

English Language and Composition for Mrs. Munoz  
Reading Time: 15 minutes  
Suggested writing time: 40 minutes

**Directions:** The following prompt is based on the accompanying ten sources.

This question requires you to integrate a variety of sources into a coherent, well-written essay. *Refer to the sources to support your position; avoid mere paraphrasing or summary. Your argument should be central; the sources should support this argument.*

Remember to attribute both direct and indirect citations.

### **Introduction**

Recently, schools have taken to overhauling their school lunch menus and cafeteria programs. Some schools have removed soda and snack vending machines from campus, “gone green” with recycling and composting programs, required students to choose three menu items and have even banned home made lunches in attempts to curb childhood obesity and create healthier environments.

### **Assignment**

Read the following sources (including any introductory information) carefully. Then in an essay that synthesizes at least three of the sources for support, write an essay that explains the most important considerations a school board should take when creating board policy that governs the school cafeteria nutritional services and establishes guidelines for the lunchroom.

Refer to the sources as Source A, Source B, etc.; titles are included for your convenience.

**SOURCE A** (Chicago school bans homemade lunches...)

**SOURCE B** (Parker political cartoon)

**SOURCE C** (% of overweight school children by country)

**SOURCE D** (Philadelphia school battles students bad eating habits)

**SOURCE E** (Letter to the editor blaming parents for obesity)

**SOURCE F** (Students protest banned food fair)

**SOURCE G** (Flyer from school comparing school lunch price to home made price)

**SOURCE H** (Government’s 2012 nutritional requirements for school cafeterias)

**SOURCE I** (School composting program)

**SOURCE J** (School recycling program)

**SOURCE A- "Chicago school bans homemade lunches, the latest in national food fight"**

Liz Goodwin April 11, 2011

Students who attend Chicago's Little Village Academy public school get nothing but nutritional tough love during their lunch period each day. The students can either eat the cafeteria food--or go hungry. Only students with allergies are allowed to bring a homemade lunch to school, the Chicago Tribune reports.

"Nutrition wise, it is better for the children to eat at the school," principal Elsa Carmona told the paper. "It's about ... the excellent quality food that they are able to serve (in the lunchroom). It's milk versus a Coke."

But students said they would rather bring their own lunch to school in the time-honored tradition of the brown paper bag. "They're afraid that we'll all bring in greasy food instead of healthy food and it won't be as good as what they give us at school," student Yesenia Gutierrez told the paper. "It's really lame."

