresh fruit not so much canned fruit

more fresh fruit options

more fresh fruits

More fresh fruits & vegetables and less pre-packaged foods.

more fresh fruits and vegetables homemade entrees instead of packaged

more fresh fruits and vegetables instead of canned, lower sodium and less "convenience" foods

More fresh fruits and vegetables.

More fresh fruits and veggies, eggs, and more legumes and beans.

More fresh fruits and veggies.

More fresh fruits and veggies. There are lots of canned fruits and veggies served. Using spices in foods, since they are not allowed to use salt a lot of the food is bland. More food needs to be made at the school, instead of prepackaged/processed food. Ral eggs instead of the prepackaged patties. More variety. Right now our school is on a 6 week cycle, so they get the same exact menu every 6 weeks. There needs to be way to be more creative and healthy at school.

More fresh fruits instead of canned fruit. Less processed meats

more fresh fruits, raw carrots, yogurt

More fresh fruits! On a 20 day lunch menu, fresh fruit is only offered twice!!

more fresh greens

more fresh produce, more organic, more locally grown -- my family would be willing to pay more for this!

more fresh vegetables, raw food

More fresh veggies and fruit.

more fresh veggies and fruits we eat more fresh at home and my children are not happy with the canned ones

more fruit

More fruit

more fruits and fresh vegetables

More fruits and vegetables - new ones; more chicken and tacos

More fruits and vegetables - Non GMO and not processed, preferably organic, but I do realize that cost is an issue.

More fruits, chicken and pasta

more grapes and apples slices w/caramel

More healthy proteins and carbohydrates. More desserts served in healthy proportions and in moderation. For example, an oatmeal or peanut butter cookie, cake with fruit on top, etc.

more home made foods, less things on a bun (processed meat sandwiches), more fresh fruits and veggies

more homeade meals not prepackaged in a can or box

more homemade food and less pre-packaged, pre-processed

More homemade foods....pizza's, breads

more lettuce salads, fruits, and individual options if they don't like a portion of the meal (healthy options)

more meat

More meat and carb's. Understand that growing children need calories and fat in their diet to grow, develop, and learn. Studies have shown that children who do not have these in their diet can suffer from malnutrition and proper brain development.

More meat. Potatoes. More juice. more fresh fruits at lunch.

more milk, peanut butter and bread for filler, home made food instead of processed, potato bar, sandwich bar, taco bar

more non-meat protein, more vegetarian entres

more non-processed foods!

more non-processed vegetables whenever possible

more of a variety of fresh fruits and vegetable vs the basics; get kiwi, mangos, papaya, pineapple, blueberries, rasberries, spinach, kale, cabbage, etc

More of a variety of fruits, instead of mandarin oranges every other day

more organic

more organic and local produce. PLEASE NO MORE CHOCOLATE MILK OFFERED EVERY DAY!

more organics!

More pasta--peanut butter sandwiches--

More plain meats- less sauces or casseroles etc.

More protein go back to our time of when meals were prepared in schools. They come home starved and eat everything in sight. Not accomplishing anything. Kids have to have 3 meals to get full. Not very cost effective.

More protein and carbs so they're not starving an hour after lunch!

more protein options. an active 15 year old boy needs a food to fuel his body. larger portions if possible.

more real homecooked food, I feel alot is still processed. real fruits not canned.

More real meat, cheese, sea salt, fresher foods that are not from a can.

more salad bar options

more salad bar options. more choices of fresh fruits and vegetables. baby carrots. sliced, easy to eat fruits

More salad options - lettuce and protein

more salads bar choices

more salads, celery, carrots, cucumbers, fresh fruit, not canned

more servings of what the child will eat (without being charged double)

More soft foods that she can eat with braces. Can't eat food that is crunchy, goopy, thick, or sticky

more soups {broccoli cheese, chicken noodle, vegetable beef, rice etc.....

more than just lettuce offered for a salad. meat, eggs, cheese to go with the salad and different drsg tpyes.

more variety of foods

more variety of fresh fruit- watermelon, cantaloupe and larger portions

more variety of fresh fruits

More variety of fruits

More variety of fruits and veggies everyday

more variety of fruits, NO canned fruits or veggies only fresh or frozen

more variety of meals, seems like the same this is offered, look for more options

More Vegetarian and Local Foods. Less Carbs more Proteins, Fruits and Veggies.

more vegetarian options

More vegetarian options

more vegetarian options (beans esp) and NO HOT DOGS

more watermelon and kiwii

more whole grain bread

more whole grain starch options like quinoa, couscous, brown rice, whole grain pasta, sweet potatoes, etc.

More whole grains...tortillas, for example. Baked chicken, baked fish, more dark leafy green salads...minestrone soups, healthy soups such as lentils and beans.

more yogurt with fruits n nuts- more items on salad bar and just (plain old home cooked meals)

My children are sleeping, but I wish I could ask them

My children say that the portions are way less, and the food tastes worse. They come home hungry every day!!

My daughters biggest complaint is that the fresh fruit is not fresh. It is discolored, bruised, etc. She then will not ever eat this.

My kids are great bean burrito eaters, and change the taco meals and pizza back to something she'll eat.

n/a

N/A

na

NA

no

No

No high fructose corn syrup, no heavy salad dressings, no battered/breaded meats, fruit in its own juice, whole wheat pasta. beans and brown rice

no they serve them ALL

No- Most of the food is wasted because the kids won't eat it. Ask any lunch lady. The food is what we call bird food.

No; my child will more than likely not eat school lunches next year unless they increase significantly in quality

No.

No. The school lunches have gotten so bad that I would not recommend hot lunches to any student/parents who moved to the district

non processed meat products.

Non-GMO sourced foods, especially meat products. Local sourced foods.

Non-processed foods & way more variety

none

None that I can think of

Noodles with butter, fish sticks, strawberry applesauce, blueberries, raspberries, bottled water, granola bars,

nope

Normal Mac and Cheese, KIWI, Cook things normal. Just have simple easy good meals!! If an adult isnt going to eat it, a kid is not going to eat it!! You can have healthy with out it being nasty. When you serve brown rice with nothing on it, Who woul want to eat it!!!

Not foods that are processed, make them from scratch

Not prepared, not processed food, no corn syrup, no hydrogenated or partially hydrogenated fat. In other words, no commercial food

not processed foods

not really

Nothing specific, just more food. She is usually very hungry in the afternoon.

oat meal

Offer more calories for the kids who are in sports. The school meals are way too small for the active kids.

organic produce, beans and locally grown produce - vegan/vegetarian options

Organic, no artificial dyes/preservatives/flavors

Our school does very well with providing healthy meal options.

Our school offers the foods, but gives the children the choice to take them. My son is not old enough to make that decision & I wish they were required to take one fruit and vegetable with their meal.

Our school seems to have a need to eat a lot of processed chicken products every month. I am very irritated about this. I feel like that is not a lot healthier. I feel they should have more of a variety of meats. i think our schools problems with the foodis largely in part to the fact that our head of the food program has no idea what she is doing clearly!!! She basically rotates the same meals over and over again!

PB&J for an extra side when my child is hungry or wants to substitute. This is only available when my child is low on funds.

peanut butter

Peanut butter

Peanut butter and bread. More meat.

peanut butter and/or jelly sandwiches; cheese sandwiches; more string cheese and snack food like celery and snack mix with raisins

peanut butter sandwiches

Peanut butter sandwiches

Peanut butter sandwiches - they are healthy and if my child doesn't like what's for lunch, they can at least have something to fill them up.

Peanut butter sandwichs

perhaps a lowfat frozen yogurt?

pineapple, grapes, strawberries, options of breads-flat or tortilla-bagels

Pizza

plain applesauce

Plain fruit--Just peaches-just pears etc. stop mixing everything

Plain lean meats without breading. Brown rice, whole grain pasta, steamed fresh vegetables, whole wheat bread

Pork loin (could be seasoned and shredded for sandwiches) lean protein sandwiches or deli bars, Hard boiled eggs, cheeses of all kinds, cottage cheese,

potatoes, red meat

Prepare veggies in a more appetizing way

prime rib

Protein enriched foods

quinoa or other, new healthy choices

Raw carrots, apple slices fresh orange segments, fresh bananas, lettuce salads without all the cheese and meats in them

Raw fruits and veggies without dressing or sauce over the top, but rather on the side and optional.

raw vegetables

raw vegetables and fresh fruit. not cooked/canned

raw vegetables more tahn brocolli, carrots (i.e snap peas; sliced cucumbers)

Real meat and fish

real meat and potatoes, not processed foods thrown in a oven.

REAL MEAT, flavor. School prepared meals, not something from a bucket, can, or box and put in the microwave. Real food that is cooked by a real person like it is at home.

Real meat,m no canned fruits and vegetables, more homeaid foods

REALISTIC PORTIONS TO ACTIVE CHILDREN OUR CHILD IS 6'1" 220#
AND THE SMALL PROTIONS MAKE HIM HUNGRY AND NOT ABLE
TO FOCUS IN THE AFTERNOONS AS HE IS SO HUNGRY AND GETS
LIGHT HEADED. PORTION CONTROL IS IMPORTANT BUT LETS BE
REALISTIC TOO

rice, salads, fruits, no substitutes of hot dogs

Romaine lettuce and not iceberg.

romaine lettuce salad

salad

salad bar

Salad Bar

salad bar , fresh fruit not cut in half by cafeteria staff

Salad bar & more fruits

salad bar and fixings

Salad Bar and Salad Dressing and Desserts!

salad bar for every age

salad bar items

salad bar offered daily

Salad bar option where the staff can choose their lettuce/salad options in stead of having it put on for you and minimally

salad bar or deli type sandwich bar

salad bar with fresh toppings including lean protein choices that are not necessarily meat

Salad Bar with more options

SALAD BAR, fresh fruit, good fresh veggies (cauliflower, etc)

salad in addition to school lunch & and with darker green lettuce

salads

salads, fresh fruits and vegetables

salads, pears, peaches

salads, wraps, meatless options, fresh fruit and vegetables

School cooks should strive to serve food that tastes good to kids. What good is healthy food if they don't even touch it?

scrambled eggs and ham for lunch, whole wheat breads

see above list

seems like school is offering a nice variety

serve foods that are kid friendly

Small bottled water or Calcium Fortified juices as a state approved substitution for

children with the inability to drink dairy products due to a medically documented health condition with the substitution not costing the family additional money.

smoothies

some of the main dishes earlier changed to healthier home made meals

something other than subway that is edible

Something with raspberries instead of strawberries all the time

soup!! not just cheeseburger chowder in a bread bowl. but real soup in a bowl.

soups, 100%whole wheat breads and rolls, more variety of fresh fruit, green apples, bananas

Spaghetti

Spanish Rice---they have it on the menu for junior/senior high but not the elementary.

Special deserts for holidays

Spinach for salads on the garden bar.

spinach salad, backed potatoes, fresh meats,

steak

strawberries

strawberries, blueberries, bananas, carrots, green beans, chicken breasts, whole grain pasta with alfredo

string cheese, salad bar (more fresh greens), raw carrots,

String cheese. Sliced apples. NO ORANGE HALVES no one eats them too difficult to eat.

sub sandwiches on whole wheat w/minor condiments

sugar free fat free jello and coolwhip desserts, iron rich PEAS, baked beans...

Sweet potatoes, strawberries

Taste is the factor. Nothing tastes good. Need better food preparation as far as making them taste good instead of bland. That is the key. The meals are expensive (we have 3 children eating at school), yet they cannot seem to put any seasoning (nonfat non-salt, etc.) to make the food taste better. Many school systems make it a point to using seasoning to make the foods taste better, so know that it can be done. My kids hate to eat it, but I just dont have the time to make 3 meals to take as well as gt them ready for school, and myself ready for work; so unfortunately, they suffer with the school lunches.

the current menu is good

the old salad bar back

the salad bar is a great option

the salad offering in place of hot lunch needs to have more fruits with it, and maybe a lowfat peanut butter sandwich would be a good alternative when you have little kids who are picky eaters

There is a good variety, but I think most meals offer too large of portion of grains or carbs

they can be nutritious and healthy but taste good if prepared right

They need to offer fresh fruits and vegetables and not canned. Also they still have a lot of processed food. We have a dairy farm in town however we buy boxed milk.

They offer plenty of healthy food options... JUST NOT ENOUGH TO KEEP A 55 lb 1st grade girl full for 4 hours!!! ITS RIDICULOUS!

They would like more food and the food to taste better.

Try to get away from all the processed foods.

turkey wraps, turkey burger maid rites, vegetable soup

unknown

Unlimited fruits and vegetables or another thing to supplement the meal.

unsure

Variety of Fruits and Veggies, Salami and assortment of cheeses to get protein

Vegetable beef soup with real beef and lentils. Broiled fish fillets. Oatmeal raisin cookies, pumpkin bars, banana bars, dessert every day.

vegetables that are not grey and limp! Whole grains!

water as a drink option

Watermelon, casseroles/hot dishes

watermelon,strawberries,cantalope,grapes

We can provide all the fruits and vegetables we want, but our son only likes a few. If he doesn't eat them, then all of the money spent trying to make him eat healthy seems to be wasted. I say make the things kids will eat as healthy as possible.

We would like the students to get the salad bar back with rights to add their own dressing. More FRESH produce is extremely necessary. Right now only canned fruits and vegetables are served. The main dishes still consist of deep fried or greasy food that take up most of the calories would like to see more fresh options that keep students full.

wheat bread

wheat bread and whole grains

Whole foods-less processed and packaged items. Hotdogs and corn dogs as well as other processed meats are especially toxic to his health!

whole foods, no processed foods!

whole fruits instead of canned, a wider variety of seasonal fruits and vegetables

whole grain breads with no sugar or high fructose corn syrup; as many natural products with NO chemicals/sweeteners

whole grain pasta with vegt & meat

whole milk - chocolate milk

Whole muscle chicken breasts and more lean meats

whole oranges, apples, and bananas maybe so they can eat in a class

whole pieces of fresh fruit instead of a portion

wider variety of fresh fruits

Wider variety of fruits and vegetables

Yes salad bar for all levels.

yogurt

Yogurt with strawberries & granola, string cheese, mixed nuts, granola bars, smoothies, Grilled chicken wraps, broiled fish, shrimp, lean hamburgers,

Yogurt, cheese

yogurt, healthy desserts, more fresh fruit and veggie options, more baked meat options---- Albia repeats same foods over and over during a month

yogurts

How important are the following items to you for keeping your child healthy? Choose a number 1-5 for each of the following items where 1 is “not important at all” and 5 is “extremely important.”

Statement	1 Not important at all	2	3	4	5 Extremely important
Staying current on immunizations/ shots (n=1700)	20 (1.2%)	18 (1.1%)	64 (3.8%)	233 (13.7%)	1365 (80.3%)
Going to the doctor for check-ups (n=1702)	12 (.7%)	34 (2.0%)	143 (8.4%)	400 (23.5%)	1113 (65.4%)
Getting enough sleep (n=1701)	4 (.2%)	2 (.1%)	24 (1.4%)	270 (15.9%)	1401 (82.4%)
Getting enough exercise (n=1700)	6 (.4%)	5 (.3%)	35 (2.1%)	379 (22.3%)	1275 (75.0%)
Healthy eating (n=1699)	4 (.2%)	5 (.3%)	62 (3.6%)	440 (25.9%)	1188 (69.9%)
Drinking enough water (n=1702)	4 (.2%)	9 (.5%)	66 (3.9%)	423 (24.9%)	1200 (70.5%)
Washing your hands regularly (n=1698)	4 (.2%)	10 (.6%)	73 (4.3%)	386 (22.7%)	1225 (72.1%)
Brushing teeth (n=1700)	6 (.4%)	6 (.4%)	36 (2.1%)	306 (18.0%)	1346 (79.2%)
Reducing stress (n=1696)	7 (.4%)	21 (1.2%)	166 (9.8%)	546 (32.2%)	956 (56.4%)
Reducing the amount of pop or sugary drinks (n=1698)	13 (.8%)	22 (1.3%)	144 (8.5%)	427 (25.1%)	1092 (64.3%)
Staying away from alcohol, drugs, tobacco (n=1693)	13 (.8%)	4 (.2%)	16 (.9%)	72 (4.3%)	1588 (93.8%)

Do you have any further thoughts or ideas about improving school meals at your oldest child's school?

By far, the most complaints from parents were concerning the caloric restrictions mandated by the school lunch changes. Many parents express anger and confusion at these new limitations on portion sizes for their children. Some parents believe the kids should be able to eat the amount of food they choose at school lunch and that schools should not regulate portion sizes or amounts, especially for healthy foods or foods that their children particularly enjoy:

- “Almost every day my kids come home like they are starved”
- “I believe the state had the right idea but went about it all wrong. Kids are getting less food and coming home starving”
- “Portion control is important, but kids are growing and need to eat healthy just not like a bird. How can they think if their stomach is growling?”
- “I think it is great that the schools are trying to feed the children healthier lunches but I think that they should have reduced portions gradually so there wasn't such a drastic change”

Some parents are concerned that the calorie restrictions are actually contributing to or worsening their child's unhealthy eating habits. These parents report that their child comes home from school hungry and fills up on junk food or sweets after school:

- “My son doesn't eat much of his lunch, or if there is something good, there isn't enough. So he goes hungry all afternoon, then once he's home, fills up on pop and junk”
- “Snacking right after school creates bad habits and makes the kids not as hungry for supper”
- “My biggest complaint is that a very active child is not getting enough to eat so they are finding junk food on there [sic] own to eat in between meals when they stay after school for sports. This junk food is not provided at school, they are going to go to the grocery store or gas station or someone brings it from home”

Parents of student-athletes or otherwise active children were especially displeased about the portion restrictions. They expressed concern that their children were not being adequately fed given the demands of practice (before or after school, or both in some cases) on top of a full day in the classroom:

- “I believe that the biggest concern is the amount or (sic) portions tend to be perhaps too small for a teenage boy that is active in sports before and after school”
- “Both of my children are extremely active and often times have practices before and after school. The amount of food offered is not enough calories to sustain for the day”

Quality

Parents are concerned about the quality of the food served at school lunch, especially with regard to the high levels of processed or pre-packaged foods served. Parents are displeased that food served at school lunch is not made from scratch and seems to come largely pre-made from distribution centers:

- “It seems like many of the meals are just open the can, heat up, and serve”
- “I would like to see more ‘homemade’ type of food items instead of the pull from a box frozen over processed premade items that are full of soy fillers”
- “I would like to see more meals made from scratch. If school lunches are supposed to model healthy eating, kids need to know they can eat healthy by making their own meals”

Parents expressed particular concerns regarding the quality of fruits and vegetables served. Children report to parents that the fruit is sometimes runny and unappetizing, vegetables are undercooked, and that these items seem to come from a can:

- “Who would want to eat ‘runny’ fruit? Fruit should be whole, or chopped. Not runny”
- “Get away from the messy goo of pureed squash, spinach, half cooked carts [sic], and disgusting looking refried beans, and give kids the basic fruits and veggies they like...corn, green beans, potatoes, carrots”

Cost

Many parents feel they are not getting their money’s worth for school lunch. These parents report that their children often come home from school hungry and are upset that their money is going to waste. Second helpings are sometimes offered at lunch, but only for certain items—and much of the food is going to waste:

- “If the costs of school lunch are goig (sic) to be high, the quality should fit the cost”
- “Why is the parent’s pocket book having to be involved in this? Shouldn’t the child be getting full off of their tray and maybe a small amount of extras?”

Variety

Parents complain that choices are limited at school lunch. Their children are tired of eating the same foods each week, and end up throwing out foods they do not like due to lack of options in the lunchroom:

- “I think that...more choices is very important”
- “More drink choices instead of always milk”
- “If anything needs to change it’s...the use of the same food everyday”
- “When my child doesn’t like the main entrée, on certain days her only other option is yogurt”

Government interference

Some parents feel it is not the government’s place to dictate what their child eats—especially when they are paying for school lunch out of pocket:

- “It is NOT the school’s responsibility to feed my children; it is MINE”
- “Individual schools need to be in charge of the meals, not the government”
- “I am extremely offended that the government feels they need to even be involved in school lunches!”

Time

Many parents submitted complaints about the lack of time their child is given to eat at school lunch. They believe this contributes to unhealthy eating habits and to the level of hunger felt by their children throughout the day:

- “Right now all my kids...report that they don’t get much time to eat”
- “Allowing more time to eat, they seem rushed”
- “Both of my children bring cold lunch because they state that ‘hot lunch’ takes to [sic] much time in line, and they are not given enough time to eat”

Differences between grade levels

Some parents who have multiple children at the same school believe that school lunch should differentiate between grade levels and determine an appropriate amount of food that should be served to each:

- “A kindergarten student has a smaller appetite than a 5th grader. Would be appreciated if the older elementary kids had more options available”
- “Don’t feed the kindergartners the same amount of food [sic] that the high school 200 lb football players are getting. It’s just ridiculous”

Waste

Parents express concern at how much extra food is being discarded by their children. If their children will not eat what is served, it is simply thrown away:

- “Our school throws away SO much food, it is shameful...some of this food could go to the care facility, homeless shelter, or even the local animal shelter”
- “I feel that with the new food program that there is a lot of waste. Children are required to take items, even if they know they are not going to eat them, and it gets thrown away”

School lunch isn’t the problem

Some parents believe that other factors are more important to consider in looking at root causes for the childhood obesity epidemic, such as a dearth of physical activity, increased screen time, and lack of healthy eating habits established at home:

- “Kids are not getting obese because of school lunch, they are getting obese because they don’t play anymore except Xbox, play station, computer, iPad, iPods, etc...”
- “I don’t believe kids ever got fat from what they eat in school lunches—it is what they eat after school”
- “I don’t believe that we are going [sic] to shape and/or change a child’s eating habits within the confinements of school. Parents need to take the responsibility of their own children and quite relying on others to define their nutritional goal”

Presentation

Parents believe that their child will get more excited about eating school lunch if it is presented in a way that is appealing and fun:

- “Curb appeal...improving the ‘look’ of the food and the presentation will help”
- “If the fruit and vegetables look good my daughter will eat them”

Child preference

Many parents think school lunch would be better if the children themselves were allowed some input:

- “Ask the kids what their most favorite meal is; and least favorite; and what they’d like to see”
- “Children are picky...Giving them more options to choose from like a buffet may help with them making the right choices and actually eat what is given to them as they chose it”
- “Choices! What ever happened about giving our kids a choice...I know it would save me a lot more time and money”
- “Having the older children do a survey similar to this to determine the more popular healthy items and have them on the menu more often”

Food service staff

Parents blame the problem in part on a lack of enthusiasm or skill level of food service workers. These parents want to see an effort made to encourage cooks to prepare meals that are creative and appetizing to children instead of bland or pre-packaged:

- “...more education for the staff. Most of the food service workers are not educated in how to prepare a healthy meal that actually tastes good”
- “Food service education and enthusiasm for the changes”
- “I do believe...that the cooks need further education on how to prepare the new items as they are not always prepared for best flavor and texture and this has turned some of the kids off from the start”

Local and organic options

Some parents pushed in their comments for a focus on eating locally at school lunch and providing seasonally appropriate food from local farms and dairies. Others want to see more organic foods-- especially fruits and veggies—served at school lunch:

- “Expand our garden program at school for raising their own food”
- “1. Organic 2. Non-GMO 3. Local”
- “Purchase local and support the farmers and dairy close to our town”

A la carte options

Some parents think that providing a la carte options or a buffet-style serving line would allow children more personal agency in their meal choices and encourage the children to eat more of what’s on their plate at lunchtime:

- “Would be nice to have a salad bar type option...where there were multiple fruits and veggies to choose from”
- “A la carte would help rather than a meal. We are very wasteful”

Desserts or treats

Some parents wish a treat or dessert was provided every once in a while. They believe that if a child is completely denied desserts or sweets at school, this can lead to overindulgence later at home:

- “It seems like they need a healthy dessert to liven up the mel [sic]”
- “All meals should be healthy but have that dessert too I think kids are gonna eat it when they get home if they don’t eat it at school”
- “Focus on moderation of junk food is the key, don’t take it away completely could casue kids to ovreat [sic] when they get home from school due to lack of food/flavor in school lunch”

Milk

A few parents pointed out the hypocrisy they perceive in schools implementing healthier options while continuing to serve flavored milk:

- “I went to my son’s school for lunch once this year and I noticed only two children in the lunch room were drinking white milk. The rest all had chocolate milk, it seems that given a choice most kindergarteners choose the sugary drink.”
- “I wish they would get rid of the strawberry milk. So much emphasis on healthy eating...yet the strawberry milk remains”

Changes are positive

Though in the minority, some parents feel that the new federal school lunch guidelines are a step in the right direction, and look favorably on the changes they see in their child’s lunchroom:

- “Change is never easy, but it is imperative that federally/state funded food sets a positive example for families at home to get away from simple carbs and processed, corn-laden foods. PLEASE HELP AND STAY THE COURSE DESPITE OPPOSITION!”
- “Don’t give up, despite all the negative responses—people are set in their ways and don’t want to be forced to make changes, even if it’s for their benefit!”
- “I am a dietitian so I am really glad to see the healthy changes”
- “I believe that our school district has done an amazing job with the new guidelines. They have stepped up to the plate and have done a phenomenal job”
- “I know my daughter has tried some things at school that she wouldn’t eat at home, and found she liked them because of friends eating them”

Do you have any further thoughts or ideas about improving school meals at your oldest child's school? ("Other" responses)

No fried foods.

