



from Business Services

Let's Taco 'Bout It! Educating Parents about the School Meal Program through Coffee Chats with the Principal November 12, 2019



Nutrition is an important part of every student's academic success. At the Anaheim Union High School District and Anaheim Elementary School District, approximately 75% of students qualify for free or reduced price meals. This means that most of the students' nutritional needs are met by school meals during the school day.

Parents have the automatic assumption that only pizza, french fries, and greasy cheeseburgers are on the menu, causing them to be filled with concerns about the nutritional quality of the food their child receives at school. To help educate parents about the school meal program, Food Services conducts school site meetings for parents interested in learning more about the food served at school.

At each meeting, parents are educated about the school meal regulations, how menus are planned, how food is prepared at each site, and what goes into each component of the meal. We highlight the colorful salad bars at almost every secondary school site and our healthier versions of kid-friendly favorites. Phillip Burns, our district chef prepares a

variety of entrees, fruit, and vegetables typically served to students for each parent to taste.

Parent feedback and outreach is important to us. The response from parents has been extremely positive and supportive. Parents are usually surprised at how much planning goes into the meals, and how nutritionally balanced the meals are. Some of the comments we have received are:

"Thank you for providing our kids with healthy meals."

"Everything is good, very grateful for your concern so that the children are healthy. Thank you."

"My son loves the food from school. To me the food was very delicious and nutritious."

"I am amazed how good the food is."

Congratulations and thank you for taking care of our kids."

"Everything is delicious, thank you for your time. And above all for the positive attitude of the people serving the food."

"My daughter complains about the food, I don't know why. It's so delicious!"