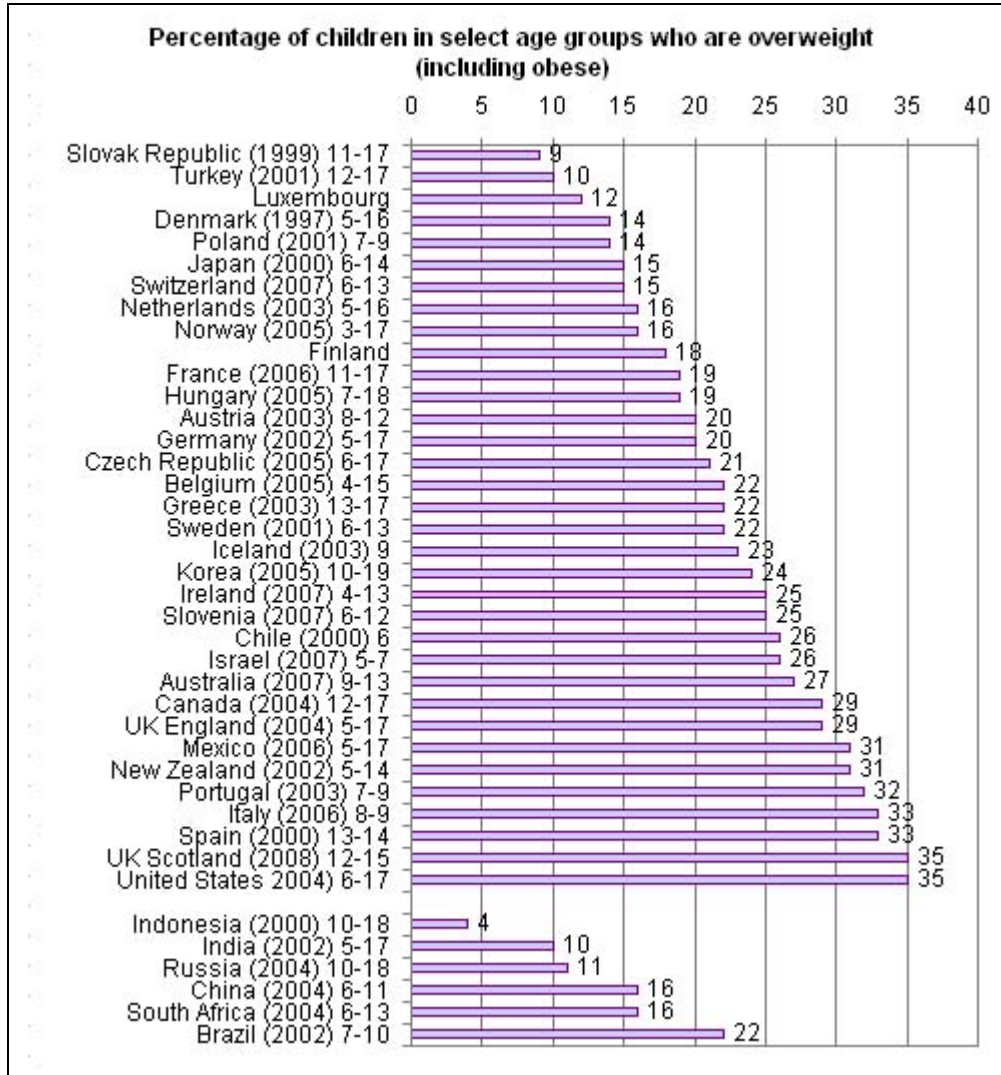
For parents whose kids do not qualify for free or reduced price school lunches, the \$2.25 daily cafeteria price can also tally more than a homemade lunch. "We don't spend anywhere close to that on my son's daily intake of a sandwich (lovingly cut into the shape of a Star Wars ship), Goldfish crackers and milk," Northwestern education policy professor Diane Whitmore Schanzenbach told the paper in an email. She told The Lookout parents at her child's public school would be upset if they tried to ban homemade lunches.

SOURCE B



**SOURCE C – “The World Is Fat” September 23, 2010**

By Catherine Rampell *The New York Times*



**SOURCE D--“Philadelphia School Battles Students’ Bad Eating Habits, on Campus and Off”**

By MICHAEL MOSS New York Times March 27, 2011

— Tatyana Gray bolted from her house and headed toward her elementary school. But when she reached the corner store where she usually gets her morning snack of chips or a sweet drink, she encountered a protective phalanx of parents with bright-colored safety vests and walkie-talkies.

The scourge the parents were combating was neither the drugs nor the violence that plagues this North Philadelphia neighborhood. It was bad eating habits.

“Candy!” said one of the parents, McKinley Harris, peering into a small bag one child carried out of the store. “That’s not food.”

There was a reason for this. While research suggests that as little as an extra 200 calories a day can make an adult overweight, a recent study led by Gary D. Foster, the director of the Center for Obesity Research and Education at Temple University, found that children were getting 360 calories a day from chips, candy and sugary drinks — all for an average of \$1.06.

Like schools throughout the nation, Kelley has expelled soda and sweet snacks. Instead of high-calorie fruit juices, the school nurse, Wendy Fine, said, “I push water.”

The Agriculture Department wants to change the content of federally subsidized school meals — 33 million lunches and 9 million breakfasts a day — by the fall of 2012. Beyond the calorie cap, the new standards would emphasize whole grains, vegetables and fruits and set tighter limits on sodium and fats.

“This will mean a huge shift in school meals,” said Margo G. Wootan, the director of nutrition policy at the Center for Science in the Public Interest, a consumer advocacy group.

Fernando Gallard, a spokesman for the Philadelphia School District, said schools were meeting the new federal meal proposals by using more dark green and orange vegetables, as well as fruits, whole grains and legumes.

