



**MILWAUKEE
PUBLIC SCHOOLS**

Results from the Nutrition Resolution Focus Groups, Student Survey, and Listening Sessions

November 4, 2017

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Executive Summary

On August 31, 2017, Milwaukee Publics Schools School Board Directors Paula Phillips and Carol Voss authored Resolution 1718R-004 related to school nutrition. To gather feedback from stakeholders, focus groups were held with approximately 100 students, a survey was given to students in grades 4 through 12, and listening sessions were held at nine different locations.

Key findings include:

- Students in the focus group stated that they were just happy to be able to eat breakfast and lunch for free every day. The majority of survey respondents indicated that they eat school breakfast and/or lunch at least once a week.
- While the listening session and student focus group participants indicated that more fresh fruits and vegetables should be served for school meals, almost 70% of students surveyed agreed that they are served enough fresh fruits and vegetables.
- Food was often described as bland in the student focus groups and in some of the listening session comments.

Full results follow.

Introduction

On August 31, 2017, Milwaukee Publics Schools (MPS) School Board Directors Paula Phillips and Carol Voss authored Resolution 1718R-004 (referred to here as the nutrition resolution). The nutrition resolution resolved to:

- Create a non-repeating three-week school nutrition menu cycle with hot meals for breakfast that:
 - limits processed, high-sugar offerings, and
 - increases the availability of fresh fruits and vegetables, including offering fresh fruit at breakfast at a minimum of two times a week and at lunch a minimum of three times a week;
- Supply trays and/or plates, rather than cardboard or tin cups, which will decrease food waste during school breakfast and school lunch;
- Establish regular communication between community members and school nutrition leadership in order to seek and foster input from students, parents, teachers, and staff on school menus; and
- Maximize meal time with lunch away from the desk and breakfast in the classroom and provide school lunch times on school websites.

In order to gather feedback on the nutrition resolution, MPS:

- Conducted focus groups with students at multiple schools,
- Surveyed students in grades 4 through 12, and
- Organized listening sessions.

Focus Groups

Focus groups were scheduled with multiple schools in order to get the opinion of students as to their school breakfast and lunch options. Schools were strategically selected by the Department of School Nutrition to cover all regions and variety of food service options. Approximately 100 students participated in the focus groups.

Students were asked five questions:

1. What about your school lunch and breakfast do you enjoy?
2. What could be better about your school lunch and breakfast?
3. What are some foods that you don't have now that you want to have in your breakfast and lunch?
4. If you could change one thing about your school meal program, what would it be?
5. What is your least favorite food served for school lunch and breakfast?

A brief summary of each question is below, with complete responses available in Appendix A.

What about your school lunch and breakfast do you enjoy?

When asked what they enjoyed for lunch and breakfast, responses varied. Younger students stated that they enjoyed cereal served at breakfast. Older students tended to suggest specific items, like mock chicken leg, hamburgers, and tator tots. Both groups mentioned that they liked the fresh fruit and vegetable options that were served. **Some students commented that they were just glad they got to eat and that it was free.**

What could be better about your school lunch and breakfast?

One of the complaints about lunch and breakfast that was mentioned at all focus groups was that the food was too bland. Students felt that a lot of the food options did not have any flavor. Older students mentioned that food did not appear to be cooked properly; items were undercooked, milk was warm, and fruits and vegetables labeled as fresh did not taste fresh ("tastes like it was frozen and then thawed") or appeared to be unwashed.

Students had multiple suggestions to make options better. Older students suggested having salad, taco/nacho, and/or potato bar, so that they could select items from there if they didn't want the lunch option on the menu. Portion sizes were often too small, and occasionally, the cafeteria will run out of the main lunch item.

What are some foods that you don't have now that you want to have in your breakfast and lunch?

Many students suggested having ethnic food options, like Mexican or Chinese, or listed food options like pizza by the slice, more desserts, and hot dogs. Students at the school that enjoyed their cereal also indicated that a hot breakfast would be preferred. Drink options were also a concern, with students wanting strawberry milk to return as a milk option and to also be able to select water, instead of milk.

If you could change one thing about your school meal program, what would it be?

Students again stated that they wanted fresh fruit, hot breakfast, and more options. Portion sizes were mentioned again, as students felt they were too small.

Interestingly, when the high school students were asked about only receiving five options of food that they liked (like mock chicken leg, hamburgers, etc.) instead of a four-week menu, they stated that they would be okay with that. Their preference was to be served "good" food on a consistent basis, than to have more options that they didn't enjoy.

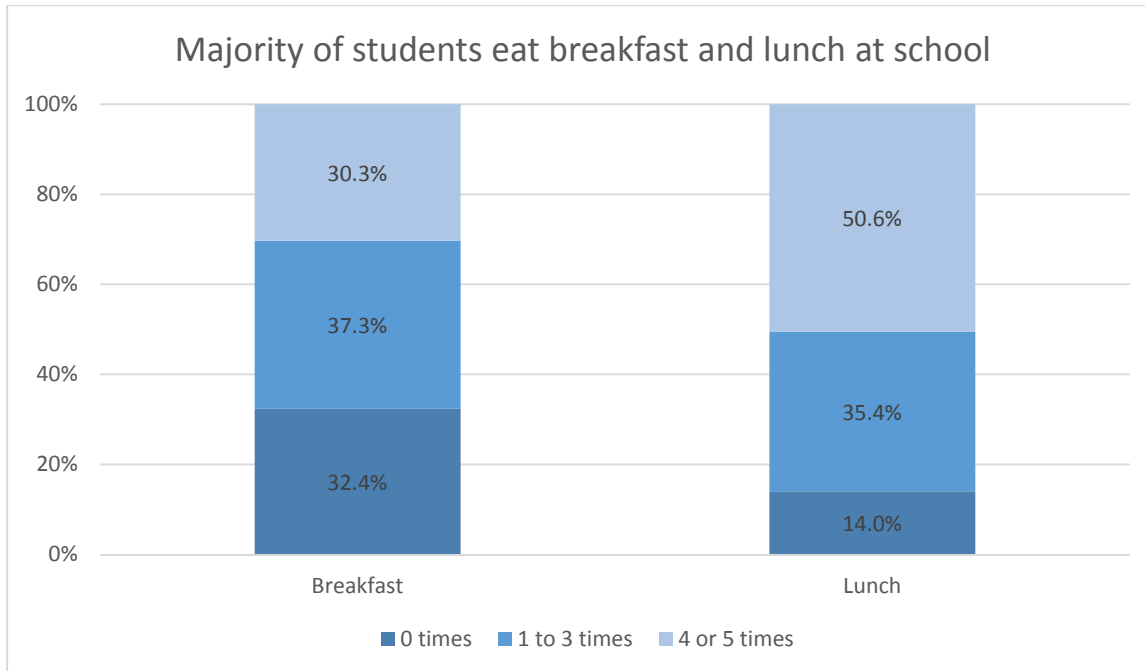
What is your least favorite food served for school lunch and breakfast?

