

Feb 26, 2025 | 📅 Food Advisory Committee

Attendees: Rachael Cacace Marilyn Gotshall Doreen LaRock Grace Olbrys
Silvia Ouellette Oxford - Jennifer Syrowsky Howard Wardlow Kyla DeCrescenzo (student representative) Stephanie Carfo (parent representative)

Notes

- Question was asked of Jennifer Syrowsky from Whitson's about the availability of vegan, vegetarian, gluten free & allergy options at all the schools?
Jennifer responded that OHS has a "food court" where students can select what they want based on their needs. All four options are available at both OHS and OMS. She said at GOES and QFS that she coordinates with the school nurses for special diet requests and that it is more individualized at these schools.
- Also, on the same topic, Jennifer was asked about signage for these options.
Jennifer's response was that there is clear signage at all four schools.
- Question was asked by Doreen LaRock if the students at QFS could have more options as alternates for hot lunch.
Jennifer responded that there used to be 6 options but QFS principal (Rachael Cacace) said that was too many choices for the K-2 students so it was narrowed down to two options- cereal and sun butter. Sun butter not a popular choice so Rachael and Jennifer agreed to change it to cereal and a turkey/ham sandwich as the two options for now. Our parent rep (Stephanie Carfo) suggested changing one alternate option each week to a different option for variety. Rachael thought that might be too confusing to the children as they would most likely be looking for last week's option.
- Silvia Ouellette (OMS Principal) asked Kyla (student rep) what was popular amongst her friends and other students.
Kyla responded that Smoothies and the Acai bowl are popular when they are offered. Also the Italian grinder and BLT. Jennifer said they are adding the BLT to the menu at OMS. The grinder may be offered more frequently. Popular choices at GOES and QFS are the 'Breakfast for lunch' option and chicken nuggets, mozzarella sticks and pizza.
- Grace Olbrys (Health Teacher at OMS) inquired about the beverages that are offered at OMS and some concern about the sugar content.
Jennifer responded that all beverages offered are approved for the School Nutrition Program and the sugars are "natural fruit juice", no added sugars. The popular beverage is "Izze" at OMS with 19g/can.

- Kyla DeCrescenzo (student representative) mentioned that the portions at OMS are small such as 3 tacos for lunch. By the time students get to lunch it's 4-5 hours and they are hungry. The suggestion was made if portions can be different by age groups. Jennifer responded that they are mandated by the state guidelines for the School Nutrition Program. She said that fruits and vegetables are unlimited and students are welcome to take those options.
- Marilyn Gotshall (Admin. Assistant) mentioned sending the survey to district parents/students for feedback. Howard Wardlow (Business Manager) said he will develop the survey with shared input before he sends it to the district.
- Question was asked of Jennifer if the students like "Themed menus". She said the Thanksgiving menu is the only "themed" menu she can recall.

Action items

- Send out Survey

Next Meeting

- Wednesday, April 23, 2025 at 2:30pm - Central Office