

Developing School Meals and Menus



five or more fruits and vegetables

WHY DOES THIS MATTER?

- When students are included in taste tests of new menu items, they are more likely to consume those items when offered.¹⁻³ Incorporating student feedback into menu development is also reported to help school lunch participation.⁴
- Having students give menu items descriptive names that are then displayed in the cafeteria may help increase both fruit and vegetable consumption.^{5,6} Similarly, featuring creative names for fruit items on monthly school meal menus may positively influence fruit consumption.⁶
- Training kitchen staff in scratch cooking methods and decreasing pre-processed meal ingredients can dramatically improve the healthfulness of cafeteria offerings without hurting participation.⁷⁻⁹

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