Responses to this question were fairly encompassing, including pizza dippers, meatloaf, and chili.

National School Lunch Week Survey

Student feedback was also received via a brief survey. Students in grades 4 through 12 were encouraged to complete the National School Lunch Week survey during their lunch period or designated class time, along with having laptops available during the Nutrition Listening Sessions. A total of 15,997 responses were received.

The majority of students indicated that they eat breakfast or lunch at least once a week at school. Lunch is eaten more frequently, with over 50% of students indicating that they eat school lunch four or five times per week.

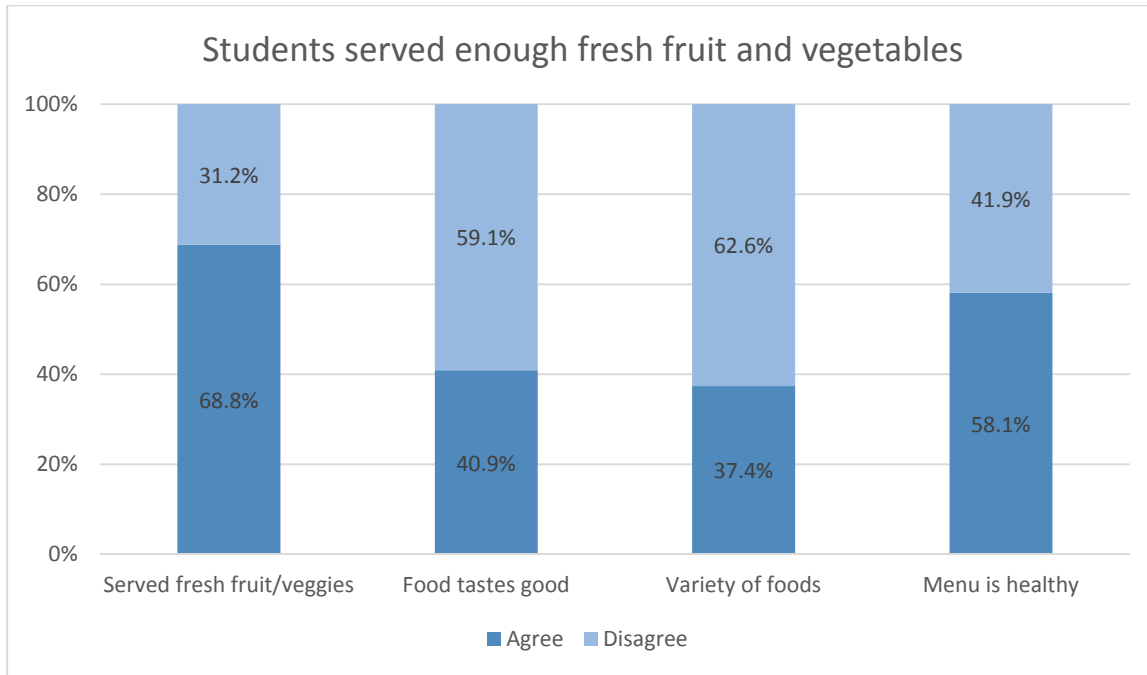


Students were then asked a series of questions about breakfast and lunch, indicating their level of agreement for each¹. Questions included the following:

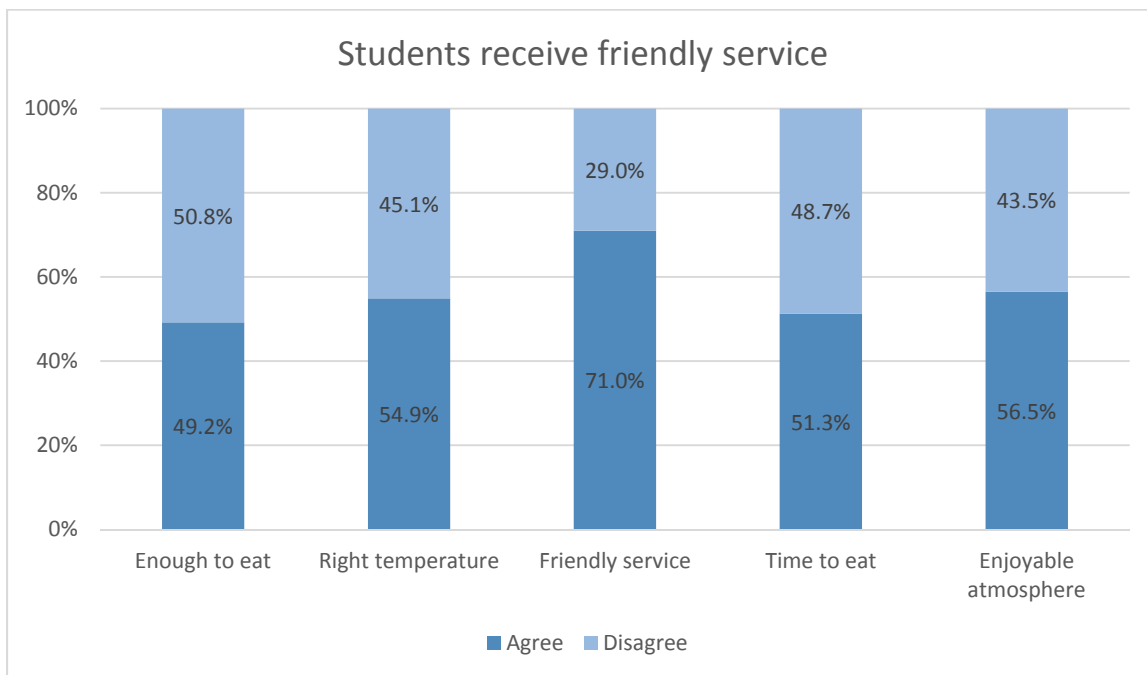
- I am served enough fresh fruits and vegetables.
- The food tastes good.
- There is a variety of foods to choose from.
- The menu is healthy.
- I get enough food to eat.
- The food is the right temperature.
- The service is friendly.
- I have enough time to eat.
- The atmosphere in the cafeteria is enjoyable.

