### 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.

### 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.

### Facts
- 28.9% of MA children are obese or overweight.
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### Assessment
- A health education survey.
- Longitudinal study of current students.

### 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.

### 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>

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

### Monday’s Menu
- Chicken Nuggets
- Potato Rounds
- Corn Muffin
- Fruit Juice
- Barbecue Sauce
- Milk

### Tuesday’s Menu
- Spaghetti with Meat Sauce
- Garden Vegetable
- Fruit Juice
- Gelatin
- Garlic Bread
- Milk

### Wednesday’s Menu
- Hot Dog
- Tator Tots
- Fresh Fruit
- Mustard
- Ketchup
- Milk

### Thursday’s Menu
- Cheeseburger
- Corn
- Fruit Juice
- Mustard
- Ketchup
- Milk

### Friday’s Menu
- Pizza
- Cheese Bread
- Tomato Sauce
- Tossed Salad
- Italian Dressing
- Milk