I think they need to get more food on their plates especially for the older children. Plus they need more time to eat. 5-10 once they sit down is not enough time to eat properly!!

"my child always take their lunch when a cheese stick is for lunch. doesnt seem like a very good lunch. i would say at least 2 of 5 days a week my child comes home from school hungry. if kids are hungry they are not learning.

also at another school mychild went to this year and went for the past 3 years until this January. they would make the students take the hot lunch tray but no makes sure they eat something. i eat lunch with my child at least once a month and kids are not eating and its mostly the same kids. this goes on alot at Saydel /K-4 . i have even said something to the teachers and nothing is done."

He doesn't get enough food when he eats a school meal.

When my child doesn't like the main entree, on certain days her only other option is yogurt. She eats before 11:00 in the morning at school. A yogurt will not be enough to keep her satisfied until after school. Then she wants to snack right after school, which throws off our family meal. Yogurt should NOT be a main entree option!

I just think that it is crazy that both my children typically get 2 lunches (especially my 12 year old son) almost daily for seconds of the main dish primarily and throw away the rest ie: chicken nugget lunch he gets like 5 nuggets- this is not going to fill them up. Lunch costs me on average around \$5.00 per day for each child...by the time they get 2 lunches and 2 milks... and when they get home from school they eat again as they are "starving" from lunch choices or lack of. Neither of my children are overweight and are both very active in sports... school lunch frustrates me!! But it isn't "cool" to take your lunch so I will continue to pay approximately \$50/week.

The current system seems very complicated. We end up spending way too much on breakfast and I don't consider their options "healthy".

Talk to the kids and see what they like and don't like. Most of the foods kids don't like end up in the trash.

have the kids help select the options of what is served. give them a list of approved foods that they could choose from to help create the menus. More buy in from the kids.

I know a lot of kids still throw away a lot of their food...I wish parents could know what their child ate...I have eaten lunch at school with my children, and I'm amazed at the lunches that some kids bring..cheetos, Little Debbie snacks, juice pouches, sometimes the kids don't even get to the sandwiches because the other portions take too long to eat! Some kids will eat only a little on their school lunch tray, but of course others do better. I know my daughters feel rushed to eat. It might be a good idea to reward those who bring or eat the healthy foods? I know my daughter has tried some things at school that she wouldn't eat at home, and found she liked them

because of friends eating them :)

high school kids need more portions than middle school and elementary for the price they charge. More breads for the kids they aren't all having weight problems. one meal a day is not going to make or break a child's weight problem. my opinion only. it stems from home but for those who never get a good meal it is good for them. just don't think all kids should be punished on what the options are and the proportions when they aren't overweight and need a lot of food since they are athletes and in good shape.

Having guidelines, but more education for the staff. Most of the food-service workers are not educated in how to prepare a healthy meal that actually tastes good. Use more herbs, and garlic and onion to enhance foods' tastes. My kids want healthy food that TASTES good!

"This needs to be re-addressed. I like the idea of having more healthy meals, but I don't think they were EXTREMELY unhealthy before. Also, there are many athletes and children with high energy that are not getting enough food to maintain their performance. I hate that my kids are starving when they come home.

Also, the price of lunch is RIDICULOUS \$150 a month for my kids to eat lunch at school???"

just keep focused on spending more to make school meals more healthy. We would pay more if they were healthier.

no, they do very well

I understand wanting the children to eat healthier but it seems as though the portions have been reduced and the cost has gone up. Also from reading the items on the menu and hearing the kids talk about some of them I don't think I would even eat a lot of the food. I also don't agree that condiments should be listed as an item on the menu. Those are not food and therefore can't possibly fill them up. How can you expect the kids to concentrate after lunch with so little to eat especially when they eat so early in the day. I am not happy with the changes.

The lack of a salad bar is my main concern.

Students do NOT need energy drinks as an option - - seriously, most kids have enough energy already.

Just get meals that have some taste. These kids need something like they get at home. No whole wheat anything and enough food to go around.

give the kids a salad bar option

My son is a 17 year old 160 lbs and 6'2" and he needs much more than what is provided in a single lunch meal. He was buying two and three lunches just so he could feel satisfied so now we make lunch at home and he brings it to school. I think that the serving sizes should be adjusted for growing active boys, most nights my son has football, basketball or soccer practice and his measly lunch meal at noon cannot sustain him til his evening practices are over around 6pm! That has only encouraged unhealthy snacking of candy bars, gas station pizza or hotdogs immediately after a grueling sports practice.

Again, making the lunches taste better for the kids. There is a lot of seasoning

that can be done that is not harmful and will make the food taste less bland and blah. The portions are not great for the older children or you have to spend more to get more, which is not good. School gardens to be used in the cafeteria would be beneficial also. Again, just better tasting food would make these kids want to eat lunch at school and make us parents feel like we are getting our money's worth (most of the time y kids come home hungry because the lunch was just inedible or not appealing).

I think that the children should get some treats more often. Some great treats could be cinnamon rolls, cookies, . . . Just a little something. I don't see a problem with that. I also know that whole grains have been implemented more often but I don't think that everything that could be a whole grain should be. The way a food tastes is also very important. The key is moderation. I think that the meals can also be "too healthy" which for a child can be unappealing and so they won't eat at all. Let's not be too extreme in lunches. Make them yummy and healthy!!!

I like that they are giving more fresh produce but would like to see the main meal not a processed or fried foods. At least not all the time.

"I think it is great that the schools are trying to feed the children healthier lunches but I think that they should have reduced portions gradually so there wasn't such a drastic change.

My kids do like many of the meals just not the portions."

The smiles on the cooks faces are also one very important ingredient. Children will often try something if it is served with a smile. I love the fruit and vegetable table available for the kids. However, many times my child does not choose anything because he is wanting to finish eating quickly. They should be seated for a little longer time before they are allowed to get up to go back to their classrooms. Many times he will open his milk carton, but not drink it if he sees others are dumping their trays.

remove vending machines

I like and understand the concept but child obesity comes from home, not school. Students that eat healthy at home will eat the same way elsewhere. I do not believe changing schools menus is the solution. If a child is overweight, it is the parent/guardian's responsibility. I would like to see a mixture of both the good fun food and healthy choices.

No, but there were 2 questions I wanted to go into further detail on. I was asked if my child ate more fruits and vegetables since the beginning of the year. I had to answer no because there was no other option. I would have said that they have always ate the serving size of fruits and vegetables if that was available.

The biggest problem for my kids is there is not enough to eat. They are both athletes and at a healthy weight so they are very hungry everyday. In turn they get doubles of the main dish every day which is more expensive for us to pay. They are not big egg eaters and just by putting more of them on the plate, they will not eat them if they do not like them. My son will eat does eat salads, but now they don't offer ranch everyday he is unable to even supplement with that either.

no

I feel like the students are rushed through the lunch shifts. My kids wait in line and then are forced to be finished eating in 10 minutes. They typically throw food away because there wasn't enough time to eat it. My oldest has started eating like a wolf - even at home. They are being trained to eat FAST at school and it is unhealthy.

I agree with healthy eating, but sometimes I wonder if portions should be a little bigger to keep them fuller because the foods are healthier with less fat. A little fat does help keep them fuller longer. I am not saying to give them a greasy cheeseburger, but a chicken wrap shouldn't be small.

More preventative programs regarding the above items...

Allowing more time to eat they seemed rushed. Offering bread and butter sandwiches daily. Frozen yogurt for a dessert, string cheese or more cheeses. More drink choices instead of always milk. It seems like they need a healthy dessert to liven up the meal. There are too many canned fruit days on the menu and the kids get tired of it.

I would like to see that school will allow parent to serve at lunch or breakfast at school. so parent get more involved in their children's nutrition. I think it should be mandatory for each parent to participate in their child's nutrition at least once a month. as a parent I would love to be part of making a lunch menu.

Take all the junk out of the vending machines. Make more things from scratch, stop buying prepackaged or canned things. They are full of preservatives, salt, carbs and calories.

I just don't like hearing that the food tastes terrible and that they are always hungry after lunch.

Serve a meal that students will actually eat. My student often eats more than one of the main course just to get enough to eat. High school students who are actively participating in sports are not getting enough to eat from the school lunch program. I have spoken with several parents in our district and the school lunches are often talked about as being unappetizing, poor in taste and very lacking in the amount of food the student is served or allowed to have. Often times my student will take a snack with him to school and grab something before sports practice. I feel the cost of the meal is extremely high for the amount and value of the meal. I think the school needs to concentrate more on the physical education program and getting kids enough exercise rather than cutting back on food portions.

Please make sure all foods are chemical free and we know the source of where the products are coming from.

Offer salad bar

The foods and choices that are offered seem to be pretty diverse, healthy, and for the most part appetizing. The problem is ensuring that a 6-yr old actually eats the good things that are offered when she eats school lunch. So, I guess my point is that I think what's offered is generally good and appears very healthy, but for that reason my picky eater often chooses not to eat it, which is more of an issue with parenting and things we need to work on at home versus anything the school did or can do.

Give the kids more food, and better tasting food. That way there will be less waste. Also serve a little cheese with broccoli.

My daughter said the meals don't have as much flavor as they used too, but they are ok.

I would definitely cut out the processed foods. My family does not eat any processed foods at home, nor do we eat fast food or drink soda. I would like for my child to receive the same nutrition at school as he does at home. I feel leary that my child will receive good nutrition at school when the governor of Iowa supports serving our children "pink slime" meat but I will remain hopeful that someone will make changes to the lunch program.

"Determining what days they serve a smaller number of school lunches due to kids bringing home lunch and possibly eliminating that main dish.

Having the older children do a survey similar to this to determine the more popular healthy items and have them on the menu more often.

Having the food service contact food ingredient suppliers that can offer great taste, but keep it healthy. Ajinomoto North America, Inc. offers ingredients such as this that will keep the flavor, but still be healthy and all-natural."

They offer too many chicken patties.

Give the kids enough food otherwise they will bring "junk" food to supplement for the lack of food they are receiving at lunch. This is especially true at the middle and high school levels. Kids just eat more candy and stuff before and after lunch because they are hungry.

The amount of time given to these kids for lunch needs to be increased. We preach over and over the importance of eating slowly, chewing and digesting food, and savoring the eating process so our "20 minutes til we're full" signal kicks in. These kids are herded into and out of the cafeteria before they even get a chance to try all the "new" stuff on their trays! If they would be given ample time, plus normal portion sizes instead of these sample sizes they are given now, the afternoon would be more productive because their stomachs would be full and they could function on 100% power instead of starving to death all day. I think we have cut back WAY too much in this area and there has to be a limit on what we can take away from these kids. They burn more calories than we do. They are not slovenly adults - they are active kids who have 1-3 recesses a day, P.E., after school activities, etc, and they need to eat during the day!! I'm all for making the kids try new fruits and vegetables, but when it's served as the only thing on the tray and there is no decent source of carbs or protein provided, one little apple half isn't going to cut it. The high school kids are starving and we are talking about 18 year old boys who play football and can't even get a decent lunch at school to keep them full til after practice. I would like to see the school districts reimbursing us parents for all the extra snacks we have to feed our kids after school just to make up for what they haven't eaten all day. We may as well be giving them all two suppers instead.

My oldest child is a very active physically in sports. If I do not send extra protein bars with him to eat after school, he does not perform very well in his activities due to lack of energy. The school lunch does not provide my child with enough fats and proteins to keep his energy up and focused.

Having enough available for kids in last lunch

I don't think it makes sense to require kids to take an item when a huge percentage

of them will not eat it and it has to be thrown away. If there is a chance to bring some common sense back to the school lunch program it would be great. However, since it is a government program I realize that may not be possible. Sorry it is not what you wanted to hear (especially with a Univ of Iowa study) but I think this is the truth. It sounds like this survey might be trying to “educate parents” and not try to fix the problem.

Our meals improved greatly after a new food service director was brought in. She communicates well with staff and external publics to explain decisions she makes and food offerings. More than any federal mandate, a person effective at their job is important.

Fruits/veggies should be an option for kids to take - making them take them and then the kids throwing apples, etc away at the end of the line is just causing the price to go up! I agree - kids should have option to take healthy foods but if they choose not to then that is fine too. It is also the family responsibility to encourage good eating habits. It is amazing to me how much food is now thrown away and I think it is ridiculous.

Less processed, packaged foods, promote the healthy changes and why they were made, the benefits of the changes

Better protein base. Fruits, veggies, fiber. Something to keep them fuller longer. Always over hungry by 4:00 p.m.

My child states that she often throws most of her lunch away because she does not have enough time to eat.

I would most definitely like to see a change in the school lunch program... We are charged the same amount each day for the minimal amount of food that my children receive. If my children are still hungry by the time they are done with their lunch at school I do not believe the school lunch program is doing its job. Both of my children are within normal limits as far as their weight. They do not eat a lot of food or ask what I would consider out of the norm for a snack here or there. But when they come home from school and feel like they need to eat an entire meal by 4:00 because they are hungry is very unsatisfying to me and my family!!!

Requiring students to take fruits and vegetables that they know they do not like is a total waste of food and costs the schools more money to run the food program. I read in the paper that a school is overspending on food costs and may need to raise the cost of meals for families. Families in my town that pay for full meals cannot afford this. By high school kids know what they will and will not eat. Quit making it mandatory for them to take foods that they will in no way eat but will just throw away.

“More food that the children will eat!”

We understand how different foods need to be introduced....but at the same time how much is thrown away???? I have been a lunch aid in different schools and I have always been concerned with the waste and always worried that the child did not eat enough. People who produce the menus NEED to be in different cafeterias at lunch and watch what the children actually eat and what is thrown away. What is more important serving food that children will not touch or the child having a full stomach. Are the children really getting “Healthy Meals” if they are not eating the food that is offered. I can not afford to have my children eat lunch at school very

often, because they end up coming home starving and saying that most of i went into the trash like everyone else's did. Healthy meal means that the child is eating PERIOD!!!!"

Food Service education and enthusiasm for the changes and more time for lunch would help a lot.

We used to have options for picky eaters or boys that don't get filled up by school lunch alone, I think this needs to be revisited somehow. There has to be a happy medium.

Be sure to offer better quality foods. For example, my child often complains that the fruit that is served at school is "runny". Who would want to eat "runny" fruit? Fruit should be whole, or chopped. Not runny. My child loves fruits, meats, and vegetables, etc., and always has been raised to do so. But when my child is served something that tastes somewhat like chicken, and is called fish, I highly question the quality of the food that is being served. Additionally, if the costs of lunches are going to be high, the quality should fit the cost.

At our son's school in the last few years offered a fresh fruit bowl every day with no limits taken. This really increased the amount of fruits that my son and his friends ate. So, our school was trying already to offer healthy choices. They made tacos with ground turkey, and served turkey hot dogs and they limited the amount of desserts offered monthly just to show a few examples. These are changes that the kids didn't even realize were happening. It's not that we don't want him to eat healthy. It is mostly how it was changed so fast as well as the limits on protein and grains. When students are in High School and they have sports after school, it can make for a long day. Two ounces of protein just isn't enough.

Less grain-based meals

At our school, we need to hire someone who has knowledge of quantity cooking. We sacrifice flavor and nutrients by using improper cooking techniques, cooking too long, and not knowing how to increase recipe amounts. We need someone who can do math!!!! Our school throws away SO much food, it is shameful. The Iowa law needs to change so some of this food could go to the care facility, homeless shelter, or even the local animal shelter. WE WASTE SO MUCH MONEY IN OUR FOOD SERVICE PROGRAM!!!!

I think children should be fed twice a day, at 10 & 2. One meal is not enough. Kids and adults need smaller meals more often. Reducing the caloric intake was a good start, but the kids need to eat twice if they are going to get less food at one setting.

If the child is low on money in their lunch account, the school is now only required to serve a carton of milk, not even a sandwich anymore. As a parent on reduced lunch, I may not have money available right away to put into that account, and my child is in sports, goes to school at 8 am and is there some days until 5:45 til practice is over, and there were a few days she only had a milk..how can this be considered healthy and better for her under the current guidelines?

For some reason the quality of hamburgers are poor. This needs to be looked at. Some of the bulk commodities are used creatively, yet seldom in desserts. We would like to have Friday dessert. Having breakfast items at lunch would be positive, especially if they are protein, like eggs or sausage.

Does chocolate milk have to be offered everyday? As a kid we had Friday only.

It has been very frustrating this year since I am a firm believer in eating school lunch. It's there so it's convenient and it's inexpensive. But this year almost every day there is something so ridiculous that we talk about it at dinner. My daughter is a good eater and not picky. The reason there is childhood obesity is not because of school lunch. It's because kids come home, sit in front of the TV or computer and eat junk food. The parents need to take responsibility and not blame their child's problems on the school. The kids are so hungry from not getting enough to eat at school or it really does not taste good so they don't eat it. I have eaten many of the meals and sometimes it's just hard to stomach them. The day they had "glazed carrots"....i was like they had sprinkled cinnamon on them. They were awful. Bring back common sense. The elementary does not allow Ranch dressing, and this generation has been brought up to eat their raw vegetables with dressing, so they don't eat them. They are thrown away. My daughter has a friend who is vegetarian and some days there are not options for her except an apple. They tell her they are required to give her the meat, so then she throws it away. We have quite a few families on free and reduced so bringing their lunch from home is not an option. The lunches need to taste better and again, use common sense instead of charts to determine what should be served. I think the government officials should come and eat sometime and see for themselves what havoc they have caused.

The BIG problem is that if the portions are so darn small in these school lunches is that our kids come home and are STARVED after school! That makes them turn to literally anything to munch on because they are so hungry! The school meals do not sustain kids that go right off to a sport after school either. Some kids are built bigger and could stand to be allowed to eat more whether it is healthy school lunches or not so healthy school lunches. My biggest gripe is portion size and lack of "home cooking in the school lunch program. Too many pop in the oven finger foods

I feel that with the new food program that there is a lot of waste. Children are required to take items, even if they know they are not going to eat that item, and it gets thrown away. I feel that that this is a cost to the school district, which they cannot afford, and in turn a cost to parents, as school lunch prices continue to go up. There is so much food going to waste.

Getting enough protein options, having the opportunity daily to have an additional simple salad bar along with a main meal option, and offering healthy/affordable ala carte items are more important at lunch. This is because too many kids are resorting to bringing in/consuming unhealthy food because their hunger isn't satisfied at lunch. Even if lunch prices needed to rise to account for these options, it would be worth it.

Not that I haven't already spoke of

they put apples in salt water nobody eats them do to this.. they should use lemon water. The turkey hotdogs are gross a different brand might be better. Chilli has changed and its no longer good. potato soap is good. the corn is still hard sometime like it not all the way cooked. Flavor up the green beans..

It is fine to be healthier, but I have a child who doesn't eat veggies so he really is hungry or buys extra ala carte items. I don't think students will be any healthier by reducing the portion size - it just makes them snack more when they get home.

Let the child have some say on what they like to eat. Why do we have to take all the

fun stuff away.

A kindergarten student has a smaller appetite than a 5th grader. Would be appreciated if the older elementary kids had more options available. Our school used to have salad bar for 3, 4, 5th grades. That was replaced by garden bar, but there is no longer lettuce available as an option. My oldest child loves lettuce and would fill up on lettuce if it were available to her, especially on days when the hot lunch was enough.

Getting more staff to help prepare fresh foods

Getting better but need to reduce the processed cheese. high sodium content, refined sugars and trans fat. Meals should be mostly fruit and veggies with a small amount of QUALITY protein and dairy. Meals need to make them full and FEEL GOOD also.

Let the schools have their own meal plans. Parents input is best!

Seconds need to NOT be offered at school. They need to see who is eating hot or home lunch each day. Over a period of time, this could reduce the cost of lunch or even reduce the amount waste. If seconds are offered, they SHOULD NOT be free, and ALL parents should be made aware. I can't help my child lose weight when she is over weight when what I do at home is wrecked at school. I can not be with my child 24/7, and it is VERY frustrating.

It would be nice if we could do away with the pre processed foods. I feel those items are what are making our lunches unhealthy. Our students aren't offered different choices for entrees. If they could be offered a selection to pick from hopefully there would be something appealing to everyone.

teaching kids about portion control rather than taking all the foods that they enjoy and telling them no. The way that the food program is set up now, encourages preteen children to not eat the foods that they are supposed to eat, this makes them stop at as stations on their way home to eat the sugary snacks that they are not supposed to eat because they are starving!

I graduated from Alden myself and knowing that all of my kids get a healthy meal at school is important. But I also know that at Alden it is one of the best 'home-cooked' meals they will get while in school. While some things have changed over the years in terms of portions and content the flavor hasn't been replaced or substituted in the process.

Just cook simple things kids like to eat!! Food should not be transported to different facilities either, that makes it taste even worse. The meals this year and last year have been some of the worst I seen in a long time at our school!! My child is starving by the time they get home due to most days its terrible!! Something needs done, I think a lot of it is that employees just slop it together and don't care what it taste like or what it looks like!!! More training on preparing meals and how to serve it.

"Provide alternative options for children - individual fruit options possibly. Include parents more on what is served at lunches - what the new options are and why.

I heard a little on the new lunch options, but not much lately. What are the new foods Survey the students too - see what they would like. Try new things as a group

in classrooms, or involve classes in preparing foods. Kids try things when they are introduced in a fun way or if they are part of the process. The garden is an awesome idea I think that should continue. Include a 4-H club to help with this project.”

I am concerned that the students are not getting full so they end up buying something else that the school has to offer that is not healthy. This is defeating the purpose of the healthy eating. They need to be serving foods that will satisfy them especially if they stay after for an activity.

Allow more time to eat and digest food properly. Children rushed through cafeteria lines and unable to finish their food most of the time because they need to rush to the next class.