¹ The agreement scale was strongly agree, agree, disagree, and strongly disagree. For each of reporting, strongly agree and agree were merged into agree, and strongly disagree and disagree were merged into disagree.

As can be seen below, the majority of students feel that they are served enough fresh fruits and vegetables and that the menu is healthy. However, the majority of students feel that the food does not taste good and that a variety of foods are not served.



The question that most students agreed on was that they receive friendly service. Students were more evenly mixed as to whether they received enough food and time to eat, food was the right temperature, and the cafeteria had an enjoyable atmosphere.



MPS School Breakfast and Lunch Program Listening Sessions

MPS conducted nine listening sessions across the city of Milwaukee². Participants listened to a brief presentation about the school breakfast and lunch program, and then were invited to participate in various feedback stations. The station activities included:

- Writing one thing that the participant would change about the MPS dining experience³,
- Voting on the preferred flatware and lunch tray options,
- Selecting breakfast items that the participant would like to see more or less of,
- Choosing the most effective methods of communication from the Department of Nutrition Services,
- Providing any additional comments or feedback⁴, and
- For students only, completing the School Lunch Week Survey⁵.

One Change Participants Would Make

A total of 99 comments were received about the changes that participants would make to the MPS dining experience. Comments were recoded into common themes. Sixteen comments were related to having more fresh fruits and vegetables available to students at breakfast and lunch, and nine comments indicated that students should have access to better food. Other comments were related to serving fresh food and adding more seasoning to meals.

² Please see Appendix B for additional information.

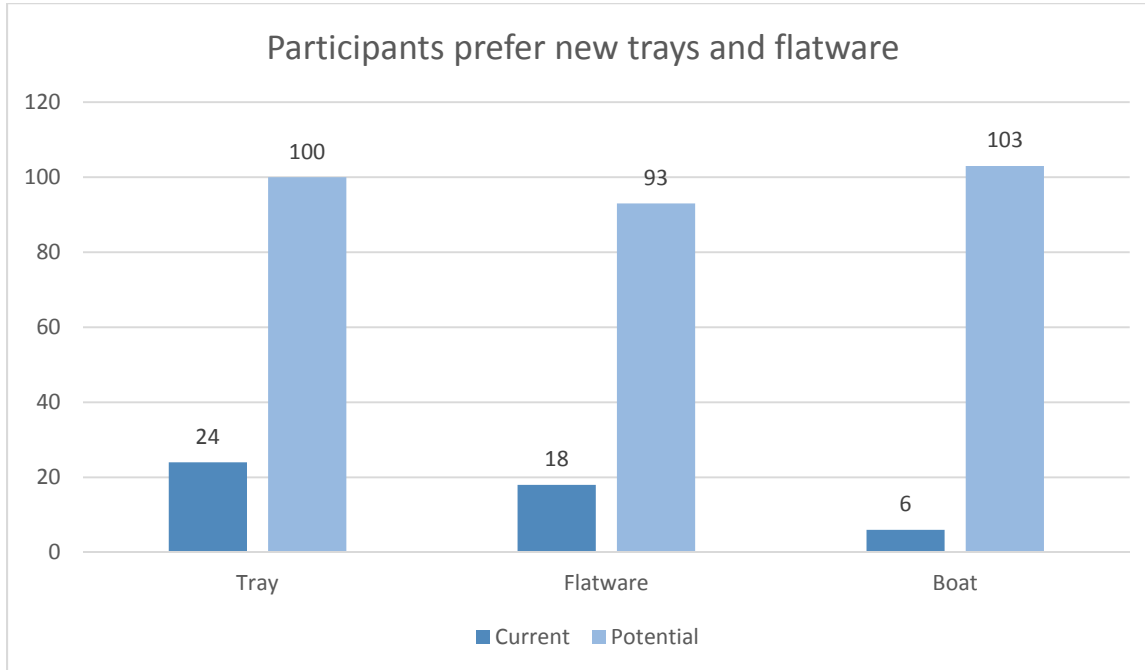
³ Please see Appendix C for full comments.

⁴ Please see Appendix D for full comments.

⁵ Results received at the listening sessions are included in the survey summary.

Flatware and Tray Options⁶

Participants were invited to vote on lunch trays and flatware by placing a green dot on the preferred option, including lunch trays, flatware, and boats/trays. Participants overwhelmingly preferred the new lunch trays, flatware, and tray (not boat) options.

