



## LUNCH-IN CHECKLIST

*Lunch rooms are the most important classrooms in our schools. How does yours check out? Bring this handy checklist to your school when you visit the cafeteria for lunch.*

- Do children have adequate time to eat? Are there long lines?
- Are fresh fruits and vegetables readily available?
- Does the cafeteria offer daily vegetarian options?
- Are kids eating baked flour for lunch? (Baked flour = cereal, bagels and giant pretzels)
- How far does the food travel to get to your school? Are there local, regional or seasonal foods? Does your school participate in Farm to School Programs?
- Are there bake sales during lunch? Are vending machines operating in the lunch room that sells ice cream, soda, or candy?
- Is dessert offered and if it is, what are the choices? Do kids eat dessert instead of a meal?
- Is the cafeteria clean and pleasant to be in? Is the food service staff professional and proud of the food that they are making and serving to your children?
- Do you want to eat this food? Could your child thrive on this food if he/she ate it for 180 days each year for 12 years?