Go back to the way they were.

provided more prepared foods instead processed foods, example meat loaf, more soups, baked potato bars,

they need more. what they get now is not enough. it doesnt matter how healthy it is if they are so hungry that by the time they get home they eat whatever they can find

I would like to know why it's okay for schools to sell a la carte meals and let students buy 4 donuts in one time or why donuts would even be available to be sold. Or how about why a student has to take a fruit and veggie with their normal meal but can make the choice to buy a gatorade (which is a sport drink and should not be sold at lunch) and a bag of chips and that is all they eat for lunch?? Doesn't make any sense AT ALL!!!!

Meals need to take in to consideration the needs of the thin, athletic students and provide them with more calories, proteins. Our pediatrician recommends that my sons drink 2% milk. It is not available now. Maybe provide a high protein drink or food option for the athletes or students that need more calories or are supposed to try and gain some weight. These new meals have actually been detrimental to my sons' health because they are not providing the calorie needs of my kids. Hard for them to maintain their weight when they are out for football, basketball, track etc. They are burning more than they are taking in most days.

none I fear the day she moves on to another school and no longer has the wonderful caring cooks she has now...she loves their food and its always healthy and good for her...but she dose say sometimes its not enough!

I've noticed that the school has absolutely no seasoning on any of the food. The green beans are directly out of a can and the broccoli is overcooked. I agree that schools need to provide healthy food. But it seems unreasonable to me that they can serve yrup with french toast but they don't put any cinnamon or sugar in the oatmeal. It is so nasty, very few people will actually eat it. They provide presweetened cereal and apple juice and orange juice and chocolate milk in one breakfast!!! I think it would make much more sense to put just enough seasoning/ sweetener in the healthy food to make it palatable so the kids will actually eat it. And cut back the chocolate milk to once a week. Get rid of the presweetened cereal altogether. Amazingly enough, my kid agree with me.

give them something they want to fucking eat jesus christ it's not that fucking hard the kids need healthy food but also plenty to fill them up

I am willing to pay more for school lunches if it means continued improvements (less processed and more fresh foods). Can we purchase from local vendors? Also, please stop teachers from using candy as rewards for good behavior.

They need to take in to consideration that older students need larger portions than the younger ones. My oldest child's complaint is that he got more to eat in 2nd/3rd grade than he does now in 8th grade. Instead of cutting the meals so much add more physical activity to all of the students school day. Cutting the school lunches down so much just makes many kids go home starving & then they get home & binge on unhealthy junk food. I know a lot of high schoolers now hit McDonalds afterwards & buy unhealthy stuff when they didn't used to do that. The plan is completely backfiring & is having a very negative effect on the kids. Also some of the kids who come from poorer families really need a good lunch at school because this may be the ONLY meal they get

taste....larger servings...syrup for pancakes....

Reduce the options for students to buy extra food like, chips, etc

No chocolate milk option, no processed meats, use homemade sauces with less sugar, 1/2 the plate of fruits/veggies

Please consider their activities. It is important to have healthy lunches but it is not the schools responsibilities to change the public.

DMPS has central kitchen -- would love individual kitchens where food is prepared at individual school kitchen. Would like children have a role in growing the ingredients and preparing zero transfat, non processed meals, which studies show children are more likely to sample. Thanks for your survey!

They have lowered the calories, which in turn has lowered the amount of food given. My daughter is in sports and has practice right after school. She eats lunch at 11:30 and does not get home until after 5:30, by this time she is very hungry. I don't think it is fair that she gets the same portions as my 7 year old. My kids have always eaten healthy, they love fruits and vegetables, but a lot of the kids will not eat what is given to them and end up throwing it away and I feel that it is very wasteful. Some of the meals are even lacking in protein, 1 tablespoon of shredded cheese on a veggie wrap is not enough. This meal consisted of the wrap, half an apple and a carton of milk. Not enough to carry you through the day and a two hour practice.

All I have to say is that if they quit having meat veggies and fruit it will be sending food from home.

school meals are extremely repetitive. If you don't like the school hamburger this week, you are not going to like it next week. My kids come home extremely hungry if they have school lunch. We have three kids in the same grade school and our oldest never takes school lunch because they generally don't give them enough food nor enough time to eat their food. I personally feel each student should get at a minimum of 20 minutes dedicated to eating lunch only (our school combines eating time and recess time and literally rushes children in and out of the lunchroom.

Larger portions; bring back menu items eliminated this year; don't treat items with higher fat content like the plague; Changing school lunches is not going to do much to change unhealthy lifestyles. Instead, let's teach the need to have parents get their kids off the couch playing video games into a more active lifestyle. Leave

school lunches alone. Students are not getting enough calories, especially if they eat late evening meals due to involvement in extra-curricular activities. This actually leads to a more unhealthy lifestyle, as students supplement their undersized lunch with junk food to make it through the day.

“I also work in the schools that my children attend. I have heard the controversy but I have been very impressed with the good food on the salad bars. Kids will complain but the choices are excellent.

Some athletes are complaining that there is not enough food. Some of the active high school students are feeling that there isn't enough. Excellent for average kids and better for the overweight kids.”

Be realistic for types of vegetables served in elementary schools. Peppers are not realistic, not a lot of adults eat raw peppers! Proteins, as in meats, are important to me. As well as having enough food to fill a child's stomach for a full day of learning.

In my opinion, it doesn't matter how healthy a lunch is if my child refuses to eat it and instead throws it away; I think it is equally harmful for a growing child to be hungry at school, as schoolwork/decision-making/overall health & eating patterns can be negatively affected. It would be nice if a microwave were available for my child to use to heat up a meal from home on days where he doesn't like what's being served; currently it is only available for staff use. Also, would like to see an option for a whole grain bun/crust, as my child doesn't care for whole grain buns & crusts, as (per my child) it changes the flavor of the dish/burger/patty being served.

Serve foods the kids will actually eat and not toss in the garbage

Reduce the amount of processed food

Just shoving healthy food at my child and her friends only makes the garbage bin heavier....

I understand the need for healthier choices, but having serving sizes that are more than an adult would even care to eat is not acceptable.

There needs to be taste to the food. Also the waste is awful. Children will throw away more food than they eat. Just because you place it in their plate they will not eat it. All my children come home starved. There should be some sort of supplement.

I think it's criminal the food that we feed our kids. We don't give our child commercial food. We pack her lunch with non-processed, non-commercial food every day. Yet, in spite of our best efforts, every day she is offered cake or candy at school. School is a primary offender in sabotaging our efforts to feed our child healthy food. It is one of the primary reasons we consider home schooling our daughter

I think the schools need to get rid of the soda machines and the ala carte menu items as well. I'm thrilled that they are trying to serve healthier meals.

“The kids are tired of getting ground meat in a red sauce on a tortilla shell every other day for lunch. There is so much waste to food.

What happened to baked potatoes, a slab of red meat or chicken on their trays? What's wrong with a cookie now and again?”

Our school does a terrible job of offering healthy choices to kids. The cafeteria is

stocked with chips, gatorade, donuts, pop-tarts. It is disgusting to me that they choose to offer these items at school as a way of cushioning their budget.

I am extremely discouraged with the emphasis on “fresh” fruits and vegetables. Frozen or canned, compared to “fresh” from California, Washington or Mexico, can be more nutritious. Plus they are much more economical for both schools and families. Our school is participating in a project to increase local foods in school lunch.

Have the government meats (chicken, pork, beef) follow same protocol as lunchrooms, (less breading, frying, pre-packaging). I find it ironic that the state of Iowa has bought into the “healthy” aspect of lunches, which I applaud, and it may be free from Tyson, but make them follow the same protocol to prepare healthy meats also before they distribute it to schools.

Get the government out of our school lunch program and put it back the way it used to be.

I would like to see more organic food offered. I realize this is an expensive move, but this is why we don't participate in the school lunch program. I feel the lunch program has gotten better, but there is still room for improvement.

I don't like that they allow the children to choose what veggies they want. My children will eat any veggie you put on their plate but there is no guarantee that they are going to choose veggies. We have no thank you helpings in our house. If it is something you don't like (veggies) you still have to have a tablespoon of that veggie. There is no exception. My children eat every veggie that is given to them.

Children are picky... Giving them more options to choose from like a buffet may help with them making the right choices and actually eat what is given to them as they chose it.

Needs MORE to eat. Meals are not enough to sustain a 17 year old boy for the entire day. He goes right to practice after school and is hungry before he even gets to practice. He's actually LOST weight this school year, and he did NOT need to lose weight. His weight is too low for his height. Eating fruits and vegetables is important but why eliminate everything else???? Glad my student is a senior and will not be eating school lunches much longer! I do not feel that that our school lunch director is the problem = her hands are tied by government restrictions.

please consider offering fruit/veggie snack carts in the halls mid morning and mid afternoon to encourage eating them and NOT throwing them away. When offered at lunch my oldest student says the kids throw them away. Make them the focus between meals, between classes.

let them have healthy filling foods like proteins

I do not think it is Michelle Obama's place to dictate what food is served at school. Totally disagree with her opinions.

Get rid of pre-made pre-packaged foods!

The price is way too high for the amount of food they get. You want me to pay for my kids to starve all day. I don't think so. I'm all for healthy food, but they are not getting enough to nourish their minds and their bodies.

I like the fresh fruits and vegetables that are now offered like cut romaine lettuce instead of bagged shredded lettuce. I think the meat choices are still sketchy. Today we have corn dogs. Why are they considered healthy?

Yes, please tell Mrs. Obama to keep her nose out of local school business. Our schools had perfectly fine, perfectly priced, perfectly healthy options until her stupid campaign to make it all “better”. Now, my child complains of lack of food, being hungry and drowsy all day due to hunger, and wants to snack all afternoon until supper just to have enough calories to survive. Mrs. Obama’s plan is ridiculous, corrupt and just plain stupid. If it isn’t broken, don’t fix it. I know high school kids who go to McDonalds EVERY DAY now after school because they are so hungry and can’t afford school lunch extras due to expensive costs. So instead, they go to McDonalds and eat that crap just to fill their stomachs with something. Is that healthier? I don’t think so, but that’s their only option due to Mrs. Obama and her stupid campaign. If we have to tolerate this lunch program for another 4 years of Obamas in office, mark my words, there will be more malnourished children in the US than when she made this her “platform.” I’d be curious to see if her kids have to pay outrageous prices for crap food or if they get seconds, thirds, and extras of food with substance in it. The whole program is a JOKE.. and Mrs. Obama is the person to blame.

I think making the kids have to take food they won’t eat, only to have them throw it away is a waste of time and money. Offering healthy foods is acceptable, you cannot make the kids eat it. Commodities are processed foods, and often that is all that is available for the schools to serve.

Government to back off, and not have as much control. Better educate parents. Why is it that children can get 3 X as much food at a restaurant than at school? Portion control needs to be better educated. Why is it that schools have to be so controlled in what they serve for lunch, which is only one meal, obesity is not going to happen at school. My children all have after school activities and by the time they are home from them they could empty out an entire kitchen. If they ate a meal the tasted good and filled them up at school they wouldn’t over eat at home after school.

Allow students to have the calories they need. Student athletes need more calories than those students not involved in activities. Childhood obesity is not going to be solved because we offer less calories at lunch. Students leave school and gorge at home and fast food restaurants if they do not get enough to eat at a school lunch.

Just would like the appropriate amount of food for a football player who is trying to get more lean muscle or in any other sport. Boys need more food especially when active than a sedentary student. My son is 6’ 4” tall and very lean but active.

My oldest child is 5’ 6” tall and weighs 130 pounds, he is active in sports year round. He really needs more food offered to someone his age and size and also foods that are appealing.

“Significant”ly reducing the amount of processed foods.

Increase amounts of vegetable and fruits they are allowed to take. They do not serve them adequate amounts of fruits and vegetables.

Stop serving so much sugar.

Increase serving sizes.”

Would love to see our children have eggs, toast for breakfast instead of things that we heat up in the microwave. No pop tarts or donuts. Our lunches should not consist of potato products 4 days a week.

Larger servings; less pre-processed food; more time to eat; make it less like an assembly line.

I have three children. My youngest has taken his lunch since the second day of school. He would prefer to eat peanut butter sandwich everyday than to eat school lunch. Taste is important, my kids come home starved, not enjoying their lunch. Would love to see delicious healthy lunches in school not just healthy lunches in school. Government regulations make lunches unsatisfying in taste.

Ideally- having smaller meals through out the day is the best way to keep our glycemic indexes steady. However, I know that is not realistic. But it would be an awesome goal to shoot for in a trial school

A few years ago brain based research was stressing that children's brains are still developing and that fatty foods aid in that development. I am not trying to say that school lunches should be fatty, junk. I do feel that the calorie limitation is unnecessary. For some children this is their main meal of the day. I don't believe that childhood obesity is caused by school lunches. I believe it is caused by foods that are eaten outside of school. I think that limiting the calories in school lunches is acting counterproductively. Home with healthy foods in them will always have healthy food choices in them.

Need to give the kids more time to eat, then maybe they could eat the HEALTHY meals being served!!!!!!

I agree with the reduction of salt and fat in school meals, I DO NOT agree with limiting of calories.

The regulated calorie counts are too low! Every child has different calorie needs and cannot be "lumped" together. Most adolescents need more calories since they are growing and very active.

My child is still hungry after a school meal due to the calorie counting that's enforced. Kids burn off calories in their sports and activities. They need to feel full when they leave the lunchroom/

Earlier you asked the question about if eating healthy meals would make my child better at sports? WHO CARES???? Just another example of "sports" being wayyyy more important than they really are! Why not ask if eating healthy would make my child better at music, speech or math - the things that actually do matter!!! WHY SPORTS??? Again, WHO THE HELL CARES???

It is fine to introduce new and healthier options to school meals, but to completely overhaul the entire menu in one year was ridiculous! Kids are not getting enough to eat and most of the students who can afford to, bring their lunch from home. Our elementary school used to have one to two lunch tables for lunches brought from home (separate because of food allergy issues) this year it is three to four.

More fresh produce instead of the canned sides. Let the students have the salad bar back with the dressing too. Student athletes need different calorie amounts than non-athletes and the new restriction on meals and no salad bar has left the athletes

hungry. New regulations should be set based on the student's age, possibly gender, and activity levels. My son often complains of being hungry throughout the day and by the time of practice his body has no fuel. We and other parents have had to buy snacks for the boys to keep in lockers for throughout the day.

There needs to be more variety in the menu. It repeats itself every month without a change of anything or anything new, but healthy to try.

organic foods, less processed foods, no canned food, coconut milk versus dairy milk

lower cost...improve taste and increase either portions or the amount of items offered...Right now they do not get enough good tasting food for the money which is why they take home meals.

"I am concerned that more food is getting thrown away that is expensive.

Instead of serving squash and other vegetables that kids don't care for, why not serve corn, green beans or more common veggies that the kids would eat?"

The staff needs to wear HAIR NETS!!!!!!

The portion sizes are not large enough for a high school boy so they go back for seconds if they have time. On some days there is not enough food for the last lunch scheduled, especially pizza. I think the improvements are great and the food is healthy. There could be more variety

I wish they would get rid of the strawberry milk. So much good emphasis on healthy eating...yet the strawberry milk remains.

Common sense should prevail. If food doesn't look or taste good, are kids going to eat it? They don't care if a food is healthy enough like us parents do—they care about the taste and if there's enough to fill them up. They need a variety. To introduce vegetables, they could blend them in with meatloaf so they taste better; make hearty stew with meat and veggies—that's just some things we do at home. I don't know any teen who enjoys squash, either!!!

I like the idea of more fruits and vegetables, but they have to be appealing to the students. Offering 2 different kinds of beans just plain -no one takes them-but qualifies for a choice, doesn't solve our problem of eating healthier. I know healthier foods are more expensive and that is part of the problem. Healthy meals can also taste good and be appealing, but we see so much processed foods every day. The carb. count is very high in our meals. Government commodities need to really be improved. Homemade foods would help a great deal.

I don't believe that we are going to shape and/or change a child's eating habits within the confinements of school. Parents need to take the responsibility of their own children and quit relying on others to define their nutritional goals. When mom/dad stop regularly at McDonald's, on the way to school for breakfast, how is a child going to learn the value of nutrition? When my son eats school lunches, he comes home after school and ravages the cupboards for as much as he can eat because he is starving, due to the smaller portions and lower quality of the food. (overcooked and dry chicken nuggets or patty, cold hot dogs with stale buns, no condiments, canned "fake tasting" fruit, to name a few). My child is a phenomenal eater, too. He eats Uni (sushi) and many other sushi's, duck, goose, pheasant, venison and many other types of game foods. He loves fruits and vegetables. So, needless to say, it isn't only

the types of food that is being served, it is obviously the quality in which it is being prepared that has significantly decreased as well.

I don't really think it matters if I think the school lunches are healthier. The lunches must be healthy, tasty and appealing to the consumer(kids) not me. In order to make the kids like school lunch the lunches should be filling and taste good.

no

cut the cost very expensive for a family who does not qualify for free and reduced, but still struggle.

The government needs to make purchasing fresh foods a priority. Perhaps each school set up farm to school programs instead of processed high salt foods.

I think keeping the government out of the meals would be best. We hire people to plan the menus and make the meals so we need to trust in them to create healthy and filling meals for our kids. The government has enough to worry about without getting their nose in school lunches!! I am guessing that if Mrs. Obama had to eat what the kids get served daily, she would be thinking a bit different on her BIG plans!!

It would be nice if they could offer options for those who are on a gluten free diet. It is hard trying to pack a healthy lunch everyday for my child.

The major problem I have is the lack of food provided, combined with the lack of appeal. If a child is offered a 500 calorie meal, but they only eat 1 item on the plate, they are severely undernourished. My child is at a very healthy weight, but at the middle school level, we want to make sure that she is feeding her body. Eating disorders are an issue at that age level, and it seems that the schools are encouraging starvation and subsequent bingeing when the kids get home from school. We keep healthy snacks at home for our kids, but I fear that in many households, the kids are starving after school, so they'll eat whatever they can get their hands on. In some cases, I'm sure that could easily be an entire bag of chips, candy bars, etc. A hungry child is not able to focus as well on schoolwork. I have helped with mission events, and the rule of thumb is always that you have to meet the physical needs first. If a child is hungry, that will be at the forefront of their mind, and they will not be able to absorb and process the educational lessons that are being taught.

it would be nice to have a full service salad better with a variety of lettuces and fresh vegetables and fruits

I know that it is hard for our health meal providers to do this because of cost..but all the food I see getting thrown away is terrible and a WASTE! Maybe the government and parents can compromise with pricing. Would be willing to pay \$3.00 or more for a healthy, good tasting and filling lunch!

Why did we have to change anything. School meals should be as homemade as possible, I graduated in 1990. Start making school lunch that way again. You say all this healthy food is better but some kids haven't tried it so they won't eat so then they don't eat and go home starving.

Ala carte would help rather than a meal. We are very wasteful.

More homemade foods for the main course instead of the prepackaged warm up in the oven meals they are serving. More food for the older students as they require

more to get them thru the day. LOVE the fresh fruit and vegetable offerings at the school... eep that up. My children come home “starving” after school and always require “snacks” before supper. I do not feel they are getting enough to eat at school. Maybe they need to be allowed a “snack time” in the afternoon. I know the younger students do..maybe they need to encourage the upper grades to allow children to participate in a snack time.

The children need more time to eat their meals. Often, they bring home part of their lunch because they do not have enough time to eat it all. School cooks should be required to wear hair nets. My kids and their friends have had hair in their lunches everal times this year. There should be less processed meat (ie chicken nuggets, chicken patties).

Cafeteria manners

Mostly it is the presentation of the fruits & veggies. Overcooked veggies are not appealing to anyone. Change is difficult & their taste buds got used to the fats & salt in their meals at school. I still do not think Nacho Chips with Processed Cheese meets the new standards for reduced fat & salt in the meal. There must be a better way to train food service staff to get out of their comfort zone and prepare & present healthy attractive meals. Children will get used to eating veggies but it will take tim to adjust their food vision and eat the items instead of throwing away valuable nutrition and calories needed for the day.

School districts should have some freedom in meal offerings, schools and students could work together on meal planning

This is what is happening---students are not eating school lunches and instead are bringing their own lunches from home. Not healthy for the most part. Students with open campus will not eat at school now and go eat fast food.

When I was in school, we had delicious meals cooked at the school, not pre-processed foods such as Pizza Ranch Pizza, “taquitos”, chicken nuggets, etc. We had tuna and noodles, school baked pizza, roast beef with mashed potatoes, and we weren’t overweigh. I think the main thing needed to fight childhook obesity isn’t the food they’re getting in school, it’s the exercise they are not getting at school or at home.

Don’t over do the “healthy aspect” to the point that tons of food gets thrown away. Use low fat dips for veggies rather than no dip. And low fat carmel for apples. Stop using canned vegetables. Let’s get back to cooking lunches! Or have a Subway day nce a week or something. The current food tastes and looks awful. There is also not enough time allotted for lunches. 15 minutes is not enough time for k-5 kids to eat.

I think the kids need to be educated at home. Unfortunately healthy foods are the most expensive. If we are offering kids fresh fruit, lets make it appetizing and good. I am disappointed in how our government is trying to control everything. ALL THING IN MODERATION! The local CASEYS loves the new food program because that is where yoy will find most of our kids after school...packing in the calories that they didn’t get at lunch! I would like to see an analysis about how many kids have lost or gaine weight on this new lunch program. I am sure it would be shocking!!!! They have probably all gained!!!!

Better tasting and appetizing. Go eat some~~

Using the low fat cheese and the whole grains has made the food taste so bad that the kids are not eating it. There are too many options each meal to focus on making the meals taste good and be good for you. Replacing chicken nuggets with whole grain chicken nuggets (which I can't even chew) is not making the food healthful.

The meals aren't large enough with portions.

Look at the breakfast offerings...

I understand the concept but these new guidelines have stripped our schools of any ability to feed our kids properly. The same rules that apply to city kids that don't have chores or afterschool activities should not apply to all. Obesity is a problem that starts in a child's home. They are receiving such few calories in their lunches that is detrimental to the athletes. They need far more. Kids are running on empty because the lunches are too small, not enough food is being consumed to keep them for the whole day. If the intention was to give some kids one good meal a day, the exact opposite is happening..if kids depended on this to be their main meal, they are in trouble. As a result most are bringing far less nutritious crap to eat and probably eating far more calories a day than they were before these new guidelines were put in place. It's a lose/lose for all.

"Here are my ideas:

1. Consider increasing the amount of protein offered per meal to help curb appetites longer (which will help keep students more focused and off-set the symptoms of ADHD and other behavioral conditions.)
2. Remove chocolate milk and processed juice from the school. (I believe 1 carton of milk = half the daily sugar consumption.)
3. Gradually begin simplifying meals to meat, veggies, fruits, grains and some dairy without focusing so much on variety as this tends to equate to using a lot more processed food, cooked food (which greatly reduces nutrition), sugar, saturated fats and empty calories. Maybe focus on presentation of the food and ambiance of the lunch room in place of variety.
4. Look for new opportunities or capitalize on more existing opportunities to incorporate locally grown produce into our school lunch program. This will help ensure that we are receiving quality products that are properly ripened. I believe there is an existing farm to school program in our area in which Luther College has done amazing things with....
5. Modify the breakfast menu drastically to *truly help students start their day off right. Humans, especially those with ADHD and behavioral conditions (who tend to frequent the breakfast line) function best when they start their day off with a high protein, low carb breakfast. Cereal, pancakes, waffles, french toast, cinnamon rolls, donuts and cinnamon sugar toast....topped with chocolate milk seem to be counter-productive to the school breakfast program however replacing those items with hard boiled eggs (or eggs of just about any sort for that matter), yogurt, fresh fruits, healthy breakfast smoothies, almonds, oatmeal, granola, breakfast trail mix, etc all seem to be great options that are fairly easy to prepare. Maybe we could offer a breakfast bar in place of the traditional "breakfast meal"???"