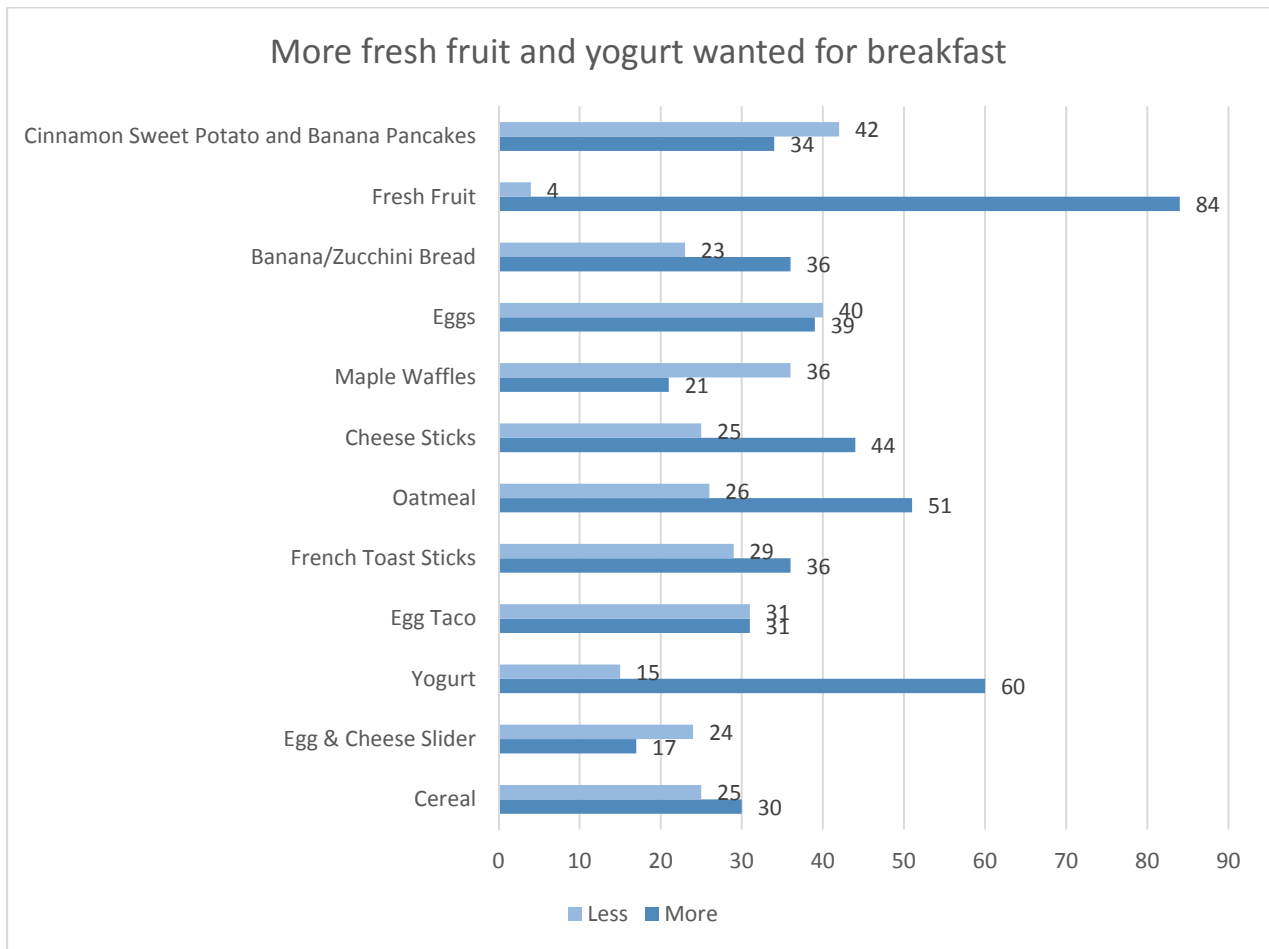


⁶ Please see Appendix E for samples of the listening session materials.

Breakfast Items

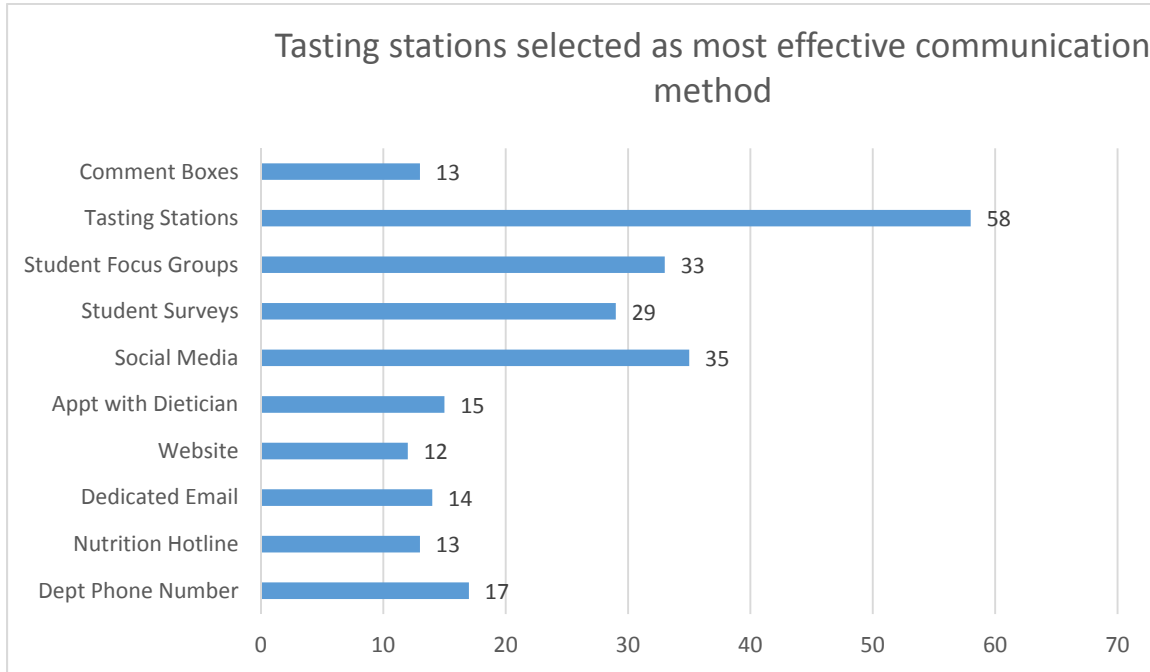
To gather opinions on various breakfast choices, listening session attendees could place up to three green dots, signifying that they would like to see more of these breakfast items, and three red dots, signifying that they would like to see less of these breakfast items, on a poster showing a variety of breakfast selections.