**SOURCE E--** USA Today-- Letter to the Editor  
opposing school lunch programs  
<http://www.usatoday.com/news/opinion/letters/2011-04-18-school-lunches-deficit-reduction.htm>

### **Roundup: For healthier kids, look to parents**

When you're young and in elementary school, if you see roasted cauliflower, you won't eat it. You'll just throw it out. I had this problem in my elementary school in New Jersey. They tried switching the menu to healthier options. However, when you have kids sitting in a classroom all day, and ready for food and recess, they don't want a fresh tossed salad.

Yes, child obesity is a problem in the country, but the blame rests with the parents. If parents give their children lunch money, and if kids see only vegetables and no "kids foods," such as french fries or even chocolate milk, they are not even going to enjoy eating. Also, if the parents want their kids to eat healthier, then they can pack them a lunch with what they want their kids to eat.

Having or not having french fries is not what is causing the failure nutrition in public schools today. Letting kids at school eat fries is a better use of money than the likelihood that kids would throw away the healthy foods.

SOURCE F--From a small town newspaper reporting on students who boycotted the cafeteria  
October 2010 *The King City Rustler*

Friday, students planned a celebration of their school's 100<sup>th</sup> year with the traditional lunch time "food fair" that raises monies for various school clubs and teams. Customarily, clubs and schools choose a food to BBQ, bake or make and then sell to the 900 students and staff during the school's lunch break.

However this year, the State Administrator put a stop to the festivities and fundraising citing Ed code than bans the serving of foods with trans fats and explained in statement, "The school nutritional services needed prior notice and proper approval needed to be granted to allow the planned food fair".

Students who felt it was "Un-American" to ban competition for one day with the school cafeteria began a text message campaign urging their fellow students to exercise their right to engage in a hunger strike. The students brought home made lunches or just refused to patronize the cafeteria the day of the banned food fair.

Students and their parents have long supported the school's annual food fair held during homecoming week for the last 99 years. Parents help BBQ, serve food, bake treats and sell alongside their children's clubs. One parent expressed her disgust with the new school's nutritional program, "It fells like Communism, banning students from eating certain foods one day of the year and then justifying it with the excuse that the cafeteria can't compete. The school's administrator has gone too far with this one!"

Their efforts in civil disobedience paid off as the cafeteria served not a single burger from Friday's menu to the 900 plus student population. Some students picketed the school cafeteria with signs that read, "Banned food fair is UNFAIR". School Principal, Bruce Corbett released a statement saying that "...the food fair will be rescheduled when proper procedures are followed to gain permission from the cafeteria's food service provider".

Facing a burger surplus, the cafeteria tried to give away their burgers at the end of the school lunch, but found few takers.

SOURCE G--Flyer sent home with students  
promoting cost and nutritional value of school lunch  
vs. homemade  
lunchhttp://www.crsd.org/5031021995716563/lib/50  
31021995716563/ElcMenubackMarch2011.pdf

## ***LUNCH FROM HOME VS. LUNCH OFFERED IN CAFETERIA***

***It takes a real balancing act to create a bagged lunch that equals the same nutrient value provided in a school lunch. Studies show that children who eat school lunch have higher nutrient intakes, both at lunch and throughout an entire day. This is great news, since when children are better nourished, they perform better in school. From children to parents to teachers, everyone benefits from a nutritious school lunch.***

***An average home lunch consisting of a cold turkey sandwich, chips, an apple and water amounts to about \$3.11, not taking into account the time it takes to prepare the lunch. Our school lunch costs \$2.55 and includes a choice of a hot entrée containing lean protein and healthy grain, a vegetable and a fruit choice, and skim or low fat milk.***

***Don't forget.....You now have the option to register your child on [www.mealpayplus.com](http://www.mealpayplus.com). This site will allow you to monitor your child's lunch account and is a completely free service, unless you decide to make deposits using your credit card or electronic check. To avoid the 4.75% fee charged by the merchant bank for electronic and credit card deposits, simply send a check or money order to the school as you have been accustomed to doing. Make the checks or money orders payable to "CRSD Cafeteria Account". Please do not send cash. Please print your child's name and ID number on the check.***

### ***Parents – Did You Know...***

***Lunch Prices*** – The daily lunch price is \$2.55, which includes a choice of a main entrée or pizza or an alternate entrée with a vegetable, fruit, and milk choice. A salad choice is also available daily. Reduced lunches, for those students who are approved, cost \$4.00 for 10 meals. Applications for free and reduced price meals are available on the Council Rock web site or they may be obtained from your school office.