If anything needs to change it's the use of food from a box, and the use of the same food every day.

I would like to see more “homemade” type of food items instead of the pull from a box frozen over processed premade items that are full of soy fillers

Appreciate the deli sandwiches the school offers as a substitute in case my child does not like what is being served.

Take the athletes into consideration for portion sizes. Having to go back to the ala-cart line after eating everything on your plate cost more and misses the whole point. When they have to eat something before practice to keep their energy up tells m they are not getting enough to sustain them.

I think healthy meals are great, but it is the quantity that I have a problem with. You only asked about my oldest, but she is not where my problem is. I have a 13 year old son in 7th grade, who is famished after eating the school lunch. There are not enough calories for active children. He has taken lunch ever since the first week of school. These kids that are in sports are not getting enough. I sent granola bars and other snacks for him to keep in his locker so he can eat before he goes to practice. Tere were kids passing out and getting sick because they didn't get enough food. 800 calories is not enough. They burn more than that during a hard practice in the heat. I am all for healthy choices, but fruits and vegetable do not stay with them. They ned the protiens and the carbs. And there is nothing wrong with a child at a healthy weight getting dessert. Just because there are children who are obese, this should not be the only factor in what ALL school children are offered. Most of these kids involed in athletics are running to the convenience store, McDonalds or Dairy Queen after school. This program is backfiring. I for one am very upset with the whole thing. The way you phrase these questions implies that I do not belive in healthy eating for m child if I disagree with the school lunch being healthy. Yes it is healthy but there is not ENOUGH of it. My oldest child is fine. She is an active sophmore girl who eats one thing at lunch because I limit what she can spend on a la cart. How healthy is hat? She won't eat the school lunch because she doesan't like it and I don't like to pay the price for the school lunch so that she can eat the broccoli which she loves and then throw the rest of it away. My kids are healthy, but they are being punished ecause a certain percent of children are obese. This study will be skewed because you have limited it to the oldest child and because of the way the questions are phrased.

Choices! What ever happened about giving our kids a choice...I know it would save me a lot more time and money.

No matter how “healthy” an item is, if the kids don't like it, they won't eat it, therefore, they just go hungry or throw it away and there is waste. Making food taste good and eye appealing is very important to gettting kids to eat. What is wrong with erving ranch dressing with carrots, etc.. if it gets the kids to eat the carrots which are healthy? If the kids don't get enough to eat at school because they don't like what they are serving, or for whatever reason, then they just go home and “pig out” n unhealthy foods, thus defeating the purpose of the whole healthy foods act. One meal a day at school is not going to have a huge impact on a whole generation of unhealthy obese kids. Something has got to change at home. Sorry Mrs. Obama, but get thes lazy parents off the couch, off entitlement programs and at a job and then maybe we would see our kids being more productive as well.

FRESH, not processed foods

The healthy kid act seems to be a one size fits all. I think it was supposed to be

about having healthier choices. My children are very hungry when they get back from school. My children are far from obese and very active. Not all children are obese. I think the serving sizes are crazy. They can only have so much ketchup? I also teach kindergarten and I know my kids would eat more of what they are offered if they had ketchup to go with. Just common sense sometimes. I don't understand why the serving size is the same for a 5 year old and a 16 year old. Athletic kids have to go a long time from lunch to dinner.

I have all sorts of issues with what our government considers a "healthy" balanced meal. Educating parents has to be part of the process. Allowing them to use the salad bar. Both my boys would use it. Cut back on the grains on the menu. More protein offered. I don't think they need deserts like cookies and cinnamon rolls and brownies. They are not allowed to put food like that in their bodies at home. Why are we loading these kids up with sugar and processed carbs and then expecting them to sit and focus on school work?!

I personally think the direction we have gone is fine. They aren't going to like everything served, but if it's healthy, at least it's on their plate and they'll eventually realize it's this or nothing. I think the school dieticians are doing the best they can with the budgets and guidelines they are given.

The thought I do have is that some of the healthy foods introduced at school have been taken too far. I have no doubt the foods that are being served are foods that are good for the kids, but they are foods kids in general do not care for. Therefore, yes we have healthier meals being served, but the kids aren't eating those foods.

There are many students who have been bringing cold lunch this year because the food choices in our school are unappealing. I think that if we were a little creative, students might eat school lunch more often and be influenced by the healthier alternatives offered at school. For example: My son will eat black beans in many dishes at home, but thinks they are gross at school when offered by themselves in the gravy.

"It would be nice if extra fruit/healthy snacks were provided to students participating in after school activities, especially ones that

require physical activity. I feel sorry for athletes who are served small quantities of food at lunch (especially if they don't like what's on the menu) and then have to go right to practice for two hours. Some of those athletes are from homes where the parents don't have money to provide snacks or have parents who don't care."

I am in complete agreement with the healthy meals, but my children are involved in sports. They need more protein and food to sustain them through sports practice.

Go back to the way that they were served. Kids ate the food better. Now they get lunch but tend not to eat it so they eat more at home because when they get home they are starved!

Foods that are healthy that kids will eat. There are many children in this community who go home hungry because they will not eat the food that the school offers. Snacking right after school creates bad habits and make the kids not as hungry for supper..

Our school seems to feel that serving the same food as before but serving less of it to meet the new mandates. The food is no better than it was just less of it. Also,

there is no variety, it is the same 14 meals repeated over and over and over and a great majority of it is preprocessed junk like crispitos, fish sticks, and Rib sandwiches. It is cooked at one school and transported to the others so it is often cold and rubbery which doesn't help to get the kids to eat it. When they serve healthy thing like black beans, they don't season them at all...what adult would eat them that way? Also, what is wrong with an occasional treat? Not every day but once a week, why can't they have a cookie or a piece of cake. Also, how can portions and caloric necessities be across the board the same for every kid? Some kids need more calories based on size and physical activity. Here is my thought, feed the kids at school as much as they want but make it for the most part healthy...then let parents PARENT their on children, yeah some parents are horrible when it comes to feeding their kids but they are the parents...not the government or the schools. For the record, I serve very healthy meals at home and the reason my kids aren't eating more fruits or veggies at home now as compared to before is because they have always eaten them...some of your questions, might need to be rephrased.

Most kids do not like lots of mixed vegetables and fruits. So if you are going to increase the amount of these just give them their favorite veggies and fresh or canned fruit. Quit making weird salad and mixed vegetable combinations like carrots and raisins OR let them mix them themselves.

This pertains to my younger two children, however overlaps with the older one as well. We print the lunch menu calendar off each month and go over the meals with them to see which days they want to eat school lunch. One day for example has nacho chips and nothing else, most days only had one item mentioned. Most days we send lunch with them because we cannot clearly tell what is for lunch and whether or not they will eat it. When I have been to lunch at the school, I see more food wasted because they appear to be getting a high school students serving size. I do not see much difference in the size of the 1st grade serving and the teacher's. Overall I think that the school system does an ok job of providing a healthy meal under the restrictions that they have, however, I think everything can be improved, and needs to have a realistic approach.

There needs to be more protein. I understand they want to add fruit, veggies, and whole grains but protein is what will keep them full until they get home. I think the amount of protein they receive now is way too little and I see school meals a lot!

Why don't you ask the kids. My kids are regular teenagers. But when it comes to food, they are learning new tastes but the biggest thing I have found they like: variety, fresh fruits/vegetables, my kids love salads, fruits cut up.

"A little ways back in this survey, it mentioned not having processed or pre-packaged foods. We have tons of those at the school, it seems like many of the meals are just open the can, heat up, and serve. Or open the box, get out the little packages of food and throw them on the lunch tray.

As someone who spends many hours at the school, I know that the cooks are not pleased with the kind of food that they are forced to serve. It seems like a joke to spend money on food that kids don't want and won't eat. Just another example of government interference. When teachers bring a school lunch to the lounge, we still talk negatively about the choices of food. Give me the cooks from my Catholic elementary school who knew how to make everything from scratch and who produced some of the finest school food ever. I have decided to not put any more money in my kids' lunch account this year. When they are out of \$, they will have

to take their lunches. At least then I know they won't leave the lunch table hungry."

Children are not becoming obese because of the meals they get at lunchtime at school. That is only one meal per day/ 5 meals per week. Although I don't have a problem with school lunches being healthy....I do have a problem that my 4th grader comes home everyday and the first thing she wants to do is get something to eat when she just ate lunch 3.5 hours ago. The limitations on quantity are absurd.

Cant stress enough I think all kids should get one of everything. All meals should be healthy but have that dessert too I think kids are gonna eat it when they get home if they dont eat it at school

Fewer beans

My children are both in sports and they do not get enough food to carry them through an after school practice. They both lose weight during any sport season, even though they have an endless supply of healthy food at home.

as stated previously - oldest child's meals should offer dairy free - she has to take milk even if she tells them she doesnt want this (she is dairy intolerant so therefore wastes a carton of milk regularly!!), as a parent I need have option of gluten free which I am sure other students do as well...should provide another dish or 2 for options each day

As the parent of 2 active middle schoolers, the portion size offered is very small for growing adolescents.

I think that if the foods being served at school do not taste very good then the kids come home hungry and eat whatever they can get their hands on. Having these "healthy" meals at school doesnt help when the kids go home and are able to eat whatever they want. "Healthy" should start at home with the parents being good role models. That is what needs to change first--not the school meals. My healthy kids go school, get a not so good lunch, go to practice, and come home starving.

Use less pre-packaged meals and cook more from scratch.

Schools should be allowed to do their own thing and they know how to provide good nutritious meals without the government breathing down on them.

"I think the hot breakfasts that were offered were more nutritious than the cold sack breakfast they get now. I especially don't like all the processed foods offered for breakfast

I also don't think we should worry so much about calorie counts for children in elementary and middle school. Instead let's fill them up with nutritious, fresh foods. For many of the children this lunch is the only meal of their day. I understand there is an obesity problem with the youth but we need to teach them and their parents about healthy options and start good eating habits."

Kids are spending more than ever on "ala carte" items and extra servings of the main dish because the foods they are now offered aren't as satisfying as before. On grilled cheese sandwich & chili day they get a tiny 1/3 cup serving of chili and 1/2 of toasted cheese. On Mac & Cheese day, they used to get their Mac & Cheese plus little smokies, a cinnamon roll, veggies, and fruit. Now it's just the Mac & Cheese, veggies, and fruit. So they just end up spending more money buying extra Mac & Cheese.

Make the menu appealing to start with, according to the kids, so much food is being wasted. Such as black beans. Who eats plain black beans for a side dish? Have a variety in the menu, it's like we have a 2 week rotation. If the kids don't eat it, don't fix it again, find something different that's healthy. Why can't kids under 9th grade have a piece of cheese on their sandwich or lettuce or sour cream on their taco? Only HS can have the sweets? WHY? they don't have recesses. I have two younger children we have 3 recesses and PE and burn all they consume. Make unlimited salad bar, or have 1 fresh fruit/veggie that day that they can have more of. I think the new guidelines are so hard to comply with that it has turned parents and kids off of school lunch, which in the end will break the hot lunch program. People are not going to pay the prices we do for such little food. Teachers shouldn't have to pay more when they don't get adult portions either. My 3 children NEVER packed a lunch before this year unless they were going on a field trip. Now we pack at least 3 times a week per child, and we pay for our own meals.

my youngest child eats the meals and my oldest does not.

When they participate in sports this definitely is not enough food to eat to keep them going all day

Provide choices for students. Allowing them access to fresh fruits and vegetables everyday at lunch. I would like the school to provide meals that are prepared and not just thawed out and cooked. They didn't make the food any healthier, they just cut down on what is offered to them, I don't feel the school is following the national guidelines for school lunches.

Encourage the federal government to decrease its reliance on processed foods as a part of the school food subsidy (Nutrition program). I can all but guarantee that school lunches would be healthier without chicken patties, chicken nuggets, pork fritters, and such.

How can the school continue to serve sugary foods at breakfast time? The students get frosted long johns, funnel cake, fruit loop cereal, cinnamon buns, etc... Why aren't the schools required to serve a hot breakfast every morning?

Regulating meals with blanket requirements for all children in this way will not curb obesity and will not encourage change at home. In fact, the students who leave school hungry are more likely to go home and eat unhealthy snacks, as opposed to eating more during school lunch. My child has low blood pressure, so regulating her salt intake should not be the school's responsibility. She needs the additional sodium that the school has cut from the lunches. In addition, the caloric requirements for an active 8th grader should not be the same or similar to those of an elementary student. There are a very small number of students who would be considered "obese" in our school district, and yet all students are affected by these changes and not in a positive way at all. We are still paying the same price for a lunch that does not deliver enough nutrition (calories, sodium, etc) to adequately benefit our child.

I am all for healthy food but they need to provide enough food at the same time. We serve healthy good food in our home and it can be done on a budget. Moderation is very important to teach children also. Giving them the correct portion of a dessert or a higher fat food is going to go further than taking it away as you are then teaching children to binge. When you are deprived something generally the next time you have it you overeat. Serving food that children don't like nor will they eat is a waste of money such as black beans. You could add more to them and have children possibly

it them such as tomatoes or corn.

Continue to eliminate prepackaged foods. Continue to provide fresh fruit and vegetables. Continue to taste tests. Continue to introduce different foods that I might not provide at home because they are different than our families traditional (customary foods, ie., jicama salsa

At my son's school, kids who have decided to bring cold lunch on a consistent basis have been chastised by the dietary personnel. They are not allowed to ask for a napkin, a condiment packet, and have even been denied at times if they want to buy a snack. So many kids were bringing lunch they wanted to heat in the microwave, staff finally said they couldn't use the microwave at all. As a result, student senate was able to get funding to purchase 5 microwaves for the lunch room on their own. Students were also no longer allowed to store their cold lunch in a refrigerator that was designated for cold lunches in the past. This has been a source of much anger from students and parents.

Obviously the kids are not eating the food. If parents can't make healthy food at home too bad. It is not up to the school to serve what they call "health food" if the kids aren't eating it not only is it wasteful but the kids are hungry at school. They can't learn under those conditions.

I understand healthy food is good and they serve less portions to the kids, however you cannot expect a kid who is very active to eat the little amount of food given to make it thru the day and then practice after school after eating such a small amount of lunch, from what I hear the kids just go home and eat more junk food so it's defeating the purpose of smaller healthier lunches. It does help some but not all.

"There may need to be a change in portion size. Are elementary, middle school, and high school students being served the same portion size? Are the adults eating at the buildings getting a larger portion size?

My child comes home starving. Some of these kids (HS) are so active; their days begin early and with extra-curricular activities, they often return home AFTER their parents' workday ends. If lunch is 11:30, they aren't eating again until 5, 6, or 7 o'clock.

My child complains the fruit is limited to 1 piece. Why can't a student take 2 apples or 2 bananas, which should be included in the meal price? I personally would prefer my child getting extra fruit rather than having him/her grab a candy bar or chips after school because the lunch four hours earlier didn't fill him/her up. For the money I pay (NO, we are NOT free or reduced!) my child shouldn't be walking away from lunch still hungry. I could buy a Subway sandwich daily and it wouldn't cost much more than the school lunch....and my child would be full.

How to improve? ASK THE STUDENTS!! Are they going to be allowed to do this survey? I also think the school should encourage parents and/or community members to come and eat the school lunch....hold a community day....and then ask for suggestions. Many parents are clueless as to what the lunches look like today."

Fewer breaded items; I think things will improve as the students get used to the new meals, especially the younger students who are getting school meals for a first time...

The school lunches are just awful. I think just because schools have to serve healthy food, doesn't mean they can't food that also tastes good. The lunches look

unappealing and taste just the same.

Kids aren't "fat" because of school lunches. Kids are overweight because they are underactive. Making sure kids have enough food is more important than the new initiatives. There are kids who only get food at school, and they should be able to fill up. An...the fact that if they don't take the vegetable or fruit that is offered, the items are then priced a la carte is teaching them to throw food away, which is a ridiculous thing to teach our children. It is cheaper for them to take the unwanted item and pay the meal price than to omit something that they hate and pay for each item individually. And, growing kids with activities before and after school aren't getting enough to eat. I am appalled at the changes that have taken place.

they need to go back to the way it was. Treating every child like they are all overweight and need to be on a diet is wrong. Not all children are the same. Mine have been in the 10% from the day they were born, and now the school has them in same feeding style as overweight kids. Some kids have higher metabolism than others. They burn off everything the school gives them. I have been told by most kids that they throw away more of their lunch than what they eat cause it is horrible. talk about tax dollars wasted, at least the other meals were eaten not thrown away..

Please stop forcing children to take extra food the first time through the line just in case they might be hungry. Fruits and vegetables should be unlimited and students should be able to request more AFTER they have determined if one serving fills them up. They should not be charged for requesting extra carrots or celery.

My children get healthy meals at home. School lunches are not going to change people's habits at home. my children all come home Starving. The fruits that are offered at our school is either spoiled or underripe.

My child is young enough that she is full. Older students are still hungry and having to get seconds

It just seems like there isn't enough food offered. My child is STARVING when she comes home from school. She is VERY active and is in sports. I am worried about her not getting enough food at school when she is older and has sports practices/games. I will probably have to send a snack so she has a little something extra.

The cost per portion for our school lunches is ridiculous. Our high school students are being served the same portion size as our elementary students. High schoolers are generally bigger, more active, and spend less time at home. I hope something will be done to feed our students better.

Cheese bread w/ marinara and cheese dippers are NOT entree's - they are appetizers! My family, along w/ several others have been boycotting those lunch days. Our children come home HUNGRY on those days due to lack of balanced nutrition.

Don't feed the kindergartners the same amount of food that the high school 200lb football players are getting. It's just ridiculous.

The regulations seem to tie the hands of the staff too much to try to get children to try them and the training/education of the staff is minimal. The regulation should be changed to include an RD overseeing the menu and food products used and that they met 1/3 of RDA/RDI of the age group and all the rest of the regulations related to what is served could go away. The bidding process is a big government bureaucracy that is a waste of time and money. The focus is on obesity when 1/3 of the

population is obese but also 1/3 of the population (in some areas more) the school meal is the only meal they get. There needs to also be a way to meet the needs of the athletes.

There are so many healthy alternatives out there. I do not understand why schools are not using some of these alternatives. One example is ketchup. How is ketchup that contains high fructose corn syrup healthy? I am able to buy ketchup that only has tomatoes and spices (and it is not much more expensive). Kids will eat more foods if allowed to "dip." I don't think schools should serve anything with high fructose corn syrup. Also chocolate and strawberry milk should NOT be offered daily. I would be willing to compromise and have it served once a week. There is so much sugar in these. I do not allow my child to have flavored milk at home, but he drinks it daily at school because his friends do. The meals at our school are odd and strange at times. Today, for instance they had baked beans, mac and cheese, mandarin oranges, and graham cracker. I wouldn't ever think to serve those foods to my family. Separately I would serve them, but not as a meal. Many students complain about serving sizes. I think the serving size was based on the low side and may need to be re-evaluated, especially for students in sports. Those students need more calories. I think the schools are trying to serve healthier foods which I agree with. I think they have a way to go to make it even better. I support healthy eating, but there are still too many prepackaged, over processed foods. Most of this has to do with money I am sure, since schools must stay within a budget and healthy food generally is more expensive.

When children are in sports they need more than 600 calories a meal. They are active and require more calories to get through a day. Without discriminating there needs to be a way for healthy average weight active children to get more than the allowed calories per meal.

Serving more food

Less prepackaged foods more of the homemade meals I make at home and what I remember from school lunches

There is so much food that is wasted. Give them a choice of different items (example: if it is a day for chili, give them a choice of chili or chicken noodle soup) many kids do not like chili. My children take their lunch because they say that the food is cold and doesn't taste very good at school. They also get tired of having chicken all the time.

Her complaint isn't so much about the type of food that is being served but the quality of the food.

Making the food taste better, my kids come home hungry most days because they said lunch was nasty and they didn't eat it. How can this be healthier for the kids if they are just not eating at all, my child is too thin already and if he isn't eating lunch this does not help him become any healthier!

Less prepacked/processed food.

The cooked veggies are usually not flavorful at all. The kids also seemed to be served broccoli or green beans more times than not. A variety of veggies would be a good idea, and to actually cook them on occasion.

More seasoning, less chicken, less processed meals, more home made meals.

I am a dietitian so I am really glad to see the healthy changes. I do believe however that the cooks need further education on how to prepare the new items as they are not always prepared for best flavor and texture and this has turned some of the kids off from the start. Portion sizes are appropriate for the younger children however the older children especially the boys and those who participate in sports it is not nearly enough. I find that many kids pay for seconds frequently. Most of the parent complaints that I have heard are in response to the portion sizes. I do believe that the healthy changes need to continue as it will take more than a year for the kids to adjust to the added fruits, vegetables and whole grains, especially if they have not had them offered at home.

The current program doesn't look at athletes and their needs. The food does not appeal to students and they are not eating as much. There is a lot of food thrown away. My daughter frequently skips meals now or eats from a cart: cheese stick and milk or some fruit and that is it.

My son is in sports and he is not getting enough calories. He normally purchases extra food and still does not get enough. He is healthy and eats well at home.

I feel like we pay a lot for a school meal and some older kids leave hungry. I feel like we have leftovers that could be offered to students rather than wasting them. I like that school lunches are healthier. It makes my child aware of what they are eating. BUT they also need to be satisfied and not hungry so that they have a positive learning environment for their afternoon.

more food options. Kids are very picky at this age, but find my child is only eating some food or crackers for lunch since he doesn't like food being served. I think we are starving more kids and wasting more food. I work at an elementary school. We talk about the foods and make them try one bite of everything. I still see lots of food being wasted. Some kids may not be getting food at home, so nutrition is important, but does not look appetizing or taste good. What happened to meals being homemade and served like we use to have vs. processed. Make a pan of lasagna, or casseroles.

"The students need food they will actually eat. Small amounts of salt, fat and sugar ARE acceptable.

Have cooks actually MAKE the food from scratch and not open up a box and throw in the warming oven. That can not be healthy food!"

The changes in meals at school will not result in an overall improvement in health for our children. The choices made at home are more important. It is the responsibility of parents to teach their children healthy habits.

no

For the most part the meals are healthy and for food away from home is very good. My biggest complaint is that a very active child is not getting enough to eat so they are finding junk food on their own to eat in between meals when they stay after school for sports. This junk food is not provided at school, they are going to the grocery store or gas station or someone brings it from home.

Allow the cooks to cook. Allow the cooks time to prepare good food. Exercising their arms by opening cans could be done at home instead of school.

I understand offering more healthy lunch menu items, but in the process of changing to more healthy ingredients my child eats almost nothing because it tastes bad. I also understand portion control is an issue, but many times if she does like something, here's very little of it.

I feel like the kids don't know what they are eating and then they won't try it therefore they are not eating enough. I understand healthier meals but if they won't eat it at all then it's not making them healthier. I also don't believe the high school kids are getting enough food.

"if children had options of food they liked to eat they would not be hungry during school

they would focus and learn more

and they wouldn't binge eat as soon as they get home"

i think the concept is a great idea and it is good if you can get the kids to eat the stuff that are put in front of them but when my kids come home so hungry i know they aren't getting what they need in school and i know that has to affect their afternoon classes

It would be nice to have a choice of the entree. In the lower grades and in the higher grades there is one choice. I get that they can't have two full menus, but it would be nice if they had some choice. It seems that we have so many processed foods still with the healthy food act.