The option that participants most wanted to see more of was fresh fruit, with 84 participants wanting more fresh fruit and only 4 participants wanting less. Yogurt, with 60 participants wanting to see it offered more and 15 participants wanting to see it offered less, was the next most popular choice. Other options, like eggs, egg tacos, and cinnamon sweet potato and banana pancakes, received similar number of more and less selections.



Communication

After looking at various communication options, listening session attendees were asked to select up to three methods of communication that would be most effective. Tasting sessions, with 58 selections, was the most popular communication method selected, followed by social media, student focus groups, and student surveys.



Additional Comments

A total of 28 additional comments were received via comment cards. Responses varied greatly, but six comments included a desire for more fresh fruits and vegetables, and four comments focused on reducing garbage by eliminating pre-packaged meals.

Discussion

There were multiple areas where the results from the focus groups and survey aligned.

- Students reported that they did not receive enough food to eat on both tools.
- Students in the focus groups requested more “ethnic foods”, and students disagreed that they were served a variety of foods.
- Focus group participants stated often that the food was bland, and a majority of survey respondents disagreed that the food tasted good.

One area where students in the focus group and listening session participants did not agree with students who responded to the survey was around fresh fruit and vegetables. Focus group and listening session participants requested more fresh fruits and vegetables, while almost 70% of survey respondents agreed that they receive enough fruits and vegetables.

The survey, listening session, and focus group results are reflective of a convenience sample and should not be construed as the opinions of all students, parents, or community members in the district. Nevertheless, the data compiled here represent a large body of opinion data. While they may not be interpreted in terms of “statistical significance,” they should be viewed as “substantively significant.”

Appendix A: Focus Group Responses

What about your school lunch and breakfast do you enjoy?

- Animal crackers
- Breakfast
- I like breakfast here because it is nice to have breakfast at school
- Breakfast bar.
- Breakfast pizza is better than the lunch pizza.
- sausage burritos
- Cereal and juice. For lunch I like the mock chicken leg and fruit if they serve it.
- Cereal, juice and milk
- I like the cinnamon toast crunch and the animal crackers and golden grahams
- cereal
- I like the lucky charms, coco puffs, golden grahams, and I like the cinnamon toast crunch and I don't like plain cheerios
- Like cinnamon toast crunch and chicken tenders.
- Tacos and chicken tenders
- Cinnamon toast crackers for breakfast.
- Something cold and so soothing to eat like juice, jello, pudding and milk.
- I like cookies for the morning. I don't like the school lunch. I will only drink the milk.
- I like the crackers and I like the juice.
- ice cream and popsicles
- How they change it up every day!
- I like that we get to eat.
- I like the taste of the food the food is free
- what I like about is that get to have good nice stuff and it is free
- Can grab fresh fruit.
- I like the fruit In both meals.
- The fruit and goldfish.
- Some lunches are good - ice cream
- Juice for breakfast
- Juice and crackers
- that we get milk
- Mock chicken leg.
- Cereal and juice. For lunch I like the mock chicken leg and fruit if they serve it.
- PBJ for breakfast when it's cold.
- I like pickles
- Depends on the day. Hamburgers, Chicken patties, chicken tenders, pizza.
- Food is pretty good
- I like my lunch because its food.

- I like most of the breakfast meals but some not so much. Now time to talk about lunch I like lunch meals 50-50 but some below zero. I don't like trix or the yogurt. And at lunch I don't like mock chicken leg mac n cheese the vegetables mixes and many more waffles pancakes lunch we need stir fri cupcakes milk shakes pork chops pickles everything lunch.

What could be better about your school lunch and breakfast?

- The way it looks
- If you don't like the options, then you don't show up to lunch, but you get marked absent.
- More flavors. Mashed potatoes taste like nothing on mock chicken leg day.
- I don't like anything else at lunch – no flavor
- I don't like the breakfast
- If we can read books
- Cold cereal in the winter time. The bread is stale with the hamburgers.
- I don't like plain cheerios and I don't like the rectangle pizza that we have at lunch
- I don't like the lunch I don't like the serial, the milk because it taste like cardboard what I don't like.
- Consistency of food is bad.
- I don't like the food that is stuck in some containers, or the dessert. That is what I don't like about lunch.
- Different types of drinks like vanilla milk and not something that's like everyday fats.
- I do not like the breakfast
- I do not like lunch
- Some of the food is undercooked or overcooked.
- Most things need to be hotter then what they are.
- Being warm not cold. Make it really what it says. Make different bread like garlic.
- I don't like some food because it looks like it's not hot or cooked good or right.
- Not fresh food. Tastes like was frozen and thawed and mushy.
- If it was more healthy food.
- the lunch is junk
- More options for those who don't eat meat. Get tired of PBJ.
- Make things that we commonly eat, like nachos, tater tots, etc.
- I don't like breakfast because we have cereal for breakfast only. I want hot breakfast
- I don't like that they don't let us choose the lunch or breakfast.
- Chicken tenders but don't have ketchup. Don't follow the school menu that's advertised.
- Chicken tenders but don't have ketchup. Don't follow the school menu that's advertised.
- I don't like pizza
- Pizza dipper, jicama stick and hot dogs.
- There could be a little bit more food for breakfast like PDJ, and breakfast for lunch. Sausages can be a little bit more cooked.
- Breakfast pizza is too small.
- I don't like that sometimes they have the same thing for the sides in the there and for lunch I don't like the soggy bread for sliders hamburgers

- If we could run around
- Ran out of chicken tenders and lines are not marked so didn't know which line to go to.
- Ran out of sandwiches as an option to the hot food.
- Freshmen get last lunch and so food runs out by the time they get there.
- Lunch service is too slow to get through the line.
- Soggy sandwiches in the boxes.
- Tacos
- I don't like the taste of some foods
- Lunch would be better if it has flavor to it. Breakfast will be good if it wasn't generic.
- Warm milk that's left out.
- that it is not good at all I don't like it

What are some foods that you don't have now that you want to have in your breakfast and lunch?

