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What's For Lunch?

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Problem
Many children in Massachusetts, including Worcester, are overweight or obese. School lunches contribute to this problem.

Facts
• 28.9% of MA children are obese or overweight.
• Children often choose unhealthy over healthy food.
• Only 30% of MA public schools have a wellness policy that meets federal standards.
• One Worcester Public School meal can contain between 1000 and 1500 calories.

Assessment
• A health education survey
• Longitudinal study of current students

Solutions
1. Administration and Parents
   • Work with the school board to come up with a new, healthier meal plan
   • Show promotional video to educate about children’s nutrition
2. Children
   • Promote healthy living styles and educate the children about proper nutrition
   • Encourage them to eat fruits and veggies, not sugary, fatty foods

Benefits
• Children will be less likely to have health problems such as diabetes and obesity
• Children will gain healthier routines and eating habits

Costs
• A La Carte menus make 1000+ dollars a year and will decrease school’s annual income if removed
• The administration would have to hire more teachers for health education

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Charts
<table>
<thead>
<tr>
<th>Monday’s Menu</th>
<th>Tuesday’s Menu</th>
<th>Wednesday’s Menu</th>
<th>Thursday’s Menu</th>
<th>Friday’s Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets</td>
<td>Spaghetti with Meat Sauce</td>
<td>Hot Dog</td>
<td>Cheeseburger</td>
<td>Pizza</td>
</tr>
<tr>
<td>Potato Rounds</td>
<td>Garden Vegetable</td>
<td>Tator Tots</td>
<td>Corn</td>
<td>Cheese Bread</td>
</tr>
<tr>
<td>Corn Muffin</td>
<td>Fruit Juice</td>
<td>Fresh Fruit</td>
<td>Fruit Juice</td>
<td>Tomato Sauce</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Gelatin</td>
<td>Mustard</td>
<td>Mustard</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td>Barbecue Sauce</td>
<td>Garlic Bread</td>
<td>Ketchup</td>
<td>Ketchup</td>
<td>Italian Dressing</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

| Calories (kcal) | 1688 | 887 | 880 | 1189 | 651 | 1641 |
| Protein (gm) | 67 | 45 | 28 | 51 | 22 | 34 |
| Carbohydrates (gm) | 174 | 120 | 81 | 158 | 77 | 130 |
| Vitamin A (mcg RAE) | 197.4 | 200 | 134.1 | 270.3 | 292.8 | 600 |
| Vitamin C (mg) | 80.7 | 102.1 | 81 | 88 | 51.3 | 45 |
| Vitamin E (mg) | 4.8 | 4.8 | 0.8 | 1.6 | 11.2 | 11 |
| Vitamin B6 (mg) | 1.5 | 0.9 | 0.6 | 0.7 | 0.8 | 1 |
| Vitamin B12 (mcg) | 2 | 2.7 | 2.2 | 3.8 | 1.1 | 1.8 |
| Iron (mg) | 8.4 | 6.8 | 4.7 | 7.9 | 7.8 | 8 |