What puzzles me is that we really cut down on the food served at the schools to promote health. I think the kids that go home and eat junk food are still going to do that now, if not more than before, since they are probably hungrier when they get home from school now. Also, both of my kids are small for their age. I think that more calories for them would be better. Some kids' problems are not obesity. Some kids don't get enough food at home, and serving small lunches isn't doing them any favors. My kids know what healthy foods are and what is junk food. They knew this before the school changed its lunch program. They don't like the food much anymore. The survey asked about my oldest child. My youngest child takes a cold lunch from home every single day because he does not like school food at all anymore. I also feel if a child is obese it is because of bad habits at home, like eating junk and drinking soda, and sitting on the couch after school. I don't think eating a serving of spinach instead of a serving of lettuce for lunch is going to change these children's lives. Meanwhile, my eleven year-old daughter who wears a child's size 8 jeans is picking at her food because it doesn't taste as good as last year.

sugary drinks are limited in our household and oldest child does not drink pop. Household is fairly stress-free.

need more variety.. and more of it... when our kids come home off the bus.. the first thing they do is go to the frig/cupboards for food..they act as if they have not eaten all day. Kids are growing... they need to get enough to eat, especially when they hit maturity level..

if the schools are giving up cookies, cakes and homemade sweets this may mean that some kids will never get a home bake desserts. the meals they get at school some

times are the only hot meal they get. if schools have to give up making the extras then hy can you still buy pop with food stamp. pop is not in one of the food groups.

Offering more food for the kids that need it and giving them more time to eat so they aren't rushed.

The foods that are being served aren't filling enough for the kids, especially the athletes. Kids leave school hungry and go home and eat whatever they can find at home that is quick- usually "junk food." My son goes to practice hungry and therefore doesn't get as good a practice as he had in the past because he is hungry and not focused. My son is in very good physical shape, so healthy eating isn't a concern because of meals I fix at home and his fitness level. I understand the reasons for the changes, but the obesity problems stem back to the parents, not the school, so that is where the changes need to start.

"More food. If the amount of food is not going to increase then there should be time provided and options made to allow students to eat a snack between classes (ie they can keep granola bars in locker) and food available and time to eat prior to extracurricular activities.

As Michelle Obama to eat in a regular public school for a week and see if she feels it is still a great idea."

"food temperature at serving time...things are cold if they are suppose to be hot, not thoroughly cooked

fruit should be ripe, kiwi is not good unripe"

New standards need to be set because the standards in place now don't work. Kids aren't eating the food they are being served and they don't get enough of a portion size. Appearance of food is extremely important to get kids to want to at least try the ood and serving foods that aren't totally served for the purpose of being low-fat as most kids in school are still growing and/or are active in sports and other extra curricular activities and need the calories that they burn during the day. They need to have a balanced yet eye appealing and tasty meal that they will enjoy eating and not throwing away in the garage can because it either looks disgusting or has a bad taste to it.

As long as multiple punches are acceptable, I am satisfied. My son is 6'4" and 230 lbs, so he needs many more calories than the average child.

have a few options of which fruit/veggie to eat at lunch and a bigger portion of each.

Having choices of main entrees would be nice, also I think older students/adults need larger servings than smaller/younger students. When they do not eat enough at noon, they tend to grab and eat things between and after school that are not the healthies.

Quality is so important. My kids call school fresh apples "crapapples." Despite all the positive changes, I still see so many processed items on the menu. We don't eat these foods at home, so my kids won't eat them at school.

Just that they be required to take a fruit and vegetable with thier main meal. I know that our school is trying to reduce waste, but if I pay for it I want to make sure my son is getting it, he is in kindergarten and doesn't make sure that he has food frm each food group on his tray at lunch---even though we discuss it with him.

Need real meat, not processed chicken, and enough food to fill them up for sports practices etc.

The cost of meals is not bad, unless your child is only eating one or two things on their tray. It is great to serve healthy choices, but serve foods more kids like and will eat, healthy along with things that are filling and nourishing. Offer salad bar with more choices for those who don't like the meal being served. Increase meal portions so they are not hungry an hour after lunch, especially if they are in sports or other activities after school and can't get anything to eat until night time. Offer Ranch for raw veggies so they will eat them. Give them back dessert (a cookie, piece of cake, bar, etc.). A little treat doesn't hurt and is better than them over indulging with store bought items to satisfy the craving. Stop serving so many sweet potato fries and other things they don't like - it's a waste of money when it's all getting thrown away, plus they are getting too hungry, and they need that nourishment and energy to get thru the day. Give them more physical activity back to help burn calories and stay healthy. Most important - listen to the kids. They know what they like and will eat, and will not eat no matter how healthy or good for them.

I also have a daughter that is in 6th grade at this school that packs her lunch 2-3 times per week. I keep a good selection of healthy foods for her and she is able to pack a very nutritious lunch for the same calories or slightly more than I know she will eat. TO MANY TIMES my children come home very hungry because they have not had enough to eat for lunch and are very active. This is where I have to have supper ready for them when they get home to curb the snacking from having no food all day. The lowest point is where the school now charges my kids 50 cents a package for ketchup if they want any on their food. My children are extremely active at home with farming and outdoor activities and cannot live on what the school gives them to eat. I try to send extra healthy snacks with them and they have to sneak them but the school system leaves me no choice. I can see some families want to school to raise their kids for them but if you want kids to eat healthy and get more exercise it has to start at HME.

Allow athletic kids receive a higher calorie count of food during their sports season

We need to eliminate calorie control and focus on quality calories. Active children are not getting the nutrition that I feel they need. Younger children need more natural fats for brain development, like whole or 2% milk. They need dairy products and eat proteins. Sports children in the middle school age need more calories in order to be healthy. It is not fair to lump every child in to one group. I have found that my children are coming home more hungry than before, which they then eat more when they get home than they eat before. I believe that this leads to binge eating habits, created by our schools. As adults, we are encouraged to eat several small meals throughout the day. Wouldn't it be more beneficial to teach this when our children are in their formative years, rather than try to retrain as adults? It also seems as though we as parents are all grouped as uneducated souls who know nothing about nutrition, and the government feels the need to "teach" us. If any parent received WIC, they got educated. If any parent got prenatal help, they got educated. If your child was in licensed daycare, you got educated. Every child has to take a food and nutrition class in school. If your child is in scouts or 4-H, or any other organized club, you got educated. We are educated on the subject of nutritional, healthy foods for our children. What may need to be considered is portion control, emotional eating, and any other factors that lead to over eating because a person can still be overweight and eat healthy. Healthy eating is not always

what goes into your mouth, and mental health plays a role in eating. Sorry, I veered away from the question. Meals at North Winneshiek were never so very unhealthy, except for the breakfasts. Longjohns and th such are on the menu. What ever happended to serving oven baked eggs (yes, eggs. They are a healthy protein) with whole wheat toast, and a side of fruit? Prepackaged breakfast pizza does not count as heal

Too many ideas to begin in this small space.

no

"I think the changes should have been phased in gradually, not done all at once. I do not feel that my children are getting enough food at lunch and aren't give any time during the day to eat a snack.

Mrs. Obama is not a well liked person at my house forthis reason.

Kids need to eat. If they don't get enough to eat at lunch, they can't focus on learning."

Something more filling for them, but still nutritious

Oskaloosa has done a great job improving the type of food and the healthy foods that have been added to the menu. I'm very satisfied with what they are feeding the children. There is such a vast selection that can be taken advantage of, compared to whenI was in school

Yes give them more food.

I marked that my child doesn't eat more fruits or vegetables at home since the beginning of the school year because at our house there are plenty of fresh fruits & vegetables~and he ate them ...so there hasn't been a change. He is accustomed to eating whoe foods...very little processed. Our school meals have improved greatly in the past 3 years! Fresh garden produce that the students grow themselves has been a real plus!!

I think taking away the chocolate milk is rediculous...it's not the 1 carton of chocolate milk making kids obese it is the junk and video games they go home and have/do afterschool. We ate at school for VIP day with our child and I was kind of grossed ou...the meat seemed cheap and fatty. The pre packaged stuff is not helpful when full of preservatives. I have been out of school almost 15 years and I think the way it was when I was there was way better!

I think that moving towards a healthier trend is a good idea with fruits and vegetables but the whole grain is a little extreme. Also, my son is very active in sports and the meals are not enough to sustain him. He gets the same amount served to him as ou youngest son. This is important to me because they are at an age that their bodies are growing and they are not getting enough calories/sustenance to keep them going until supper. They will then stop by the convenience store when they get done with theirsports practice to get snack foods to carry them over until supertime. Our cafeteria does not offer any fruits/veggies/snack items that they can buy in the afternoons.

I heard that this new lunch program was because the obesity rate is so high, but that is not true at all school. I heard the number is like 7% nationally?? Thats not very high. I can probably count on my two hands the number of obese kids we have in

ou school. We have a very active, sports orientated school, where they are very fit kids. The new lunches are not enough for these growing kids who go straight to two hour long practices for basketball, football, wrestling, track, etc. I have had to pack a box of granola bars twice a week for my kids to hurry up and eat after school before practice because they are starving!! Our school is now offering healthy snacks for them starting at 2:30 p.m. till 4:00, so they can run to the high school and grab a healthy snack before practices.

cooking meals with real potatoes, not instant, and decreasing the amount of foods that are processed such as chicken patties, etc. serving portions that are appropriate for my children to feel satisfied instead of extremely hungry when they get home, my children don't like many of the meals served and say they don't taste very good.

I think that schools have a difficult job of providing healthy food, that actually tastes good. It is possible, but I don't think that schools have hit the mark. Funding is a huge issue. School districts are not making money off school lunches and unfortunately are expected to meet nutritional requirements with less assistance from the government. Until Gov. Branstad gets off his butt and provides necessary funding for schools, EVERY aspect of education in the state of Iowa will continue to suffer. Healthy food is the least of our worries.

We have three children and our oldest is very picky but we have been dealing with texture issues since birth. Our middle child likes everything and loves fruit and vegetables. Our youngest child will deal with some texture issues also. She loves yogurt but it has to be plain. She loves watermelon, cantaloupe, etc. I wish two of our three children eat more fruits and vegetables and I know the rules for lunch because I work at a school and I know the changes in the lunches are positive. I wish I could have my oldest eat the main entree because he likes them everyday but he does not like all fruits and vegetables. Our oldest said to me mom if I could eat the main entree and bring an apple or banana or rice or noodles to school I would eat. Something to think about.

Offer more options

If my child isn't eating lunch anymore because he can't stand the taste then how is that making him any healthier? The meals need to be appealing not "just healthy." And there needs to be sufficient quantity. Sometimes he will come home and say that he is starving because they don't get enough to eat at lunch.....that is, when he does eat it.

Please do something about these meals. My kids are counting on you!

I believe when I was a student, our cooks actually cooked the food, they did not open a package and heat it up. What happened to making hot dishes, meatloaf, etc. Then making sure the students have enough physical activity. Even in the high school. Pre-packaged food is not healthy for you. Isn't it time to go back to the old days. Physical activity, moving around.

Less processed chicken products. Less pre-packaged food. Larger serving portions for older students/ athletes/ boys.

The school is doing the best they can, but ultimately it is up to the parent when that child gets home from school as to what there is to eat. Some of our kids at Turkey Valley are at school from 6:30 AM to 6:00 pm, I would like to see some kind of healthy snack offered before they practice after school.

I would pay more \$ for my sone to get more food. He is in sports and is starving when he gets home. They could have a snackbar through out the day where they could buy something through out the day.

Give the high school kids more food. Sometimes they don't get enough especially if they have a ballgame that night and they don't have a chance to eat before the game. High school boys need more food.

Offer things that kids will actually eat. She will not touch baked chicken. Per her and my younger son it is gross. Sorry, their words.

Continue to push more schools to take the healthier US Schools Challenge

i think they give younger grade school kids way too much food. i have had lunch with my first grader several times and the amount of food that gets thrown away is unreal. the older kids need that amount of foodnot the young ones.

Dial back the "healthy" factor. I agree that school lunches need to be healthy, but we are at an extreme currently and my children are not getting enough to eat and many times take a cold lunch and eat both school lunch and a lunch from home. I do not tink that junk food needs to be included in school lunches, but french fries, tator tots etc.. have been replaced with sweet potato everything... as long as the french fries, tator tots etc.. are baked, in my opinion that is healthy enough for my children. It does not matter how healthy or unhealthy a meal is.. if it is not "kid friendly" then they will not eat and are not getting any nutrients. For some kids in our school district, the school lunch may be the best or only meal they get to eat that day an if they don't like it or are not getting sufficient portions, then they are not getting much to eat at all and that is very saddening to me.

Over the lunch hour, maybe someone should ask those that bring their lunches, why they bring their lunch. Make salt and pepper or other seasoning available. Don't force kids to take foods that they won't eat and will end up throwing in the garbage can. That's just wasteful.

We had an excellent school lunch program before the new rules took affect this last fall. Keep the government out of the lunch room!!!! They have ruined a good thing. Now, there are poor children from our school going home hungry. My own children are ery hungry coming home from school, I have to have healthy snacks ready when they hit the door because they are ravenous.

I don't believe kids ever got fat from what they eat in school lunches - it is what they eat after school. The changes to lunches that were made now make them very unhealthy - because the kids are throwing away so much of it. Doesn't anyone in the federalgovernment understand that looking at what you put on the menu does not tell you how healthy school lunches are for the kids? It is what they in fact eat that determines that, and ever since these changes my son and lots of other kids now are getting a vey unhealthy lunch because they absolutely will not eat most of the stuff served, so they aren't even getting enough to eat and all the "healthy" substitutes are just filling landfills.

It is not the public schools responsibility to feed my child. It is not their responsibility to deem what is healthy and what is not.

I just know that school lunches are the best meals some kids will get in a day....and its sad to see not much offered to fillthe stomachs. I see the little kids only taking 2

items along with milk because they have a choice, if all the food is put on their tray they would eat it. I just don't feel like they are getting enough to eat.

I often worry about children from low income families getting a decent amount of food at school. The portion sizes are too small. For some kids this may be their only meal for the day. I feel we all have a moral obligation to feed these kids. I would be happy to pay more money for my kids' school lunches so others can have more to eat.

I think schools should help set an example of healthy eating but should NOT be the sole source of healthy food for children/families. Children are not obese/unhealthy because of school lunches - they come to school that way!

I just think that the schools have went overboard with all this health food stuff. I would rather see my child eat a nice hamburger on a white bun with real fries and be filled up and ready to do school work then to have them pick at a soy burger on wheat with sweet potato fries and be hungry all day. Leaving them weary and not focused on school work! Our kids will have a healthy meal at home for supper!

Fruit and vegetables, with just a small amount of protein doesn't get him through the day...he comes home starving, and ready to eat whatever is closest. Our child sometimes orders extra items, and it can amount to up to \$5 a day. The menus are better than at the start of the school year. That was ridiculous.

My child has no complaints as to how the food tastes, just the amount that is given.

I think that there should be a better way to educate parents about better healthy choices for our children. The obesity problem will not go away with improving school lunches alone; education to the parents and making healthy food more affordable for those who are low income.

Offering more lean protein to help fill him up and last through the day.

"for the cost of the lunch, there should be a bigger portion of food.

I don't believe there is enough "good fat" foods offered.

Not all kids are obese, and giving the kids no other alternatives isn't fair to the kids that need to gain weight or have a hard time gaining. Unfortunately there is no easy choice, but to only ensure that low fat choice is the only choice they have is not fair to the ones that need to gain weight"

I work in the health industry and understand and see the childhood obesity rate increasing and I understand the concept of creating/offering healthier meals at school my issue though is that kids are not getting enough to eat at lunch. This could easily be the only decent meal that some kids are getting each day and there isn't enough food to keep the athletes full from lunch until 6:00 when practices are finished. I also feel that some kids b/c they aren't getting enough at lunch are going home to empty houses and eating junk after school. Totally defeating the idea of healthier lunches. Healthy foods/meals is a great concept I just think there needs to be more of it so the kids are coming away full.

My child is an active, growing child with a healthy appetite. He generally makes good choices about food, balanced healthy choices with occasional treats, he never drinks soda. I understand that childhood obesity and quality of foods served at home may be factors that initiated the changes to school lunches. We live in a community that is mostly upper middle class, which likely affects the types and

quality of food that are being offered at home. Additionally, I do not notice a significant number of obese children - so that being said, having the opportunity to get an additional helping of the main dish or healthy side would be helpful in our case.

The truly need to not worry about the amount of calories, saturated fats, and whole grains these children intake. One meal isn't making our children obese. We need to make sure we are providing healthy appealing meals for all children.

I believe schools should NOT offer chocolate milk. It is high in calories despite being offered as skim milk. It's just too much sugar and something that is a treat. Kids don't always make the best decision on their own, and will often select chocolate milk regularly because parents don't offer it due to it not being as healthy. I think the portions are sometimes too large for a young child. I think there should also be a caloric limit to a meal offered by a school. I think the caloric limit for lunches is too high at the schools currently.

Bigger portions

Both of my children are extremely active and often times have practices before and after school. The amount of food offered is not enough calories to sustain for the day. We consistently have to pack additional healthy food for them to eat during the day or after school. I would like to see options for kids to be able to have 2 lunches if possible. I understand the national push to reduce childhood obesity, but for active sport involved kids, more nutrition is needed.

If the fruit and vegetables look good my daughter will eat them. If the salad bar is adequately full and looks fresh she will eat it. If it does not look good she will not try it and always complains that there is not time to wait for staff to fill the salad bar if not full when going through the line.

"1. Organic

2. Non-GMO

3. Local"

Farm Fresh products offered in Lunches. At old school in another state they started the program, not only did it provide better produce option, it cut the cost of meals. Also pool money together throughout the district for free or reduced lunch versus just at one school location.

?

"My child is in sixth grade of an athletic build, can out squat and out lift many kids 3-4 years older than her. She is also not an exception. We have many children in her class that are the same way. Athletes and kids from knowledgeable families should not have to deal with the problems of less active and poorly parented kids in the lunch lines. If your kid is 12 and 200lbs, then they need to intervene at home, not change the whole school populations choices. We have cut our school lunches back by 60% this year. The main factors are, protein unavailability, nasty tasting selections, and not enough choices, the fact that the school runs out of food on a regular basis, due to staggered lunch times and piss poor budget management (prices for lunch should be higher, with a higher quality of lunch).

Intentions were good, but backfired horribly. I could send my child to school with

nothing but donuts, and no one would intervene. Yet should I choose to let her eat school lunch, then she is forced to eat things, that while “healthy”, do not meet her needs in either portion or nutrient balance. One size does not fit all.”

I just have a comment, I am much happier about the school meals now than when I went to school. Fresh vegetable and fruit are sooooo much better than the pre-packaged/canned food that we used to get. I'm sure the sodium content has dropped dramatically. My children take home lunch because I see what they have eaten and I get to choose the healthy items that they eat. Also all the leftover food that kids don't eat don't end up in the landfill. I am sickened by the waste of food and wish more kids would eat what they are given for school lunch.

One size portions are not appropriate for all children. My 8th grade son is 6'3 and weighs 180 pounds, if we relied solely on school lunch, he will not be able to maintain a healthy body weight.

We need to have more food available not just half a banana or one scoop of other fruits or vegetables- these are growing active kids that I think it is extremely unhealthy for them to have to leave campus to get lunch because they know school lunch isn't going to fill them up for the afternoon and for practices. The limited quantities makes them leave or encourages them to buy unhealthy ala carte food. What does it hurt them to have multiple fruits or multiple vegetables.

Making food changes to comply with the federal regulations would have been better received if it had been phased in. Instead, it was thrown at the students without their input. They are the ones eating the food--ask them.

Less processed foods and eliminating chocolate milk from the daily offerings. It would be great if all milk offered were RGH free and as much produce as possible could be purchased locally.

Teach our kids that no food is off limits just that they need to limit the less nutrient dense foods. For example I believe that drinking chocolate milk is better than no milk at all. Life is all about moderation!

I'm not sure what happened to school lunches. But when the students take pictures of their lunches and post on facebook “This is the crap we have to eat for lunch” something is extremely wrong. What good is the healthy lunch if the students don't eat it - most everything they get is now prepackaged - frozen - and tasteless - this I know because I also teach high school and can't believe what is on my plate as well.

My child is not obese but complains to us that he is not getting enough food for lunch and is hungry after school. I don't think it is a good idea to limit the calories to all kids as there are some kids (mine included) that need calories and I feel don't receive enough of them with the school lunches.

I feel the healthy changes that have been made are very important and good. My only frustration is the caloric restrictions. It seems the caloric count is the same for the child no matter what grade they are in. If this in fact true, a 1st grader's caloric needs are totally different than a 7th grader's. So my biggest concern is that the older children are not getting enough calories to make it through their extracurricular activities and enough calories to offset what they are burning.

It seems there is not a lot of food and some of the food is not good. It would be nice to offer more fruit, veggies, salad if they are still hungry.

need more of it

“Student athletes already should be eating 6-7 times a day and are unable to do so on school schedules. The lunch hour is no longer an hour and often athletes are using that time to make up class work due to events. This does not allow them to have multiple servings and often the schools are not allowed to serve multiple servings to students. Unfortunately in the bid to reduce obesity we have forgotten the students that get enough exercise. Often the program seems to be making up for mistakes that are made at home and can not be fully corrected by continued changes to student meals.

Additionally, students that are not getting enough food outside of school are also now impacted by the reduction in the food offered as part of the school meal. Students must take certain items but can not take additional items. This again seems to punish those that have no control over the circumstances. This should be a consideration in the amount of food offered in a standard meal not just the reduction of obesity.

Ala carte options should be offered (outside the standard meal) that would increase calories and vitamins for student athletes. These options could then be limited/not allowed by parents that are trying to limit an individual child's calorie intake. These would not have to be available as part of the standard meal.

Parents need to take a more active responsibility in their child's meals/exercise and not restrict or reduce the options to students that are not overweight. Often it is the lack of exercise or heredity issues that cause the weight issue as actual school meals have not changed that dramatically over the years. School meals can not make up for all the other times a child is not eating healthy or not exercising. School meals are not the silver bullet to childhood obesity.”

Standardized school meal systems do not work for all children equally. Meal size needs vary from child to child. A ‘one size fits all’ system does not work. The 150 lb. athletic kid needs more calories than the 90 lb non athletic kid (yet they are offered the same meals in school).!!!!!! The system means well (and is on the right track by offering healthier choices) but still needs some work in terms of meal sizes. Too many kids are complaining of not getting enough to eat (especially the kids involved in athletics).

Yes, school pizza should NOT be messed with. Changing to wheat crust has made many kids STOP eating it!!

I do question students that come before or start after school not having enough calories. (Especially high schools who are not allowed food in their lockers). Kids in sports after school need a good source of energy in the afternoon! School should at least allow granola bars in high school lockers. I come from a family with a high metabolism. We eat healthy and are genetically underweight. We NEED to eat every 3 hours for good performance. My first grader eats at 11:20 and he is starving by the time he gets home at 3:30pm.

Based on the sport's requirements, the meals are not enough to fulfill the calorie intake needed for the noon meal.