- Baked potatoes with melted cheese or nachos.
- bake potatoes all kinds of pizza bell peppers
- More bread bakery kinds of things.
- Breakfast for lunch that tastes better. Soggy pancakes or rock hard French toast. Sausage patties underdone.
- I would like to have tacos fried chicken bacon blue slushies everything that is not nasty
- Chicken gravy over white rice.
- More desserts.
- ice cream, cupcakes, strawberry, crab legs, chips, barbeque, mock chicken leg, pork chops, shrimp, breakfast, lasagna
- I want donuts, pumpkin seeds, cake, and cupcakes, and the menus at the buffet. We want milk shakes. Hot dogs, fries and happy meals.
- cake/fried chicken/ fish/ no brat pizza
- Chinese food and food from different countries.
- Hard shell Dorito taco, pizza hut, Mexican and Chinese food.
- Taco Bell has ideas. Chinese food
- I will like to have different types of flavor food.
- Need fresh fruit that is edible.
- I would like to have fried chicken, actual cheese burgers, crab legs
- Grape juice would be better with lunch.
- Hot breakfast (pancakes, waffles) Lunch less plain. Taco Tuesday.
- Waffles, sausage, pancakes. And lunch-strawberry milk.
- Pancakes, milk shakes, chicken, pickles, cookies
- Something I want for breakfast is pancakes, oatmeal. For lunch I want steak, chicken, burgers, ice cream, cookies noodles.
- Hot dogs, pickles, cake, ice cream, steak burgers, cookies chips no burnt pizza
- jicama
- Vanilla milk and peanut butter and jelly and vanilla wafer pudding.
- Nacho bar.

- A pancake and bacon with syrup. Ice cream sundaes with cherry on top.
- Pancakes
- I will like crab legs and better pizza that we have now.
- I would like pizza by the slice, cupcakes, meatballs, fried chicken, and hot sauce, cheese burgers, and lasagna
- Ribs.
- Salad bar.
- Strawberry milk.
- More sweets
- Teriyaki chicken to be served when it's on the menu, and then not be too spicy.
- Option for water, not just milk, for those who are lactose intolerant so they don't have to go to the vending machines. Water in the vending machines.
- Water is more expensive than soda or fruit drinks.
- Kool aid, cakes, salad with bacon bits, cheese, croutons with ranch dressing and things like that.
- steak, crab legs, shrimp, juice, soda, slushies, cake, ice cream

If you could change one thing about your school meal program, what would it be?

- Bean pizza/southwest pizza.
- Get rid of breakfast for lunch because it is not good. Needs to be better.
- Cereal/juice
- Make things not taste like nothing
- Chicken drumstick is dry and not cooked right.
- Anything not processed
- freshly made fruit
- I would add more a everything. Fruit
- All the weird foods.
- Have a hot breakfast and for lunch you get to pick what choices.
- Would love warm breakfast.
- Breakfast, bacon, egg, toast
- Eat all we want
- have two slices of pizza
- pick what we want to eat
- We can decide what we want and we can have candy at breakfast
- Needs to have some flavors. Salt and pepper. Adobo.
- For breakfast and lunch choice of different milk.
- Have vanilla milk or strawberry milk or eggnog, so pretty much the milk.
- Just more options.
- We can make our own lunch.
- If we can make our lunch
- I will change the lunch time and more recess.
- Stop serving it in bags
- Pancake and sausage corn dogs

- Pancakes and sausage and hash browns
- Pepperoni cheese pizza only. The beef is weird.
- Pickles for everything
- Fresher eggs and not watered down or wet.
- Not enough food in a serving size, doesn't fill you up. Teacher yells for eating in class but they are still hungry.
- Tuna sandwich is gross.
- To have the food taste more like food.
- Use plastic trays
- we can grab trays, and the lunch lady scoop the food our plates
- Don't like warm milk that has been sitting out.
- I want every subject to being eating donuts and breakfast and lunch.

What is your least favorite food served for school lunch and breakfast?

- broccoli
- Chicken nuggets without breading were weird.
- chili
- chili
- cupcake cake
- cupcakes, baked chicken
- French garlic bread pizza, cheese is hard and bread is soggy. Student got food poisoning from it.
- mashed potatoes
- meat
- meatloaf
- Pizza dipper
- Pizza dipper
- Squid or pizza dippers
- seafood
- Spaghetti
- Sweet potato fries are disgusting.
- The tacos that they serve.
- "Stop trying to kill our students"

Anything else to share?

- Like the burgers.
- Calzones are really good.
- Food is undercooked, overcooked, not cleaned, or serving sizes are too small.
- Ice cream for lunch is half melted and nasty.
- If we had the same 5 choices, we could remodel the cafeteria with the money we saved.
- Just keep mock chicken legs.
- Replace pizza dippers with mozzarella sticks.

- Hire Gordon Ramsey.
- Need open lunches back again.
- Tater tots need to come back and regular fries.
- Would like to pay for lunches like they do at Reagan.
- Salad doesn't taste like lettuce has been washed.

Appendix B: Listening Session Flyer



Join us for Listening Sessions!
MPS School Breakfast and Lunch Program

Let your voice be heard! Plan to attend any listening session listed to provide feedback and input on the MPS school breakfast and lunch program. Learn more about the offerings and what goes into preparing and serving meals. Share feedback and discuss opportunities for improvement.

October 9 • 5 – 6:30 p.m. at Neeskara Elementary, 1601 N. Hawley Rd.
October 12 • 6 – 7:30 p.m. at Milwaukee Parkside, 2909 S. Howell Ave.
October 16 • 5 – 6:30 p.m. at Vesco School, 823 S. 4th St.
October 18 • 6 – 7:30 p.m. at Pulaski High School, 2500 W. Oklahoma Ave.
October 19 • 6 – 7:30 p.m. at Golda Meir, 227 W. Pleasant St.
October 23 • 6 – 7:30 p.m. at 53rd St. School, 3618 N. 53rd St.
October 25 • 5 – 6:30 p.m. at Thurston Woods, 5966 N. 35th St.
October 26 • 8 – 9:30 a.m. at MacDowell Montessori, 6415 W. Mount Vernon Ave.
October 30 • 5 – 6:30 p.m. at Acad. Chinese Language, 2430 W. Wisconsin Ave.