SOURCE H--From the government's proposed 2012  
meal programs  
**Federal Register** / Vol. 76, No. 9 / Thursday, January  
13, 2011 / Proposed Rules **2565**

Meal Pattern	School Breakfast Program		
	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food <sup>a</sup> Per Week (Minimum Per Day)			
Fruits (cups) <sup>b</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>bc</sup>	0	0	0
Dark green	0	0	0
Orange	0	0	0
Legumes	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains <sup>d</sup> (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)	5 (1)	5 (1)	7-10 (1)
Fluid milk <sup>e</sup> (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) <sup>fg</sup>	350-500	400-550	450-600
Saturated fat (% of total calories) <sup>f</sup>	< 10	< 10	< 10
Sodium (mg) <sup>h</sup>	≤ 430	≤ 470	≤ 500
<u>Trans fat</u>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.		

<sup>a</sup>Food items included in each group and subgroup and amount equivalents. Minimum serving is 1/8 cup.

<sup>b</sup>One cup of fruits and vegetables usually provides 2 servings; 1/4 cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit offerings may be in the form of juice. All juice must be pasteurized, 100% full-strength.

<sup>c</sup>For breakfast, 1/2 cup of non-starchy vegetables may be considered equivalent to 1/2 cup fruits.

<sup>d</sup>Upon implementation, at least half of grains offered must be whole grain-rich. Aiming for a higher proportion of whole grain-rich foods is encouraged. Two years post implementation, all grains must be whole grain-rich.

<sup>e</sup>Fluid milk must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>f</sup>The average daily amount for a 5-day school week must fall within the minimum and maximum levels.

<sup>g</sup>Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.

<sup>h</sup> Sodium targets are to be reached 10 years after implementation of the final rule. Intermediate targets have been established to ensure that action to reduce the sodium content of school meals over the 10-year period maintains student participation rates.

SOURCE I--The following is a blog written about  
cafeteria waste.

[http://getenergysmartnow.com/2010/06/03/reducing-  
school-cafeteria-waste/](http://getenergysmartnow.com/2010/06/03/reducing-school-cafeteria-waste/)

**Offering Food vs. Serving Food** – Hot lunches at some schools are just like an assembly line with cafeteria workers plopping food on the trays and handing it to the students. This is done to get the kids through the line as quickly as possible. It's quite understandable, the school's desire to get the kids through the line as quickly as possible. However, a lot of uneaten food gets thrown in the garbage as a result. There's no sense in serving food if the student has no intention of eating it. It takes a little longer to offer food, but a lot less of it goes to waste. By offering food, schools can get a more accurate idea of how much food they need to order too, saving money. Lunches in our school district are comprised of five components – meat/meat alternative, bread, milk, and two choices of fruits and/or vegetables. Students are required to take at least three of the five items offered. I think that this offers a good balance of offering vs. serving. I believe that kids will be more likely to eat their lunch if they play more of a role in making a selection.

SOURCE J-- excerpted from a school  
composting manual  
[http://www.ct.gov/dep/lib/dep/compost/compost\\_pdf/schmanual.pdf](http://www.ct.gov/dep/lib/dep/compost/compost_pdf/schmanual.pdf)

## **Taking the Next Step in Recycling**

School composting, the next step in recycling, has many benefits for the students, their school and their community. Armed with this guide and enthusiastic leadership, your school can be on the road to composting. All schools are different—see what works for you. You can phase in composting by composting kitchen scraps in the initial stages of the program, followed by student education and cafeteria food scraps. How you begin the program will depend on the goals of the Steering Committee.

Your program will be successful if you plan well and communicate with the members of your school community. Seek out interested members of community groups such as garden clubs, scouting groups and conservation organizations. Be patient; even small steps move you toward the goal of school-wide composting. Get people involved with incentives that thank them for doing their part. Let everyone feel good about the progress of the program—call attention to your successes through newsletters, poster and school announcements. Take the next step in recycling. You can make school composting happen.