Unfortunately you cannot control childhood obesity by the rigid control of just one of the student's meals per day. Students are not getting enough to eat at school and line up at vending machines after lunch to get more food. Students, especially

athletes, cannot function on such a small meal. You need to give students unlimited access to healthy foods -- salad bar in addition to a set meal -- and let them eat until they are full. In order to teach them good eating habits, they cannot always feel like they have to hide additional food or stockpile additional food just to get a decent sized meal. They shouldn't have to bring their own ketchup. They shouldn't be eating crap out of vending machines just to get more food. Put a la carte foods out as options for school meal -- the string cheese, apples, yogurts, bananas, grapes, chef's salad. In our school, you have to sign up your child in order for her to get a la carte -- which I don't -- because I would go broke if she were allowed to buy all the "god food" piecemeal.

Individual schools need to be in charge of the meals not the government. Most kids at our school are healthy and in sports. They need more calories and more protein to get them through their sports practices after school. Kids should be allowed to make choices on the food they eat. Food needs to be edible not just healthy.

Offering a lot of different, unique, choices that the children may not be exposed to at home.

The biggest complaints that my children have they do not get enough to fill them up. So then they come home and eat quick easy food to get filled up before supper. and my son is in a lot of sports and he really gets hungry cause sometimes he doesn't get to eat till 6-8 in the evening if there is a sport activity going on. so what he is served at lunch just doesn't cut it.

My children are farm working children, they do not get enough to eat to get them through the day. They are up doing chores before school at 5:00 in the morning and chores after school.

Less Sugar

I don't like the choices the school has had to serve due to nutritional values. Also, I know that a healthy football athlete needs to eat more in caloric intake at lunch than a 100 lb little girl who doesn't do any physical activity. Caloric intake has not been taken into consideration. We can still offer good lunches, but more of it. With choices the child can make, not the staff, or government. Sometimes you just want a hamburger with everything on it and a big scoop of mashed potatoes. That is our choice as a citizen of the US. The government should not tell us what we can and cannot eat each day. They are way out of there.

"I would rather have my children eating a full lunch at school because they enjoy it, than to have them only eat half their lunch due to it tasting bad.

Children need energy and will not function as well on an empty stomach. My elementary child comes home hungry every day.

Now I am paying for lunches that my kids are not finishing. It isn't very healthy for them if they are not eating enough.

Please change it back!!"

Give kids more time to eat. It is sad that they have about 14 minutes to wolf down their food.

I feel the amount of food the students get is too little. If the students do not eat the

meal, the first time it is served, try something new. We throw away a lot of food. Too much food is wasted by students who need to eat something.

“Growing children need a little larger portions to help prevent the after school trip to the

convenience store for a bag of chips.”

Each child needs a different calorie count. Not all children are the same. My children are skinny and active and need more calories. Children involved in sports need more calories to preform and practice. Kids that are hungry tend to get tired and can't concentrate throughout the day. I love that kids are being taught healthy choices, but going from lots to eat to not a whole lot to eat is not good for the body.

When I was in school we didn't pay for seconds of anything. My child has to and quite often we don't have the funds for this, so my son doesn't get satisfied.

I believe the state had the right idea but went about it all wrong. Kids are getting less food and coming home from school starving. They need proteins/meats for their brains to function and they are not getting these. They are taking a lot of autonomy and decision making away from parents and students, and kids who do not get food at home are going hungry and without.

Bring back old school lunch program! Kids are not getting obese because of school lunch, they are getting obese because they don't play anymore except Xbox, play station, computer, iPad, iPods, etc.... They get no physical activity anymore and parents don't make them!! They're lazy! You can serve them healthy food at school but if they don't like it and don't eat it then they'll just binge on junk food when they get home! Obesity was not an issue when I was a kid and we had a lot more food at lunch that we actually liked to eat! Only difference is, we didn't have all this technology if we wanted to play we went outside and played with our friends, no Xbox, no iPod, no iPad! Tag, hide and seek, football, basketball,,, physical activities!

changing back to the way school lunches use to be! my kids come home hungry everyday!

the portions are too small to give him much nutrition at all.

“I would like to see the children getting a meat that they would eat. All the kids that I've talked to don't like the lunch.

I hope this helps change the menu. Thank you for the consideration.”

Mainly give larger portions so they're not hungry and don't have to buy additional sides.

I find it very disappointing that my oldest pays the same amount as highschool students and the highschool students trays are by no means overflowing with food. Shouldn't the older students be getting a larger portion. We've had families with older students in sports and they are struggling to get full off a school lunch. In turn, they are buying excessive amounts of extras. Why is the parent's pocket book having to be involved in this? Shouldn't the child be getting full off of their tray and maybe small amount of extras? That no longer is a reasonable priced meal for that family. I do appreciate the fresh fruits and the vegetables.

I do not feel the amount of food served is enough! My son is a sophomore in high

school, 6 feet & 145 pounds. He does not get enough to eat without getting extras and even sometimes double extras. I think the school lunch program was fine the way it was. If the obesity is coming from the way families eat at home and their activity levels, not how the children are eating at school. I served good well balanced meals at home and we have active healthy children. I don't mind that the schools are trying to serve healthier food, but I do wish that the serving sizes were larger portions.

I think the calorie amount shouldn't be a factor, I believe they should have a well balanced meal, but if the children want a little more whether it be fruit, vegetable or the main dish, they should be allowed.

Incorporate more of the local organic growers in the process. I really hate to see all the frozen, heavily processed foods that get trucked in for them to eat.

The lunch line at my child's school is incredibly long. The food service staff is extremely slow and they insist upon the five and six year olds serving themselves fruits and vegetables. Kids wait in line for as long as 20 minutes and often miss 10 minutes of recess time. This is unacceptable!

Always complains that the cooked vegetables are always under cooked. If the kids think they are nasty, what good is it to all go into the garbage.

My child is a type one diabetic and it is extremely important to have healthy food available. Too much junk food is offered such as cookies, chips, etc

"when a child is out for sports, it is important for them to have more calories, cause they burn them quicker, than those who do not go out for sports.

Not as much peanut butter due to allergies

Dessert would be nice"

I am extremely offended that the government feels they need to even be involved in school lunches! Now they are telling us how to raise our children in our own homes?? I would love to have Michelle Obama go to school at 6:30 in the morning for drivers ed, attend morning classes, eat a lunch that is comparable to what rabbits eat, attend afternoon classes, then go to a football practice for 2 1/2 hours. Our kids are coming home from school STARVED!!!! Maybe people in the medical field should be consulted about this. I am in the medical field, and I can tell you that when our children are getting served these minimal portions at school, the brain receptors are telling them they are still hungry. So what happens?? They come home from school or practice and overeat at home because they are still hungry. If the government is saying kids are too fat because they aren't getting healthy meals at home, it's because they are getting starved at school. This isn't rocket science!!!! Feed my kid!

As I said before we need to go back to whole foods, unsprayed fruits and vegetables, but as we all know our government needs people to be sick to keep doctors and drug companies going.

"NO HOT DOGS, less processed/ more fresh foods

More truly vegetarian options- not just offering mac and cheese occasionally. (My children don't eat school lunch because they don't eat meat) Use more soy."

not enough food- esp. boys in sports- they need more... if kids don't like the food- they aren't going to eat it and that doesn't help those kids who can't afford it. also- seems like a waste of all the food the kids throw away.

"I know for a fact that for some children school lunches are the only meal they get in a day. They need to be fed more.

Also, there are the kids that don't get enough to eat during school, so then when they get home in the afternoon they are going to just fill up on junk food because they are so hungry. That is defeating the purpose of the school lunches. I feel school lunches need to be more satisfying. Here we are spending more for lunches, but the kids are getting less food and they are taking snack to school. We are actually paying more for food now, because we have to have handy snacks that they can take to school. Kids at this age need more calories. Yes, there are a few overweight kids, but does the majority need to suffer for the minority? The government needs to stay out of school lunches. Each school has different needs. Maybe there are some schools that do have more overweight kids. Let them figure out how to manage the meals for their needs."

Cut out the lower calorie meals, these kids are coming home & going to sports after school hungry!!!

Staying away from as many pre-packaged foods as possible and avoid overloading on the grains. Fresh is always best but I know sometimes that price point can make it out of reach for feeding that many kids.

Kids that are involved in sports should be able to get a snack during the day, they burn a lot of calories. Boys especially seem to always be hungry.

My kids are teenagers that require more to eat. I agree with serving healthy foods but let's feed them larger portions or give them a healthy snack after school and before practice.

The school lunch needs to be monitored regularly. Schools need to survey the kids eating the meals everyday. Furthermore, the monitors need to eat the meals when they visit for a week at a time.

My kids both (I also have a 7th grader) are "STARVING" every day they come home from school. My children walk most days to and from school and are active children with sports. Why isn't the food programs concentrating on the combination of more carbs and proteins when these 2 combined in diets can be very healthy and provide children with the needed calories to get through their busy lives. Adding fruits and vegetables alone without the carbs and proteins is not enough for growing children who need sources of energy for both brain and body power!

I believe the school can serve meals the children like and are healthy. I think the major part of the child's healthy food source should be from home.

I think we need to have just a few more calories....maybe allow a couple "special days" calories a month. Not a lot but enough to make it kind of fun.

Not really. I choose school lunch to begin with so he learns to eat variety of foods. Don't want him to carry lunch box to school. He has too much stuff and I want to lighten his things carrying back and forth from home to school or vice versa.

I UNDERSTAND A LOT OF PARENTS DON'T COOK FROM SCRATCH --

WE DO AT HOME AND OUR CHILD HAS NEVER COMPLAINED ABOUT SCHOOL LUNCH - UNTIL THIS YEAR - I REDUCED SODIUM WE LIMIT SUGARY DRINKS AND HE EATS EVERYTHING - DOESN'T CARE FOR SQUASH AND BEETS BUT WILL EAT F SERVED -- THE PROBLEM LIES IN THE HOME - PARENTS NEED TO STOP ENABLING THEIR CHILDREN TO EAT WHAT THEY LIKE AND HAVE THEM TRY NEW FOODS. WE HAD OUR CHILD TRY NEW FOODS ALL THE TIME AND IF HE EVER SAID 'I DON'T LIKE THAT' WE TOLD HIM HIS TASTE BUDS CHANGE AND MAYBE HE'LL LIKE IT THIS TIME. WE TOLD OUR CHILD HE DIDN'T HAVE TO LIKE IT BUT HE DID HAVE TO TRY IT-- PUT THE SCHOOL LUNCHES BACK TO WHERE THE KIDS WILL EAT THEM -- IF YOU COULD SEE THE AMOUNT OF WASTED FOOD YOU'D REALIZE YOU'VE DONE NOTHING MORE THAN HELP FEED THE GARBAGE RATS - AND ARE THEY FEASTING

"GI should be taken into consideration at meals

All "starch" options should be of the whole grain/wheat variety

Salads should be made up of spinach and green leaf lettuce vs. ice berg"

Make sure that they get enough to eat so that they are not going to their lockers right after lunch to eat snacks because they did not get enough to eat from school's lunch (extremely important). The school may offer all you can eat on lettuce, but after eating so much lettuce every day soon will make them not like lettuce and not eat any at all.

The amount of food on my child's plate needs to increase. She plays sports and is typically hungry before practice starts, so she then tends to eat 'junk food' because she is starving. This is happening with many student athletes.

"The cost is more expensive. I can have the local restaurant deliver meal that 2 of my children split and it cost me the same amount. The restaurant food is home made.

Occasional on sport nights it's the only hot full meal they might eat and it needs to be bigger portions and more meat and breads to sustain especially my junior high kid who is still growing."

Larger portions or unlimited fruits and vegetables.

Expand our garden program at school for raising their own food.

I don't have much of a problem with the school lunches, but I do have a problem with the breakfasts that are served. Why are we serving doughnuts and other things that are FULL OF SUGAR? How does the school expect kids to behave, sit still, not talk and follow directions when some of these kids are pumped full of sugar first thing in the morning. It's ridiculous. There should be no doughnuts or anything close to a doughnut served at school. That is one of the unhealthiest ways I can think of to start a child's day with.

they need more to eat and a dessert would not hurt them

Both of my children bring cold lunch because they state that "hot lunch" takes too much time in line, and they are not given enough time to eat. I receive reduced lunch, so it is financially easier for my kids to eat hot lunch. However, they bring cold lunch because they have more time to eat! 15 minutes is just not much time,

especially when this is the only time they have to chat with friends.

give them more food. I have kids who play sports. They get up go lift weights or have morning practices before school starts then come home for a good breakfast go back to start school have lunch around 11:30/12 and then after school go straight to practice and is there till 6/6:30...they are starving by the time they get home and they have smaller portions for lunch or do not have enough variety. A salad bar would be a great addition to the lunch program as well. The A la Carte that the school offers does not have very good food on it and it is VERY expensive. The school is just trying to make a buck on that. FEED MY KIDS!

I understand needing to serve healthier meals to reduce childhood obesity. My son, on the other hand, is SKINNY and could stand to put on a few pounds. Not only are the meals now served not enough calories for my son but they do not taste good, therefore he does not eat much. This is actually worse for him than the 'unhealthy' meals that used to be served. Both of my kids tell me about the amount of canned food that is used in the school lunches. Why would you ever use canned food when trying to get to a healthier place with regard to school lunches? Canned food is neither healthier nor cheaper. It is only easier and faster. I believe the school cooks are capable of actually cooking, not just using a can opener and warming up.

they just need more of a variety. they need to have choices. And the food needs to not be so processed.

Making healthy meals appetizing to kids.

Homemade meals are so much better than processed foods, but the cost seems to be an issue. It is pointless to increase the healthfulness of school foods if more kids just throw them away; especially when those kids receive them free or reduced; then it is a taxpayer issue, and not the parent's cost to deal with.

If the food they are serving is not appealing it gets thrown away and it is just a waste and not helping make any differences.

I know families that this one meal is their main meal for the day and it's important to keep healthy but they need more especially if not coming home right after school and for some kids is causing bad eating habits because they are starving when they get home and BINGE eating which I hear from many parents.

Our school meals have been terrible! Grapes have dark spots on them and kids are not getting the right amount of food based on their age. All the kids talk about how bad the school lunch is.

"My daughter takes her lunch to school when she doesn't like what is served on the menu, which is approximately 50% of the time. The meal choices really isn't the issue for me. What is the issue is that the portions are sooo small. Yesterday they had these walking taco things and there was just a little over a tablespoon of meat. Definitely not enough to satisfy hunger.

As I mentioned in my notes before, at my school growing up there was a supply of either jelly OR peanut butter sandwiches at the end of the lunch line and you could take one or two. There was no added cost to your lunch for that. I

realize due to the peanut allergies we couldn't have peanut butter sandwiches, but what about jelly? And go ahead and charge for them but have some small alternatives

that will fill the kids up more. Wheat bread and jelly could go a long way to keeping the kids fuller for the rest of the day and help with school work and irritability.”

There doesn't seem to be a very good rotation of the same type of foods. For instance, cheesy bread one day, pizza the next.

Serving potatoes as a vegetable with pizza is not healthy. Little smokies are not healthy. It seems that schools are still serving a lot of starchy and fatty foods together. Whole wheat bread does not necessarily mean healthy. (Whole grains). Our school throws away more food now than it did before the regulations were enacted.

They sometimes serve foods that most children in the age groups will not eat at this point in their lives because they are strange to them. I believe our taste in foods expands as we get older and we will try more things. Right now my kids end up not eating and just throwing away foods that they aren't sure if they will like. I'm sure my kids aren't the only ones to do this. They need to make lunches that are healthy, and they know that most kids at least try and are not so strange that they just throw it away.

I have three growing boys who all tell me that they are very hungry before the school day is over. I have heard that the calories have been reduced in the meals, to less than I consume in a meal. They are growing and have high metabolisms. They need food that can sustain their body and not leave them hungry and groggy by the end of the day.

My thoughts - that there is not enough time for the meal and there are too many distractions to keep my child from eating healthy. I feel more food is being wasted now than before. My child is always very hungry when they get home. They say the child does not learn as well when they are hungry, I know many kids are still hungry after the meal so they must not be learning as well.

I wish the school would not allow more than one additional main meal. The school currently allows my child to order 2 additional main meals which is too much food. I also wish the school would not provide for so many extra options like cookies, muffins, etc.

Along with many other kids, my son often doesn't eat much of his lunch, or if there is something good, there isn't enough. So he goes hungry all afternoon, then once he's home, fills up on pop and junk. He recently had a couple bananas for lunch (even though they are not allowed to eat another person's banana), came home and ate a whole pizza for supper. How can this be healthy?

The meals at our school does not fill up the kids. They are having to pay for extra portions of food, usually the main course just to get through the day. This adds to extra cost to the parents and the kids are not managing their weight eating all of the wrong foods. I find this to be just the opposite of the regulations imposed right now. I can say that I am NOT HAPPY with the lunch program. It has been told to us that the older children get more fruits and vegetables than the younger ones, but an extra serving of fruit juice to pick from is not a serving of food. I could keep going but this only makes me angrier.

MORE would be good. Every day my kids come home hungry!

We are doing an awesome job with providing fruits and vegetables. Keep up the

healthy foods.

would love to see more meals made from “scratch”

they don't get enough time to eat. they're rushed through. especially in elementary school, i see a lot of food thrown away.

Adding bottled water and sugar-free flavorings. And herbal teas.

They have taken it to the extreme - you cannot make a complete turn around and sever kids things that absolutley will not eat.

Give kids bigger portions. portion control is important, but kids are growing and need to eat healthy just not like a bird. How can they think if their stomach is growling?

GIVE THEM MORE TO EAT!!!

Flu shots cause more cases of the flu than not taking anything. The government needs to quit injecting stuff into our kids bodies without letting the parents know about the dangers associated with these shots.

I am very concerned and disappointed in the vast differences in quality and quantity of choices among Iowa schools. For example children in many districts have access to more food and beverage choices than my child does. Our school district basically ofers 1 meal choice for our students when other schools have daily salad bar, fresh fruit and veg options, yogurt, cheese, differing milk options etc. This does not seem fair or acceptable. Every Iowa child deserves similar meal choices. Quality meals shuld not be based on district size or individual school district bank balances.

The breakfast menu is ridiculous. Sometimes they are offered only a cereal bar and a milk. That is not nutritious at all. They say breakfast is the most important meal of the day.... then why are we not having a better plan there?

I have heard several parents saying when their childrean are coming home after school- they are hungry therefore eating more sugary items to make for not filling up at lunch.

Like I've said, my oldest has braces and we do get the reduced meals. She will often look at the menu and will point out the items she CAN eat and it's ususally only 1 item a day. She can eat 1 or 2 items for breakfast, but usually only 1 item at lunch o she will just wait to eat once she gets home. She used to be able to by items at school, but now can't.

My child would like larger portions of fruit juice, right now they are extremely small. They still have items they used to like such as cinnamon rolls but now they are too small and taste poorly. servings are too small and children have to get extras s lunch becomes too costly!

Michelle Obama needs to find more things to do with her time. I bet her kids dont eat what ours do.

Larger amounts. Since the meals are healthier the portions have also decreased. My child comes home extremely hungry after school. I know the caloric intake has decreased with the healthier foods, but didn't see the need for the amount to decrease as well

I'm a teacher and a parent. The one frustrating thing is that each child has to take so many certain items and it takes forever to get the kids through the lunch line on some days! Also, I've heard many complaints about limiting the ketchup to one packet. I've heard so many parents say that kids in the junior high are keeping tons of ketchup packets in their locker and using them anyway.

School lunches have went the wrong way. If the people that set these standards would have to eat this everyday they would think different. This lunch program feels to me as a parent that we are treating our youth like second class citizens. Truly Disappointing. They same amount of food is given to a 2nd grader as a high school student.

The number one complaint from him is the portion size is too small. He is a growing healthy boy who is very physically active and in good shape. He says he gets hungry long before the school day is over and after school he has practice for sports and is starving by the time he gets home. The portion size to fill up a kindergartner is very different than a 7th grade boy needs to sustain him throughout the day. The portion size of food offered at lunch needs to increase.

More protein and 2% milk choice

"a choice of where to eat so there is a quiet place as an alternative to students who prefer quieter settings and MORE TIME to eat it

more food offered on the original lunch without having to spend more money

regular breakfast/snack time set up in school so all have BKF before the beginning of the day and less pre prepared food"

For being a middle school growing boy who goes directly to sports practice after school or play in a game he is NOT provided with enough food in his meal. On some days they will have a potato, baked beans and bread along with some sort of meat. That is a lot of starch in one meal and no fruit.

They need larger servings. Most of the younger kids do not even touch the food and most goes in the trash can.

Even though I listed that my oldest daughter does not eat lunch at school due to her college courses, my youngest daughter in 9th grade does and strongly dislikes the meals that are given to her. She doesn't eat lunch because of the types of foods that are offered and they taste terrible and when they do serve food she likes, it isn't enough. She comes home every day hungry. My answers given today are based off of my youngest daughter, not my oldest. Also, we do not understand why the middle school lunches are exactly the same as the high school lunches but the cost of the high school lunch is more, the proportions do not change, just the cost. This makes no sense.

Give them simple unprocessed, not full of artificial flavors, colors, other chemicals, antibiotics, growth hormones, GMO, pesticides, herbicides, sugar, bad fats etc. I realize there is a cost issue here. But many natural foods are reasonably priced.

In general the food has become bland. Children won't eat food that doesn't taste good. You can have healthy food that children will eat by being able to put a little extra flavor in it, or healthy food they won't eat because of the new regulations. So, if the children won't eat it, the program fails.

These kids are busy from the time they leave home til the time they get back home at night. For some the noon meal is the only good meal the kids get in a day. I think we should have more homemade foods and get away from processed and prepackaged food. Seems to be a lot of waste of food in schools when the kids won't eat it.

Offer more time to eat.

There might be a need for some kids to have less meat, my boy needs more to fill him or he gets hungry and has a hard time focusing on his classes.

Schools need to take into account that each child has different needs. I think the school needs to offer more than just one basic meal. Offer 2-3 different types of all food groups....restaurant style. If Mrs. Obama wants healthy kids then she needs to provide more funding for the school districts to provide it. Maybe she needs to cut some of her traveling expenses down and use that money for the school districts!!!!!!!!!! She talks big on healthy kids but doesn't really help....both Mr. and Mrs. Obama talk they want to help but make sure they help themselves first!

The kids are getting used to the meals a bit more. I know portion size is a big issue, especially for the older student athletes. I work in the office of a high school. I know that during football season, for example, those boys needed more calories than a 'normal' lunch. The idea of healthier food at lunch is great, but most of the complaints we hear are about portion size, flavor, and variety.

"use local, fresh products when available

larger portions for athletes"

I think this year school lunch was just too drastic of a change. Small changes should have been incorporated and I think it would have met more acceptance from the kids. Like I said, offer healthy alternatives of a kid's favorite items - you can make a healthy pizza with low fat cheese and turkey pepperoni, etc.

I like the idea of having healthy meals, but the meals need to be more appealing to kids. It doesn't hurt to have a cheeseburger once in a while.

Yes we spend more time at school than with our families

I feel that reducing the number of calories in the school meals was not a good thing. It's great for inactive or obese kids but my son is a tall, thin, very active athlete. He is not getting enough calories in a day to sustain him. Also, our school allows kids to double or triple punch for lunch so they aren't really monitoring the number of calories they are getting; they are just charging the families more for their child to get enough to eat.

I'm not sure there is one solution for every child. Healthy is good but very active kids need extra calories; they are no longer getting.