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Appendix C: Change One Thing (Listening Session)

- Ban pre-pack lunches & provide real, whole food for all students.
- Lower-sodium foods
- More fresh fruits & vegetables. Less overly-processed food.
- More fruits, veggies, healthy choices
- More water at lunch. Less sugar at breakfast.
- Sturdier trays
- Add chips
- Add seasoning.
- Add seasoning.
- Condiment & seasonings in a self-serve format (ketchup, salt-free seasoning-like Mrs. Dash-- BBQ sauce etc.
- Make the food tasty and "love it or leave it" should not be the only option
- Put seasoning on food
- My kids report that teachers don't let them get up, even things like to throw away trash. (I understand they may be reporting inaccurately)
- Give fresh lunch not pre-packaged which is never fully cooked or soggy.
- Better food
- Better food, strawberry milk
- better looking and tasting food
- Better quality of food. Full-course meal.
- Breakfast (healthy options) should be served to all children. Food should be healthy & nutritious and represent all food groups
- Bring back strawberry milk, better food
- Give great food and very well done and not soggy or cold food.
- Healthier
- Healthy but still tasty options and some kind of dipping sauce for the cut-up raw veggies.
- Chips & candy
- compost waste with compost crusaders
- Cooking class and garden class as required to graduate
- fast food
- Follow the printed lunch schedule.
- Make sure the lunch menu is exact
- Hot foods hot, cold foods cold, menu more conducive to the children
- Food should be fresh, not and ready to eat. Not cold refrigerated food.
- I would like that they serve more fresh food and not refrigerated.
- Less pesticides, in-sourced farmer's fruits & veggies
- Less processed food and more fresh ones.
- More fresh food and better breakfast.
- More fresh food with good flavor. Not refrigerated.
- More nutritious and appealing meals. Survey kids to see what they actually like so that there is not so much waste on things they will not eat.
- Fried Chicken, More food and season the food
- Change the frozen food and make it home made.

- Home made food. Food they are use to at home.
- Hot meal instead of cold meal
- I would like more hot food.
- More hot breakfast
- Adjust portions for growing older children
- adjusted portion size for older students. Cups or bottles of water
- Change the chicken to fried and add more food to our trays
- More food available for a 14-year old boy
- acoustic control (volume without keeping kids from being able to talk quietly)
- Make the food at the school
- meatballs
- Adjust lunch times for a bit later for middle school students. There is 5 hours between lunch time and afternoon dismissal at my child's school!!
- Have a specific time to eat lunch!!
- Add more variety or fruits and veggies.
- For breakfast items to be less carbs and more fruit or dairy
- Fresh fruits
- Fresh Produce- fruit & veggies (locally sourced where possible). Fresh cooked meals. Some culturally familiar foods for students.
- Fresher & more veggies and fruit
- Fruit and veggies, Things the kids know what it is.
- Make a larger selection of fruit-like mangos.
- More fresh (able to eat-not hard) fruit & vegetables
- More fresh fruit and less canned fruit
- More fresh fruit and vegetables
- More fresh fruit instead of canned fruit
- More fresh vegetables
- More fruit and veggies. Less fried foods.
- More real fresh fruit and veggies.
- Less milk products and more grain cereals in breakfast
- If I could change the dining experience, I'd change the fact that we don't get to choose what we want.
- Let us pick the food we want.
- More choice base on what student surveys show to be popular
- More choices
- More choices of milk and cereal
- Increase protein content of cold breakfast (decrease sugar)
- More nutritional stuff
- Need more staff.
- A little more time to eat
- More time to eat (please)
- "Take out applesauce and juice boxes. They produce mold or at least refrigerate them please.
- More time to eat."

- To make sure there are enough breakfast meals for every student in each class. Sometimes, there aren't enough and the kids need to go to the lunchroom to request a breakfast Also, more time to eat.
- Daily variety in food options.
- More and easier vegetarian options. For Example on days when pizza is served, don't add pepperoni or sausage.
- Take away breakfast for lunch. Too messy. Real nutrition. Nothing but a sugar rush.
- After the bell breakfast should be at Burdick. They get late slips if they eat past the bell.
- No sloppy food
- Add more food and order food from pizza places and then bake it.
- Too many pizza variations
- Real food
- Nutritious real meat. Know what I am eating. No sweet potato tots
- "Real trays-reusable
- Real silverware-reusable"
- Reusable trays, cups & flatware
- Strawberry milk & chips
- Strawberry milk, Hamburger helper
- Survey ALL students
- Tacos
- Throwing away too much fruit and milk.
- Use local farms for fruits & veggies
- Explore grants/partnerships to get more vegetable gardens at schools. Kids that grow food are more inclined to eat it.
- Vegetarian options, creative, delicious, international
- Veggie options for students. Why do older kids eat the same amount as younger kids

