

Mar 22, 2024 | 📅 Food Advisory Committee Meeting

Attendees: Howard Wardlow Grace Olbrys Rachael Cacace

Oxford - Jennifer Syrowsky Marilyn Gotshall

Parent in Attendance: Dr. Robert Miller

- Not in attendance: Silvia Ouellette , Doreen LaRock

Notes

Do we offer vegan, vegetarian, Gluten Free, & Allergy options?

Dr. Robert Miller, parent, asked if the cafeterias offered these options to students. He stated that although it affects his family personally, there are most likely other students who would like to choose these options and won't necessarily ask for them. He said it should be easier for the students to select one of these options for their lunch. Jen Syrowsky said that all these offerings are available at Oxford High School at each station because food is made-to-order.

At Oxford Middle School, Great Oak Elementary & Quaker Farms School, Jen usually goes through each school nurse to accommodate any requests.

Action items

- Better Signage about the availability of vegan, vegetarian, gluten free, & allergy options was discussed.
- Survey the parents to ask if there are enough options.
- Should we show pictures of the options at the elementary level?
- Howard to send survey.

Discussion of Breakfast Option

Rachael Cacace, Quaker Farms School Principal noted that due to the timing of buses, it would be difficult to implement at QFS. Jen Syrowsky said that Whitson's offered a Breakfast option several years ago at Oxford Center School and it was successful, however, Oxford High School and Oxford Middle School had tried it and it wasn't very successful due to timing issues. Timing seems to be the concern at all four schools. Table discussion until next meeting.

Action items

- Howard Wardlow, Business Manager will get information from previous district where they offered the Breakfast program to see how they managed the timing and schedules.

Menu Options

Rachael Cacace asked who develops the menus? Jen Syrowsky said that she does the menus and added that there are requirements that go into each selection. Rachael noted that teachers feel that "Nachos & Cheese" doesn't seem like a "meal". Jen said that choice is very popular with the kids. Grace Olbrys, Health & Nutrition teacher at Oxford Middle School noted that she surveyed her students at OMS for their ideas. The students said that they wanted more choices/options for lunch. Rachael agreed that was the consensus from Quaker Farms as well.

The group discussed adding a "Make Your Own Smoothie" option and the popularity of Acai bowls too. Also, how students LOVE the Breakfast for Lunch choice when it appears on the lunch menus and would like to see it more often. It was noted that there haven't been any parent complaints about the school lunch options.

Future Topics

- Breakfast Option
- Food Choices (Student's want more & different options)

Next meeting will be in April (Date to be determined) at 1:00 p.m.