"mexican type meals once or more a week is unacceptable,

menu needs to be more varied,

in-bone chicken is a wonderful idea...but a 20 minute lunch does not allow enough time for young kids to tackle removing it from the bone, in fact the day I had lunch with my daughter her friends were not eating it simply because they did not know

how to remove it from the bone - I wonder how much goes to waste that day

-chicken and rice meals are not liked by many kids

I've never believed in sending lunch to school I was raised to eat whatever was served at school, however, I wouldn't eat most of what is being served and my child won't eat it so I now send lunch many days"

I have children in sports. The oldest goes in early to lift weights and then has practice after school. The amount and kinds of foods are not enough to keep him going.

There are days when the school runs out of milk or it is not "good" (chunky). The children should NOT get an option for sports drinks or extra portions!

ask the kids what their most favorite meal is; and least favorite; and what they'd like to see

I'm happy to see the reduction in processed foods and moving more towards more whole, healthy foods. I'm in favor of portion control; however, many of the parents don't understand this. Perhaps better communication on why. One concern of mine is that activity levels vary greatly between children. So for active children they may need more calories at lunch versus another student who has a more sedentary lifestyle.

Our children are not overweight and are active. They simply are hungry, after eating at school. They keep healthy foods in their locker to eat in addition to the school lunch.

Make sure they can eat as much as they need

Yes if he wants more let him have more, if the HS kid is 200 lbs and one is 100 there needs to be a little common sense that the one at 100 could use the food and it not going to cause him to be obese.

Less processed foods. Put the portion sizes back as they were. School lunches do not cause childhood obesity. Home eating habits contribute to childhood obesity. Keep the fruit and veggie bar at school with the fresh produce options.

I wish the school would simplify the lunch. I think lunches would be more cost effective and more healthy if they were made with more simple and fresh ingredients. example: healthy sandwiches and a piece of fruit

If the child is still hungry that they may have more food; these kids are still growing and are out for sports need to keep up their strength. If they eat what you only offer they are very hungry after school especially if they are out for sports. They eat home and eat everything in sight and they don't care how healthy as long as they can eat. Please keep this in mind on your health plan. They do burn off calories when out for sports.

"It is NOT the school's responsibility to feed my children; it is MINE. I send my children to school for education, not a grand daycare event.

There's a grand disconnect and double standard being pushed my politics in schools. They're told to make good choices, but not for lunch. They're taught to take care of their bodies, but ZERO time for brushing their teeth after eating. Bullying is a hot

topic, but they are not given adequate time during lunch to develop social skills. Children are being treated as little more than monetary units in school budgets and as political pawns. School lunch used to be fun. Now it's turned out to be nothing more than an 8 minute feeding frenzy.

Test scores drop. Violence increases. Obesity grows (pun intended- scarf that food down bad habit)

Whatever happened to letting children be children?"

Don't try to force the fruits and veggies on the kids. They just end up throwing most of it away anyway. Would almost be nice to have a salad bar type option... where there were multiple fruits and veggies to choose from. There are certain ones my kids will happily eat! Stinks when the main thing is something they like, but then they don't like anything that comes with it. I don't want to pay \$2 for a meal when they only eat 1 thing, and toss the rest. I think eating healthy and being healthy starts at home. Even if they get healthy meals at school, if they aren't eating healthy at home, it won't matter. Seems like having choices is a good idea!

Schools need to lay off on all the junk food allowed at parties and events, it's horrible to watch the kids eat from the concessions stands. During a holiday party My daughter brought in juice instead of pop, and NOT one student drank the juice, they all went after the soda.

Seasoning should be added for flavor. Less canned foods. Fresh foods needed. Less hotdogs and other processed scrap meats.

Overall I am happy however point blank they just do not get enough. I have two boys that literally come home starved. The unhealthy eating is the snacks between meals because the school simply just does not provide enough. Cost has nothing to do with it. Willing to pay more IF they get more.

Larger portions for high school kids--especially athletes.

I think it is good to offer a variety of healthy foods but also important that the foods offered are enough to satisfy the kids so that they are not hungry all day. If only healthy foods are offered and my child chooses to skip lunch, I think that is just as bad. I think it was too drastic of a change.

I think it is a good start at the school. I know a lot of people say they are hungry after they're lunch at school but that is because they didn't want to eat the fruits or vegetables. It takes time to make the change. I for one think it is a great idea my kids are eating healthier and are not asking for chips or pop.. I make sure we have bottles of water in the fridge at all times & they usually go for that than the drinks. I also try to limit the chips we buy instead we buy popcorn and granola bars & sunchips. It's taken time to get in the habit but it has been well worth it and I am glad the school is going the same route.

Again, as stated earlier - I think the change was so shocking because parents and children were uninformed. Then when it was an issue a week or two into school it was a blame game. Michelle Obama was blamed. I blame the school lunch staff for not notifying parents of the changes that were coming. Like I said - informed people are happier people. If we'd been informed it may not have been taken so negatively. And negative talk from parents led to negative talk from kids which trickled down to everyone else's parents/kids. I think what the school does in trying to provide

healthy meals is a great idea - but knowing WHY it was changing (who mandated it and what happens if the school doesn't follow through) would have been GREAT! One negative I have is that the calorie count has to be so strict - especially for active athletic kids going directly from school to sports practice. Is that number of calories good for a kid who is going to go out and burn about that many at a sports practice? From what I understand the fresh fruits and vegetables - in our area of state anyway - are being supplied by local farmers so that is a GREAT thing also. Thank you for doing this survey.

Allow older children who are in sports to eat more than 1 & 2 grade students. Don't force them to take vegetables when they just throw them away. Very wasteful to make them take vegetables. Allow them to choose their condiments without charging them extra.

"The biggest complaint is not enough food...they are simply starving. Also that the food does not taste good.

Kids need bigger amounts of food because they burn calories quicker...especially with sports following school. It is not a good practice to starve them at lunch so when they arrive home, they eat tons of junk food because they are hungry, then supper later. This actually will add to their calorie intake; not the opposite!"

Provide the children with better quality meals, slightly larger portion of healthy food items. What about using local farmers and local products?

More food needs to be offered for the older kids!

I know that they are still being provided canned fruits and vegetables, I would like to see much more fresh produce being provided. Everything should be whole grain and low fat, high protein, low sugar, just clean healthy food, I strive to teach my children the importance of eating healthy and staying active. I feel that the schools need to provide an appropriate amount of food in consideration to those students involved in sports. I would be willing to pay for an additional meal for my children between classes and sports. My children bring lunch from home more because that way they can pack extra food for before sports practice. Cutting their calories down to 500 or 600 for their lunch isn't the only answer, children need to be more active in a time when most entertainment can be provided via technology anymore. I believe that the physical education program should be given serious consideration in looking at the health of students. Any student that is not involved in a sport should be required to take a more rigorous physical education class to encourage more involvement in sports and a more active lifestyle.

more food given better tasting and make sure food is fresh not leftovers and chicken not given constantly add good fish sandwich

They need to try REAL FOOD

School lunch did not create the children that are overweight. It is better to have 1 hot meal that the kids will eat than for them to skip because they don't like what is being served.

Let them eat what they are hungry for--my son sometimes just wants the chicken--not the extra stuff let him get it--offer water instead of milk--I pay for Milk for my daughter that she never drinks. Let them get a-la-carte without purchasing a meal--if they are not really hungry they can just get what looks good--my daughter eats a

hamburger and throws the rest away, she does not like sauces or stuff mixed together. let her just eat noodles and fruit and no red sauce. I think the rules are stupid--you are not going to make the kids healthier by eating one meal a day. It is what they eat at home and on the weekends. Feed them what they are hungry for and stop trying to do what the parents are supposed to do. I would vote for eliminating the school lunch program---parents need to be parents and schools need to teach reading, writing, math and science. Not the governments job to raise my kids.

“Just as with meals outside of school I think it is important to find a balance between food that is flavorful and food that is healthy. For instance with milk. If you take all of the fat out of the milk which takes all of the flavor out of the milk then fewer kids will drink the milk so you have defeated the purpose. Maybe a compromise of having a little fat and flavor where most of the kids like the milk and drink it is much better.

Making things like ketchup and salt contrband is silly. I often oke with my kids that they should sell ketchup packets and salt packets to pay for college. All things in moderation.

I am really concerned that the school lunch is teaching kids that healthy meals taste bad and have no flavor, making them less likely to choose healthy choices when they can choose their own foods now and in the future.”

offer more fresh fruit ~ grab apple or banana if still hungry instead of bowl of mixed fruit. pizza must be on the dry side, need more sauce. elementary school still allows morning snacks, so kids aren't hungry and there for don't eat their healthy lunch. if kids are hungry they will eat. kids also pick up on negative feed back from parents/ teachers etc which sways their opinion before they even try the food. we used to be forced to at least “try” every thing before deciding we didn't like it. apparently tis (among other things) can not be enforced any more.

Not enough food at school makes high school students stop after school for junk food...therefore reducing the effect of “healthy lunches”. Child obesity starts at home & exercise, we need to allow more time at school for exercise. Kids don't like fried zucchini etc...these types of foods kids will eat when they mature. Ask how many adult would eat what is being served. Keep it simple.

Bigger portions for the older kids.

Would like more “alternate” options - organic, less-processed, etc.

Stop serving French fries and corn dogs. The processed “meats” (chicken nuggets, BBQ rib sandwich, corn dogs) are packed with sodium. The kids need more time to eat, also more supervision to suggest health. Choices. My kids often fill their T-reys and then they eat frozen fruit and leave the main meal untouched.

Make sure students have enough to choose from at each meal and enough food serving. My child and others are often underfed with the current serving size. Also, with the schedule that most students keep in school classes & activities (i.e. 7 am - 7 pm or longer), students should be provided with healthy snack options in the AM & PM at school.

It would be good to have tastier meals. My child says, very often, that the school meals do not have much taste. “They are just blah.”

Yes, schools should be allowed to determine what they can procure with funding for the lunch programs and not be dictated by the government on what they need to be serving. It is not the government's place to be controlling these decisions. They could set guidelines and let the schools decide how to fulfill them. The school cafeterias need to be allowed more real food to prepare and not be forced to be so reliant on prepackaged or processed food. The current food being served to our children is nothing like the food that was served previously, it is not "real". Who ever heard of "cubed" hamburger in spaghetti? Obviously kids who are active need more caloric intake while the children that are obese seem to be the ones not involved in extracurricular activities. I honestly think that if Michelle Obama had to eat what is being served now there would be changes made immediately. We need to use more common sense and less government in these programs and we would be much further ahead!

My opinion for our school is that our person in charge of the school lunch program clearly has little to no idea what she is doing. She is not new to the program but continually keeps making the same mistakes each day and year. She either does not know what she is doing or she just doesn't care! I feel like it all starts with her. She is in charge of making sure our kids get the healthiest meals possible. I feel that she would greatly benefit from a lot more training. She needs to learn how to put each meal item together to make up the meals she needs to learn how to offer different varieties instead of the same old same old each week and month. Our lunches are very predictable and low quality. There are days each month that my child doesn't eat due to the fact that my child doesn't like what is being served that day and there may or may not be a salad bar or even a salad offered that particular day. So then my child comes home starving because she didn't eat any lunch. I also think that it should be left up to the older kids if they only want part of the meal that is being served. In our case if my child only takes one or two things they do not consider that a lunch so they charge us personally for it instead of charging her school lunch account since she does qualify for free or reduced. That is wrong. Her lunch is her lunch and as long as she goes through the lunch line it should be considered a lunch!!

larger portions. more variety

possibly give an extra serving of protein.

Have a tasting time for new items such as jicama and some of the new salads. The students could taste a little bit so they knew what to expect when it was served as a menu item.

Changing the menu to healthier options is a good idea, however if it doesn't look appealing or taste good due to lack of seasoning, most kids will not eat it. Focus on moderation of junk food is the key, don't take it away completely could cause kids to overeat when they get home from school due to lack of food/flavor in school lunch.

I guess I feel there should be a balance. My child is active and I am aware of healthy choices. I do not know that lunches needed a totally change because other parents might allow their children to watch an unlimited amount of tv or play video games and eat whatever they want.

Make the portions larger or don't make additional portions for an additional price. giving them more food

I think they tried to go too healthy too fast. It needs to be gradual and let the

students get used to eating healthier.

again I believe that the biggest concern is the amount or portions tend to be perhaps too small for a teenage boy that is active in sports before and after school.

“Quite simply, you will never reduce childhood obesity by limiting or excluding foods that are considered unhealthy. It has been our experience that children who do not have access to treats and candy will tend to gorge and/or hoard these types of food when given the opportunity. I do like the fact that the school offers healthy meals. There is simply just not enough. Our children need more than what is offered to eat at school without having to go back for seconds at additional cost. I also like the idea of offering treats at home so that our household knows exactly how much they are getting and what it is.

If we continue to limit the amount of calories that are consumed during the lunch period, we then need to offer a piece of fruit or granola bar to the children mid afternoon to help pick up their energy levels—an apple, orange, banana would suffice.”

more variety, cheese breadsticks or pretzels with cheese are not healthy lunches
they need more food

“Better training for cooks- vegetables specifically need to be properly cooked.

Our cooks tend to “alter” food so it tastes better, they allow excess condiments to be added, I don’t think healthy habits start by pouring extra RANCH on top of everything!”

The kids that need the calories each day because they burn them are being penalized for kids that are overweight that don’t exercise. My child needs the good calories because my child exercises and burns the calories and is starving by the time my child arrives home after school. It is costing me a fortune to feed my child at school because in order to get enough food he is required to take 2 or 3 extras with each meal to get enough to satisfy him. Each of those extras cost almost as much as the whole meal. Some days it costs me close to \$10 a day which is way too much for my budget.

Offer silverware in a plastic sleeve with a napkin. Silverware gets touched by too many people and this grosses my son out.

Give the kids more food the portions are extremely small. My son has less than 6% body fat and he has lost weight due to poor school lunches. We now send extra food to school with him at the request of his coaches.

Young teenage boys, especially those in morning sports practice, need something more than standard portions - the calories they burn with high metabolism and exercise alone require more intake of nutrients. My son tells us that he “thinks about food” during class - which pre-occupies him from concentrating on course content. Believe it or not, his classes right before lunch and late in the day are bigger struggles than those early in the morning or right after lunch - and the grades show it.

Fresh fruits and vegetables- not canned. Eliminate processed foods. Purchase local and support the farmers and dairy close to our town.

Increase portion sizes. Put 2% milk back in schools - skim milk tastes bad and kids

are less likely to drink it if they don't like it. Not all kids are overweight and in fact both my boys have lost weight and

Our school's meals are healthy and taste good. As a former student myself, and eating lunch with my children occasionally, I know first hand what our school serves the kids. The issue is that the calories, proteins, and carbohydrates have been reduced to a point that the children are now not getting enough to eat and are hungry during the day. Growing and active children need a certain amount of each healthy food group, as well as a certain number of calories and fat to maintain proper and healthy development, growth, and activity. We come from a rural and agricultural area, where our community on a whole is very active. Our children are very active children, involved in many extra curricular activities, and are outside as much as possible getting physical activity. Eating a healthy and well balanced diet is part of a healthy lifestyle, including getting enough to eat during the day at school to fuel their minds and bodies. Not getting enough to eat negatively impacts their school performance, focus and stamina throughout the school day, as well as their overall health and development. This new school lunch program was not thought through rationally. Limiting the quantities served at school lunch is not positively affecting the children whom I feel need the influence or limitation. As we are not on free or reduced lunches, we cannot afford for our children to get extra servings in order to feel satisfied and fuel them for their afternoon. They have been limited, but to a negative extent. Those children who are on free or reduced lunches, simply get extra servings until they are satisfied, and thus over eat to a much greater extent. This actually has more of a negative impact on those types of children, as they are over-eating and have more of a "buffet" type lunch account. There is no incentive for those children to reduce the number of calories or what types of food are taken as extras, as they get free amounts of whatever they want. So, once again

I don't think requiring fruit or vegetable on their tray is the answer, there seems to be a lot of waste - money being thrown away. There should not be such strict regulations on meats and grains. There are a lot of kids in sports at the HS level that need more food - protein and grains. If you are going to be so controlling, why don't you just write the menu for the school staff.

Many healthy options from the food groups, especially fresh vegetables.

School meals need to consider the caloric needs of growing teenagers as well as those involved in after school activities, especially sports. My children do not get enough to eat at school lunches.

"My son does not and never has consumed "pop" or sugary drinks. He has great knowledge of the dangers of alcohol, drugs, and tobacco from proper role modeling by parents/family/school.

For elite athletes, a school provided meal needs to provide more protein, carbohydrates, and calories. My son works out 3x a day. It is difficult for him to gain muscle tissue and even maintain without adequate nutrition and hourly snacks (he keeps in his locker!!).

Water should be available for kids, not just drinking fountains....."

I think they could improve vegetable choices or integrate veggies into a dish. Kids do not want to eat lima beans and beets...it's a waste of money and food when better choices could be offered.

"I would prefer that ranch dressing or other condiments not be served (at all) with raw vegetables. My daughter eats raw fruits and vegetables at home without any dips or dressings. I believe most children will do the same given repeated opportunities.

do not find entres such as breaded mozzarella sticks appropriate for school lunch. I would not serve them at home even as a snack/treat."

Bring back the protein and carbs, and stop giving snacks during the day!

for the amount of food served, there is not enough time for the student to eat, on most days. I have eaten at school numerous times and find the food is ok, a little boring, and not very flavorful. Many children do not like vegetables or fruits, so at home I usually have a veggie drink (low sodium) for him and plenty of yogurt and fruit juices so he can get fruit at least once or twice a day.

I know this was a survey for my oldest child's lunch but i am also worried about my youngest child's lunch it is worse! They do not cook the meals at her school so her lunch sits in a warmer and is transported to her school and sits in that warmer till lunch and it is terrible. I went to lunch with her the other day and the pizza was like days old cardboard and a scoop of green beans and a half of apple. It was awful. I am not sure how healthy the pizza was after sitting in a warmer for hours!

Organic!!!

Serve more food so my child isn't so hungry

Since the change in school lunch's my child comes home very hungry because the food doesn't taste good, so i know he is not eating very much. At least last year he didn't come home hungry. I think Healthy eating is important but if the kids are not eating the lunch that is not good either.

Change is never easy, but it is imperative that federally/state funded food sets a positive example for families at home to get away from simple carbs and processed, corn-laden foods. PLEASE HELP AND STAY THE COURSE DESPITE OPPOSITION!

Invite the parents to the meals. Let them see what the kids are complaining about. I would like my child not to be hungry in the afternoons at school. She started the school year on school lunch but was coming home at 3:30 just starved. We were having to feed her a meal at 3:45 p.m.! So, we started to pack her lunch. She is slim and energetic. She needs more food than the school provides. How healthy is it if the child is hungry during the school day. We are very healthy-food conscious at home and do not eat meat. Let us determine what she should eat at noon. Let kids have choices.....

Portion control is important, but the kids are not getting enough to fill them up thru the day & allow them to focus on school when their stomachs are empty. When they do get home from school they raid the cupboards for anything that can be eaten quickly & usually the unhealthy route if they are alone. The kids aren't becoming overweight on school lunch, they are becoming overweight at home on fast food and sedentary habits formed outside of school.

THEY NEED TO BE HEALTHY AND MORE APPETIZING FOR THE KIDS. I WORK AT THE SCHOOL AND SEE MORE FOOD DUMPED AND MORE KIDS ARE COMING INTO MY OFFICE FOR SOMETHING TO

EAT BECAUSE THEY ARE HUNGRY! THERE HAS TO BE A BETTER WAY OF OFFERING FOODS THAT KIDS LIKE AND MAKING THEM TASTE BETTER WHILE WATCHING THE “BAD STUFF” IN THE FOOD.

Better prepared/real tasting food.

increase protein portion

Remove the daily chocolate milk. It could be offered once a week or once every other week.

Keep food healthy, don't reduce caloric intake. Kids need to eat and those that are obese need to eat right at home, not just at school. 5 out of 21 meals a week is not making the difference. Kids shouldn't come home so hungry they eat everything in sight

I don't think the school has much control over what they serve and how much they serve. The government needs to regulate the fast food chains, and the other restaurants in what they can and cannot serve. Then, we as a nation will begin to see healthier children

“Serve better, tastier foods,

Serve less pre-processed/packaged foods. Have cooks actually cook, bake, would have less salt in foods that way. Teach portion control better. This would also be for restaurants. Smaller portions/lower the price.

Don't ask students take so much fruit/vegetables each day when they absolutely do not like something. It is being wasteful. Do a study to show how much food is wasted in the schools.

Kids at last lunch don't always have enough food to eat.”

The new regulations concerning calorie content is very misguided and a one size fits all solution. For example, I have a 95 lbs. athlete who, during the swim season spends about 3 1/2 - 4 hrs a day doing strenuous exercise. The meals that the school provides come nowhere near what she needs. Also many of the teachers have ‘no eating in class’ policies, so even if I do supplement her with food from home she has to then find time to eat it.

They are growing children reducing calories is a foolish mistake. Please do not deprive my child because some parents fill their child full of unhealthy portions and foods at home. School lunches are not the problem, but rather lack of good choices at home!

I understand what they are trying to do it, I totally support it - my kids are just very picky and would rather eat a lunch from home most days. That is okay - I'm glad they are trying to make the meals healthy and teach people proper portion sizes.

Give a choice of fruit/vegetables. He ends up throwing half of it away because he doesn't like it, which is a waste, and then he just comes home and pigs out on snacks because he's hungry. Just because it's on his plate does not mean he'll eat it!

Allowing them to choose to have a little more, I would be happy to pay more for my child not to complain about being hungry after lunch

I am all for the healthier meals. I am just upset that my child eats like she hasn't eaten all day when she gets home from school. She always says that she doesn't get fed enough at school lunch.

Communicate seasonings and other things used in preparation and possibly where those things are available locally, so they can be introduced at home.

Sometimes our school will have chicken 3 times in one week. My child is starting to not like chicken at home.

My children tell me most kids are throwing most of the lunches in the garbage. I have 2 in school and they both come home starving. They make them take a fruit that has bruises or not fresh and they never eat it. I think since this change started that the lunches are a lot worse. My oldest comes home for lunch when ever possible to avoid eating at school. I agree some things could be healthier but if they are not going to eat them I am paying for the lunch to go directly to the garbage. There are several things that they have that MOST kids will not eat or even try. I think it's ridiculous that my kids go hungry at school. I was so glad to get this survey because I have felt this way all school year. Glad my kids are about through school.

Continue to feed fruits, vegetables, protein and whole grains at every meal, but increase the portion sizes.

Need to change to fresh products instead of processed-you can offer healthy options that are homeade!

"It is not the school's, lawmakers' or researchers' business what my child eats. It is his and his parents' business.

Do you know it's ok to bring boxed apple juice to school as a treat, but not a chocolate chip cookie? Do you know which has more grams of simple sugars that jolt into the bloodstream? (JUICE) Do you know which has more complex carbohydrates that gradually cleave off into sugars, producing a lower-level addition to the physiology? (COOKIE--as long as it's average sized)"

I think that filling food and more choices is very important.

Warmer food. Too cool or cold

I think the menu has swung too far too fast. When I was in school, there was less obesity and kids were healthier. I don't think school lunches has caused the decline in the health of our children. I think it is what is happening at home. Schools can't be expected to solve every problem that arises in society.

"My daughter has gained weight since the implementation of the school lunch ""improvements"" because there is not enough lean protein or healthy fats included to hold her thru the day. When she comes home, she binge eats because she is hungry! I feel terrible for the students who go home to empty cupboards.

I would like to see a lean protein snack added to afternoon school routines."

Offering salads at school. Using fresh fruits instead of canned.

