

# **School lunch article**

By Lloyd Jones

One kid yelled, “Whaaat?! I think the food is the best, better than Oakland’s!”

“Yeah it’s pretty good, It’s not the worst.” another student said. Some other people thought differently,

“Well I don’t like the food very much.” said another,

“Yeah I don’t either!” So on and so forth. I’m going to tell you about school lunch.

Firstly, I have 2 subtopics, those are the legal side of school lunch mainly the National School Lunch Program or the NSLP. Also, the nutrition facts on school lunches. The one question I have is are all school lunches healthy and why.

Firstly, I chose this topic because I wanted to know how the school lunches are made and how healthy they are. The main topic of my I-search was to investigate and find out how healthy the food is. The food is not the best-tasting thing in the world, but as Clell Hoffman, Albany’s executive chef of the school district states, it is really healthy. In the pizza that’s served, the tomato sauce is handmade, but the school district buys the crust pre-made. The cheese in the macaroni and cheese is handmade. They just buy the noodles. And the teriyaki chicken is pre-made, but the sauce isn’t, it’s healthier because they use their own ingredients from scratch. I talked to the executive chef a little while back. His name is Clell Hoffman. Clell is a really nice guy that answered all of my burning questions about school lunches. The most important thing that I found about this is that most of the school lunch is freshly-made, but since they have to make the

food for so many kids, according to albany middle schools home page around 3900 kids. They have to keep the food hot by heating it up. Clell said in his interview, "If I gave you the pizza out of the oven fresh compared to the pizza that's heated up I guarantee you that you will like the one out of the oven more than the one being heated up." (Clell Hoffman)

Secondly, some healthy foods that Congress says is healthy is not the best, Congress is very lazy and is cutting corners and the following story shows that. Some of these foods are: tomato sauce made out of tomato, which seems healthy, but isn't that healthy unless it's made from fresh, crushed tomato, pizza, which is not very healthy regardless, and so on and so forth. Here's what they had to say in the article "Congress Pushes back on Healthier School Lunches," "Tomato paste is classified as a vegetable." This is important because it shows that congress is cutting corners some people who care for schoolkids' health and food staged protests and vowed to camp out in front of the organization of schools until something was done about the school lunch.

Three, one of the first things that I found out in my research was that our school lunch is healthy. It has a lot of protein and a lot of good ingredients. Based on my research, Clell the executive chef and the rest of the staff make most of their food that we eat, but most of the food is reheated, meaning that the food is mostly freshly packaged and put in a heating device because there are a lot of students that they have to serve. There are about 3,900 students or so, So they have to put it in a place where they heat the food. So this was a check mark for healthy!

My next subtopic is the legal side of school lunches. Firstly, There is a poverty line that lets you either have reduced/free lunch or you have to buy it on your own. In the book, *School Lunch Politics*, they talk about the political line that determines whether you are able to afford lunch or have reduced/free lunch. This is called the National School Lunch Program or the NSLP. If you have enough money/income, then at school you can pay for your own meals, have money in your account, or pay in cash. If you make below a certain amount, let's say \$14,521 if you live by yourself, it depends on how many people are in your household but you only get free/reduced lunch if you make below that.