

# WHAT'S FOR LUNCH?

After a year of discussion, both TNS and STAR both agreed to implement the “alternative menu.” This menu has some standard lunch staples such as pizza, hamburgers, chicken dumplings and grilled cheese **but also an exciting variety of healthy and vegetarian options.**

## WHY DID WE CHOOSE THIS MENU?

The alternative menu offers students more cooked-from-scratch, vegetable-based, and fewer processed food items than the classic menu.

## WHAT'S WRONG WITH PROCESSED FOODS?

Learning to eat healthier starts at an early age. Kids who consume more processed foods have a greater risk as adults of obesity, hypertension and high blood sugar levels because processed food is high in carbohydrates and low in nutrients and fiber.

## WHY HEALTHY KIDS MATTER

- 1 in 3 children in the US are overweight or obese
- Since 1980, the rate of obesity and overweight in kids and teens has almost tripled
- Children as young as 8 years old are on cholesterol-lowering and blood pressure-lowering medication
- Annual health care costs relating to obesity are over \$200 billion
- Data shows a healthy diet, nutrition education, and physical activity has significant benefits for children.
- Eating well is linked to better grades and school performance, good behavior and better concentration
- Eating healthy earlier helps for a long term health prognosis as adults, lowering rates of obesity, BMI, diabetes and heart disease

Eating a healthy lunch with fresh vegetables and fruits helps teach kids about good eating habits, which in turn, helps make them healthier as adults. Encourage your child to try the dishes and if you already eat a variety of healthy foods at home, your child is more likely to keep those good habits!

## WHAT'S ON THE MENU?

**The lunch menu rotates between these main dishes:**

Grilled Cheese  
Chickpea Tagine (stew)  
Chicken Dumplings and  
Veggie Fried Rice  
Bean or Spinach/Mozz Quesadilla  
Zucchini Parm with Pasta  
Veggie Tacos  
Hot Sliced Turkey and Gravy  
Turkey Burgers  
Pasta Fagioli (soup)  
FRIDAYS: Cheese or Specialty Pizza  
TUESDAYS: Burgers  
DAILY: Fresh Salad Bar in the Cafeteria  
Lunch also includes vegetable sides and fruit.

**Main dish really not their thing?** Every day kids also have a choice of pb&j, cheese sandwich, hummus/pretzels. And occasionally tuna sandwich or deli sandwiches. Just have your child request it when ordering lunch.

## NEED MORE INFORMATION?

**Learn more about NYC School Food, get recipes of lunch items, and see the whole menu schedule at:**

**[schoolfoodnyc.org/schoolfood/menusdailydisplay.aspx](http://schoolfoodnyc.org/schoolfood/menusdailydisplay.aspx)**

Under “Free School Lunch Menus” select Pre-K - 8 Alternative Lunch Menu

**Get menus right on your phone!**

**Download the “SchoolFood Feed Your Mind” app**

keywords: NYC school lunch



**ZUCCHINI PARMIGIANA**

PASTA MARINARA  
BROWN SUGAR CARROTS



**VEGETARIAN CHILI**

RICE  
GARLICKY GREENS



**HOT SLICED TURKEY  
WITH GRAVY**

MASHED POTATOES  
CALLALOO SPINACH  
TOASTED GARLIC BREAD



**ROASTED CHICKPEA TAGINE**

RICE  
BROCCOLI WITH GARLIC AND OIL