"Kids need more time to each lunch when having school lunch. I had lunch with my daughter one day and they were given 7 minutes to eat! The teachers on lunch duty and the janitors were rushing them out to recess. And that brings up another

point. Kids should have recess BEFORE lunch so they come in hungry and go back to class focused. When I have had lunch with my children, I have noticed there is a lot of waste. Maybe having more supervision in the lunch room encouraging the kids to at least try some of these foods they are not used to. Thankfully I have good eaters but it is such a shame how much is just played with and thrown away. I also think kids need to have more water in school. Be given a water bottle at registration and be encouraged to drink water throughout the day. My children complain of their teachers not letting them get drinks and some days all they have

had to drink is their milk carton. They come home from school and use the bathroom and the room literally stinks from their urine! They are dehydrated!! !!! Come on people! Let's practice what we preach!!!!"

Keep up the good work. I am very pleased to see the shift to good nutrition in our schools. I don't feel that I'm the target audience for this survey as we put a huge emphasis on eating well at home, fresh whole foods and avoiding processed, packaged and artificial, but I wanted to share my voice. These changes in school meals are a huge step in the right direction for the future of our children. I am more confident that my children are receiving proper nutrition when they are not in my care.

Think more about the children and how they eat. What is easy for a kid to eat and fun?! Our school doesn't offer forks and no one helps them cut up their food and they get served a baked chicken breast....that isn't helping them with good eating habits if they have to figure out how to eat it with a spoon. Very frustrating to the child and parents.

To have the option of no sauces on pasta, no meat in their taco, if they prefer that. No walking tacos, hot dogs, mozzarella sticks, or other processed unnutritious food. Roasted potatoes and vegetables, legumes, nuts and low-fat cheeses to keep them going.

"I pay for my child's lunch and sometimes will fall short of paying and then my child is cut off. Yes I am told in advance and yes we do try hard to keep the payment up to date but there are times when it may take a few days to get check and send with check to the school. I can utilize the payment method at a cost, but I am trying to teach child responsibility.

Somedays they also come home so hungry they are not willing to wait for dinner and will eat a rather large snack and then dinner as well."

The food needs to be healthful, fresh, locally provided and prepared in a way that is appealing and tasteful. All can be accomplished if a little effort is put forth. Meals were more healthy when I was in school because the school cooks actually cooked and didn't just reheat or transfer from a can. We need to get away from schools taking the easy road to compliance and going back to basics...cooking from scratch, figuring out ways to be healthful and appealing.

They need to feed these kids because of the after school activities, they do not get enough to eat to perform for after school events. They also need to feed the kids foods that they are going to eat and that look appealing.

I have been very pleased, and somewhat surprised, with Southeast Polk Schools meal program. I was prepared to make lunches everyday, but feel comfortable with what my kids are eating at school. I do have concerns with the chocolate milk.

They need to figure out how to give them bigger portions and make it taste better.

I love the idea of school gardens or of even raising chickens and using the eggs. These programs can be used as science projects, health studies and for school lunches. There is so much to learn about how our food is grown and what it should look like and I think schools are missing out on many great teaching tools because of federal government influence and lack of funding and personnel. Let the schools be creative and promote the good ideas that are out there being used.

My children have not been all that fond of the new lunch at school. They come home starving every day and say they did not like much that they had for lunch.

There needs to be more food; growing kids need carbs and a well balanced meal. They are hit and miss. I teach in a different school district and kids just throw the packages of fruit and vegetables away without even trying them. It seems like one meal will be very heavy with carbs (noodles, potatoes, and a roll/bun) and the next day all veggies and fruit basically. Kids can't take lunches because refrigeration and microwaves are not available to keep the food stored properly and to reheat it. More and more kids are eating junk food, ordering out food, etc. because of the meals this school year.

I would like to see more portions sizes with FRESH foods.

You can make the school lunch as healthy as you want. However, if the child does not like/eat lunch it does no good.

The new menu lacks creativity. One week had carrots served 4 different ways. There are more choices out there. Secondly, we raise our kids on the farm to beef and pork. I was raised the same way and I am just fine. We have done away with a lot of that. Yet the kids are having mozzarella sticks and pretzels as a main dish with SAUCE. How is that any better than a beefburger or pork sandwich? My kids are coming home starving and eating before supper. The menu price has went up as well as my grocery bill at home because of this. Parents cannot afford this change.

Bigger portions. Get rid of all the beans and lettuce feed them something they will eat. Give them sandwiches, soups vegetables, fruits, cookies and bars. They are going to eat it anyway. And beef up the portions so they are not starving and can do their studies with their stomach not growling.

Make sure there is enough food prepared for all students. There are days there is no fruit left, etc and my children only get 1-2 items on their tray. We are paying a lot for nothing when this happens. If there is a lot of waste on some of the food items, don't make again-no one likes them. For older students maybe get more of a decent serving-are starving after school.

I feel as though school meals are no longer homemade like when I was in school and the flavor of the school food is less appealing. Many times my children state that the school lunch "Does not taste good."

In an ideal world, they would serve less processed and frozen foods.

"I went to my son's school for lunch once this year and I noticed only two children

in the whole lunch room were drinking white milk. The rest all had chocolate milk, it seems that given a choice most kindergartners choose the sugary drink. It would be nice if chocolate milk was not offered every day.

My son is a very picky eater and I have a hard time getting him to eat vegetables, I thought he was at least trying them on days when he got a school lunch or sitting with kids who were eating vegetables. But I found on the day I visited that most of the children were only being served partial trays because they chose not to try some of the items. If we are paying for a whole lunch the children should be served a whole lunch even if it is a very small portion. I hate to see food wasted but the I thought the whole idea of healthier school lunches was to expose children to healthier foods.”

having a stocked salad bar would be wonderful also make your own sandwiches

To reiterate, more fresh fruits, portions that will sustain an active middle schooler through the school day, and to stop serving foods that the children won't eat. While some of the “new” meals are indeed creative the nutritional value doesn't mean a hill of beans if it ends up in the garbage.

“I am not a nutritionist but I feel like my kids get a better variety at home than at school. We always have fresh fruit available at home, cheese, and veggies. I realize this is not always cost effective, but they LOVE to eat cuties, green apples etc.. or their snack at home yet the lunch lady at our school sprinkles brown sugar on our apples to make them “more appealing”, and my kids won't eat them at school when they have sugar all over them. doesn't the sugar defeat the purpose?

I have gone rounds with our school's lunch program- I choose to pack my kids lunch unless it's taco day or something they really love because I feel like that way I know they are getting enough to eat and a good variety”

I think the changes made were a good start, but I think there's still room for plenty of improvement. I think there should be more of a push for schools to get fresh foods into the meal plans. Possibly a feasible way to do this would be to have schools implement gardens and fruit trees to offset their costs. I know it would be a lot of work, but if you could make it a community project and a teaching exercise I think it could be very successful.

Tell the President's wife and all politicians to stay out of our business!!!!

Make sure the students are not hungry by middle of the afternoon because they didn't get enough to eat! Prices go up and amount of food for these children go down!

would like to see more soups and salads offered as a second choice

Go back to the way school lunches used to be. Bring Michelle Obama here and have her stand at the trash and see how much is being thrown away each day..... these kids are going back to class still hungry!! I'm very disappointed in the quality and what is being served at school for lunches. My child will continue to take his lunch everyday until I can see a BIG, BIG improvement in the school lunches. Give the kids something they will eat.....it's about portion control!! Doesn't take a rocket scientist to figure that out!!

As parents, my husband and I main concern regarding the food changes is that the

food caloric intake is not sufficient for a growing child who is who active. We agree that is it great to promote healthy living and we do offer plenty of fresh fruits and enurage vegetables daily with our home meals. With that said, we pay full price for our children's meals as it is our responsibility to provide for them, therefore, if they are not getting what they need from the school meals, we happily will send our own ood choices and amounts. We disagree with regulating food amounts. Kids need to develop discipline as someday they will be making their own decisions about proportions. We feel the education being provided is fabulous. Since the change with the food pograms, our children have not taken hot lunch this entire school year. We send lunches everyday. We would gladly pay for the school lunch if it met our needs. Thank you for the opportunity to voice our opinion.

the repetition of menus is a concern to me with rarely a dessert option. It seems like the typical menu doesn't fill up my son- he is hungry after lunch. Shouldn't the size portions be adjusted according to age? The district where I work (Knoxville) provides much better meals and at a lower price. why aren't schools sharing ideas/ menus? Need a variety of fresh produce items--- students can only eat so many bananas and apples. It appears to me the food program needs a complete overview-- starting with pogram director education/collaboration, food providers options, prices, and ability to provide satisfaction.

I would like to see more local produce and much less frozen food being served
better quality

My family is healthy. I feel that my child is being fed poorly because of the amount of families that are not healthy. He is a 16 year old boy that is active and responsible. He should be allowed to eat more protein and 'stick to your ribs' food like mshed potatoes and pizza. You can put all the asparagus on his plate you want, but that doesn't mean he'll eat it. Allow them to choose their vegetables (carrots, celery with peanut butter, ect.) Offer fruits that are fresh, not frozen and canned an unppetizing. The school lunch change will not help the obesity problem. Home and families are in control of that.

Our school lunch cost is outrageous compared to all the other schools around. they use the maximum that they can charge and i question why. i feel that i can send more food and equal to what he is served there for much less-i only do it mostly for lack f time

My children all complain about hair in there food. Yuck! Fake potatos are cold, lumps of uncooked potato flakes are like plastic, they are terrible. There is no reason for the complaints that my children have, it's simple food preparation. I'm all for healthy food at school, but don't try to tell me or my children that fake potatos are healthy. Fresh food is healthy, prepackaged food is not. Children need more calories to burn because they are active in school. They have after school activities and i they don't get enough food during school they are to run down to think straight for after school activities.

I am a stay at home mom and almost everyday my kids come home like they are starved. As i said before food at our school is served cold when it is ment to be hot. The bananas are green, the food looks unapealing. I fix and serve supper between 4:30 and 5 to keep them from snacking to much right when they get home because

they are starved. My son is in 8th grade and if he eats at school he eats a double lunch. He is 6 ft 2 and needs more calories to keep his energy up. He is very active in sports and when he has practice after school I send a packed lunch so he doesn't get dizzy at practice. I realize that fat people are everywhere but growing boys need more calories. I asked my children how they felt about the changes in lunches and they said They Suck

High school kids need more food. Some do not eat breakfast and get very little for lunch and are out for sports etc. Also free program kids do not eat the foods served at lunch and lunch is sometimes the only meal they get. Something needs to change! It's not working! 80% of the food is dumped in the garbage! Very sad!

Need to re-evaluate protein portions at the High school level. It is an important component of satiety, especially in those students who are very active with sports, show choir, etc.

If the kids do not like the meals, they are not going to eat them. I am not saying make greasy foods or unhealthy, but they need to be kid friendly. Give the kids enough food so they are full. There has to be a happy medium. It is not good for the kids to go home and be starving and grab the bag of chips or something unhealthy to get full.

FOCUS ON FOODS THAT WILL BE EATEN BY KIDS AND NOT THROWN AWAY. HAVING HEALTHY LUNCHES DOESN'T DO ANY GOOD FOR THE KIDS IF THEY ARE ONLY EATING THE FRUIT, DRINKING THE MILK AND THROWING THE REST AWAY. TAKE A LOOK AT THE CALORIE NEEDS OF THE KIDS BASED ON THE AGE GROUP, LEVEL OF ACTIVITY AND THE GROWTH OF THE KIDS IN THAT GROUP. 800 CALORIES IS NOWHERE NEAR ENOUGH FOR A 7TH GRADER WHO HAS PE CLASS AND SPORTS PRACTICE. IT MAY NOT EVEN BE ENOUGH FOR A GROWING 2ND GRADER WHO HAS 3 - 15 OR 20 MINUTE RECESSES IN A DAY ALONG WITH PE CLASS.

Curb appeal...improving the "look" of the food and the presentation will help.

Stop wasting money by trying to feed children food that for the most part they do not eat. Spend a few days watching children throw things away like sweet potato french fries and you can see that items like this are a waste of our money. Don't buy things the children will not eat.

It would be wonderful if there was more time for all of the students to eat their school or home lunches.

Older kids should have more options and more food. Since the changes to the school lunch I am spending significantly more on school lunches because he isn't getting enough to eat so he has to supplement his lunch with additional mains or ala carte items. There is talk that the school may have to increase the cost of school lunches because of the additional cost to them to adhere to the new school lunch guidelines.

Give them enough to fill them up.

Larger portions for the main dish, ketchup as needed, lettuce and bread the kids will eat not necessarily what is healthiest. If the main dishes were healthier the ketchup would not be such a big deal. More fresh fruit variety. Lunches need to be warm

and cooked appropriately. Children do not care for whole grain pasta and pizza, then they just do not eat. There needs to be. Balance between healthy and what kids will eat. On the whole my student is trying and eating more fruit and vegetables. My child is not a huge kid and is complaining of only getting a tiny bit of meat for tacos or beef nachos, etc. some kids barely eat if they only like one thing and it smaller portions.

I think the choices have improved, but my children come home everyday and say they did not get enough to eat and the food does not have much flavor. They have always been healthy eaters, so their habits at home have not changed.

maybe allow a little bit of fun - two cookies at lunch isn't going to hurt a girl who is very active!

I think school meals would cost less if they were actually made instead of being dumped out of a box and heated. I can feed a family of 6 a complete healthy meal (protein, veggie, starch & milk) for \$5 or less from home. There's no reason that made food can't be healthy and budget friendly. I'd much rather see them eat spaghetti twice a week for lunch than constantly eating processed prepackaged food.

The current calorie maximum does not allow for growth spurts, sport participation, or child's size. Larger serving size of fruit and veggies, and milk as well as water bottles provided for class would be appreciated.

I know the object is healthy eating. Which we all need...at home too! I just worry about the amount the older kids have. My son plays sports so he goes from 12 until 6pm or later with out eating on a normal day.

Providing condiments so the kids want to eat the food they are given would be nice. They may need more than a small squirt of ranch or ketchup. Kids also need way more protein. My girls are starving by the end of the day and frequently eat the fruits or veggies off another student's tray if they are unwanted.

she might eat them better if she had more time. she says they are ok but she brings her lunch

Increase the amount of food provided.

Don't give food to kids if they don't want it...what a waste. If the taxpayers managed their own kitchen like the school does, we'd need more landfills to hold all of the wasted food.

I would like to see more meals made from scratch. If school lunches are supposed to model healthy eating, kids need to know that they can eat healthy by making their own meals. Not by opening a wrapper and warming something up, even if it does fit within the nutritional counts that are required.

More food, especially the type that "sticks to your ribs!"

No longer offering sugar sports drinks or pop at school and getting rid of vending machines in the school.

There are just a lot of variations in the taste/flavor of foods from one day to the next. Some kids need more calories than others and it isn't fair to withhold from those that do.

I don't think it makes much sense to regulate portion sizes if the students are allowed to double up on main course and purchase multiple meals. It is unfortunate that every person in the world does not fit into the caloric guideline that our leaders have arbitrarily set. My kids come home from school "Starving" but they are not looking for fruits or vegetables.

Don't divide the entries by grade, some kids get one thing, others get something else. again just larger portions and less prepackaged foods.

Our son is very active and we have taught him to eat well. Give them options to choose which foods are right for them.

My daughter comes home hungry because the food does not taste as good as it used to. I went and tried the healthy food that they would be serving this year and some of it I did not like the taste. I agree fruits and vegetables are important but if they are going to include a few sweets like cookies they can taste good at least

actually give them food they will eat - they come home from school starving - and going into after school activities with eating nearly no food at lunch is ridiculous.

Just that my child needs more to eat at school lunches as he is very active in sports and is at the age of growing and not enough on his plate so he gets extra which costs me extra money. I usually pay a lunch in a half each day.

As mentioned earlier, the foods served are not always child friendly, or tasty. If a child doesn't think the food looks good, they won't eat it, even if they are hungry. We live in a rural area where our students eat food at school, and that's something it. Some will not eat at all when they get home. I would love to see free second's come back into play for these students, or at least a PBJ sandwich, which is not around anymore. Get away from the messy goo of pureed squash, spinach, half cooked carrots, and disgusting looking refried beans, and give kids the basic fruits and veggies they like...corn, green beans, potatoes, carrots. No child is becoming overweight because of school lunch - it's because of the food they eat at home and the lack of exercise they get AT HOME.

A government meal program should be extremely healthy, regardless of the complaints from people about their children not eating enough. I would rather my children eat less than to fill up on crappy processed food. 'Totino's' type pizza rolls, for example, should never be considered an entree.

They need more time to eat...her having to wolf the food down in a short period of time at lunch is carrying over to other meal times. This has been shown to cause over eating behaviors

My biggest concern is quantity of food. My children have food available at home but many do not. I'm not aware of the options students have for obtaining more food during lunch.

having a greater variety of fresh fruit available...apples, pears, bananas, clementines, oranges, low fat cottage cheese, seeds, nuts for purchase.

Keep the menu consistent. If you list an item for that day keep it. When a child does not eat soups or stews of any kind and it is listed on the chart have it that day instead changing it. Too hard on parents to be sure their kids are eating at school when the menu doesn't stay the same. As an adult I do not like chicken fajitas tell me

how many 5 year olds do? When that is served with pinto beans and half an apple, my child (and many others) are only eating half an apple. Which is causing more disruptive behavior because they are hungry, they are tired & sluggish, and basically not learning.

If we can somehow go to having kitchens in schools again that actually make healthy food rather than just preparing predone foods, that would be AWESOME.

Give them larger portions.

my 4th grader often wishes he could get an extra entree like last year, but cannot this year. sometimes he likes the school lunch but has to bring cold instead because he knows he will be hungry because he will not get enough food. i think parents should be able to approve and extra entree if they know their child will eat it.

More made "made from scratch" items, less pre-packaged.

I don't understand why peanut butter sandwiches cannot be served, but my school can still serve a hot dog if it is on a whole grain bun.

Giving kids choices and giving kids foods for their age-saurkraut is not something many young kids acquire a taste for-keeping milk cold!!!! So it has a good taste for the kids.

I have said over in this that my child is picky and he is very thin, so when the school was doing less food and only healthy choices, he did not eat, so that really was "unhealthy" for us. Now that there seems to be more food he is eating more volume - still very thin and picky. I just don't think that one meal 5 days a week is going to make or break a child's overall health, they need to definitely eat healthy, just maybe less "exotic" and have some carbs/fillers for kids who don't eat many fruits or vegetables.

When you have a 6' tall active teenager, you do not restrict them to a 600 cal meal. Ridiculous

Our school has recently implemented a policy at the high school that if the kids do NOT take a fruit or a vegetable the school will CHARGE THEM MORE. This is just STUPID. This is not the way to get kids to eat healthy. The only thing this accomplishes is either wasting food (they take it but don't eat it) or wasting MY MONEY if they don't take the fruit/vegetable. I'm not sure which politician thought this DUMB ASS rule but it's NOT GOING TO WORK to get children to eat health. Offering FRESH, palatable fruit options WILL.

I am old school...nutrition should begin at home. It should not be the gov't's responsibility to make sure my kids are eating healthy. They need to fill up to get thru the school day and sports after school. Even though we are on free and reduced, I use our grocery \$ wisely, and we seldom eat out.

It is ridiculous to make an entire school peanut-free for one student. If the school district would offer peanut butter as a daily choice, at least there would always be a healthy choice of protein if they didn't like what was being served. I'm not sure why this survey is for the oldest child, because they are more likely to find other sources for food whereas many of the younger ones don't have a choice but to eat school lunch. In my youngest child's school, she has a choice if she wants something or not. She only has to have 3 items and her carton of milk can be one of those. When I

stopped by the other day, she had a sausage patty, a carton of milk and I think a half a banana. It was pathetic. Young children should not have a choice. They should be given all of the available foods so that they might try something new. There are many foods on the menu that 5 year olds have never tried because it is not served in their household. They might learn to like a new healthy choice if it is on their plate. Earlier this year the serving of vegetables was 2 thin slices of cucumber. First, I can't imagine that many 5 year olds will eat cucumbers and if they do, I am surprised that 2 thin (maybe 1/4 inch) slices was considered a serving. The same thing goes with pepper strips. They get two. Most of the changes need to occur for the little ones, so please make a survey for the youngest child next. I have both, so I have a pretty good view. Thanks for asking.

More variety of meals to choose from

To me, having a meal a child will eat is more beneficial than a meal that gets thrown away and a child goes hungry. There are too many kids that rely on school lunches as their only source of nutrition.

I don't feel that the one school lunch is enough food to satisfy Boys going through puberty my oldest is always starving when he comes home from school

No

Make more appealing and flavorful for kids none of this fake meat kids will eat what they want when they get home one meal is not going to make a difference in the obesity world. Not eating at all is not good for school performance. Not cool for junior high kids to take cold lunch so they just don't eat. Way to go Obama thx for letting me voice my opinions. God bless America!!!!!!

Don't give up, despite all the negative responses- people are set in their ways and don't want to be forced to make changes, even if it's for their benefit! Give the parents and students time to adjust before "changing back!" Also, have an environmentally friendly way to deal with all the food waste (donate to local food bank; offer to local farmers for chickens, pigs, etc; send home in backpacks with children who want it, etc)

offer more food to younger grades if they are still hungry. not every kid has the same appetite or metabolic rate.

Not enough food. My child is not obese is very active so he needs more and non processed food.

In general, I don't think the school should have to provide a hot school lunch. Parents/kids can pack a healthy lunch and eliminating the lunch program would save a huge amount for the school/state budget. Alternatives could be provided for low income families.

Allowing enough time for the kids to eat the lunch. Right now all my kids (across all three schools in Nevada) report that they don't get much time to eat and have started taking sack lunches as a way to make sure they have enough time to eat.

It seems like a lot of deserts are being offered yet. All that sugar isn't nutritious but empty calories.

In addition to what the kids are eating for lunch I also think they need a little more time to eat their lunch. I've had lunch with my children in the elementary school

and have found that the time allotted is so short. I could hardly eat in that amount of time. At the same time, the kids are in a hurry to go outside and play. Also it's very difficult to see kids throw away so much food. Knowing that some of them only get one good meal a day it is painful to see them throw so much off of their tray in the garbage. Wish I had a suggestion for how to fix that but I don't.

Making sure the fruit and veggies that are served are fresh, and not brown or wilted

While school meals are important, common sense should be used. Children grow therefore they should be provided with meals that are appropriate. Obviously junk food is not good for anyone other than a treat. Yet too little food in meals hunger will be an issue and learning will be a problem. Parents still need to do their job in providing their children with healthy meals the majority of the time. It is not the job of schools to be 'parents' or be 'parents' to the parents. The job of schools is to teach academics.

If the concentration is on eating and providing healthy foods, then serve enough of them to fill the children. It doesn't do a bit of good when the kids come home from school hungry and parents are at work and they raid the house and eat everything in a sigh. If we are going to have healthy kids we also need to have physical education more than once a week also. Just providing healthy food choices aren't going to solve the problem, we need to get the kids more active. If the government is going to shove this down our necks, we need the whole package... good food, education, and physical activity!

More fresh fruits and veg, make flavored milk less accessible, school lunches can be so unattractive

Make it better and give them more of it

I think the food service staff are doing an excellent job at Turkey Valley, working within the guidelines they have to follow. They have a big job and probably do not receive the appreciation they deserve from students & parents.

Serving appropriate sized servings for growing kids, especially kids that work at home on the farm or are in sports. They need more calories. Starving in school leads to snacking at home on whatever they can find before parents can get home from work.

I believe that our school district has done an amazing job with the new guidelines. They have stepped up to the plate and have done a phenomenal job.