Appendix D: Comment box

- Collaboration w/urban agriculture like Growing Power. Which farms do you source local - broccoli & apples etc.? Do they use pesticides or organic? Check out: cleanlabelproject.org What or how is our school lunches packaging being monitored?
- For eco-friendly option, use reusable flatware cups and trays instead of disposable items. Also creates job opportunity.
- Have garden or nutrition class at schools as a requirement for high schools to earn science credits
- Add more fresh vegetables & fruit & quality food. Have food demos & taste testing to introduce students to food they may be unfamiliar with. And Provide info on the value of eating healthy & why we need the 5 food groups.
- Ban pre-pack lunches. All kids deserve whole, real food that is cooked in a safe, healthy manner. Stop heating our kid's food in plastic. We know it is carcinogenic.
- Better options for parents to provide feedback on meals.
- Every school should have hot breakfast in the classroom
- Fresh fruit at breakfast, Healthy lunch w/less sugar, Fruit & salad bars, More protein at breakfast & lunch, Water that's easy to access
- Have 2 options to pick/choose from and entrée. Having different option will eliminate food waste.
- Have fresh, healthy meals not frozen pre-packaged meal.
- Have more kid-friendly fruits & veggies. For example, apple slices opposed to a whole apple. Sliced oranges because some kids don't know how to peel one. More corn & carrots opposed to green beans. Also, taking ethnicity into consideration when making menus for individual schools. I'm also concerned about "leftover" or "reheated" foods-the meals should always be fresh.
- I should have dessert and also strawberry milk.
- If we change the school lunch, we should have an option.
- it's nasty. I like the pancakes and cereal.
- Juice options, Water and milks
- Kids should have access to afterschool meals
- Less sugar, more protein, fresh fruits, cheese, etc. Like banana bread.
- Loose flatware (not plastic wrapper)
- More fruit, vegetable options. Satisfying for kids.
- No cheese bread. No li'l nachos as a meal. No casseroles. Always have fruit & veggies
- no more plastic wrap utensils. Less waste.
- Please consider protein-rich breakfast alternative to cold breakfast options of high sugar cereals and juice. I am a doctor and am concerned that high-sugar foods do not sustain children's energy to focus on learning throughout the day and increase risk of obesity.
- Students should have the option to give their opinions about what they want to eat.
- The food should be cooked-not food like McDonalds.
- The quality of the food and how it's presented needs to be better.
- Too much pre-packaged food, plastic ware and paper boats - too much garbage
- Why can't they be made at the school. I just graduated in Culinary/management and meals can be made very cheap but well.

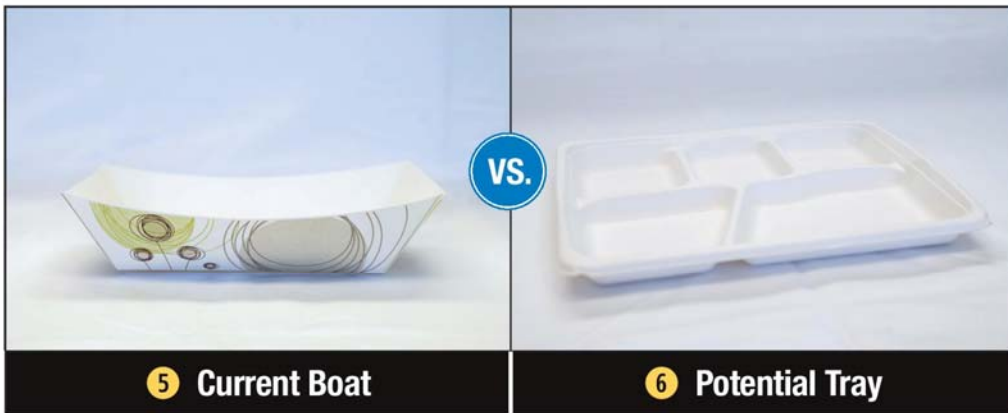
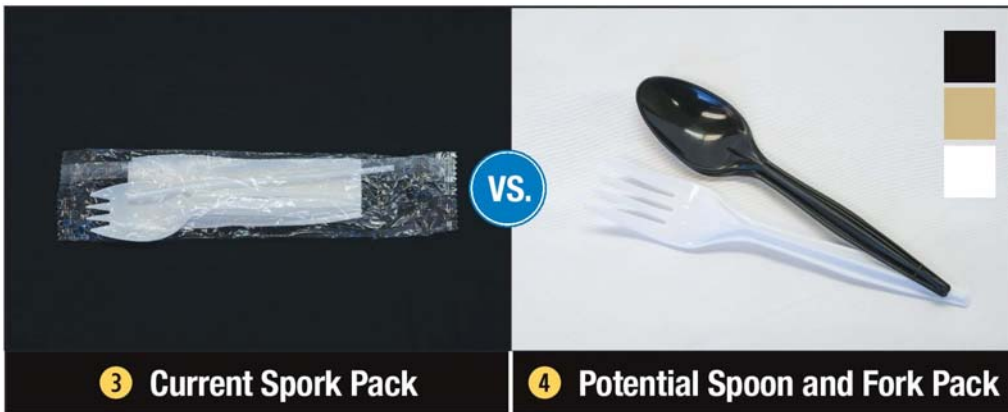
- Why do allergy children only get graham crackers? Why does Burdick not have After the Bell breakfast?

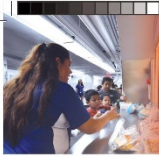
Appendix E: Listening Session Materials



If I could change one thing to enhance the MPS dining experience, it would be...

Vote on lunch trays and flatware.





School Breakfast and Lunch Program

Listening Sessions

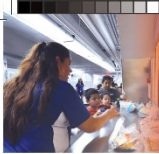
Traditional Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
-2- YOGURT COLD CEREAL OR COCOA CHERRY BAR APPLE JUICE PINEAPPLE CHUNKS CHOICE OF MILK	-3- FRENCH TOAST STICKS SYRUP ORANGE-TANGERINE JUICE APPLE SAUCE CLIP CHOICE OF MILK	-4- BANANA CHOCOLATE CHIP SNACKBREAD STRING CHEESE FRUIT PUNCH JUICE Diced PEARS CHOICE OF MILK	-5- +BREAKFAST CROSSANT SANDWICH CHOICE OF: HAM,CHEESE & EGG OR BACON,CHEESE & EGG MIXED FRUIT ORANGE JUICE CHOICE OF MILK	-6- CHOICE OF HOT OR COLD CEREAL SMORES CHEWY OATMEAL BITES SLICED PEACHES WHITE GRAPE JUICE CHOICE OF MILK
-9- CINNAMON BUN STICK ORANGE-TANGERINE JUICE TROPICAL FRUIT MIX CHOICE OF MILK	-10- BREAKFAST PIZZA PEAR CHUNKS FRUIT PUNCH JUICE CHOICE OF MILK	-11- PB&J GRAHAM SNACKER OR COLD CEREAL AND HONEY GRAHAM CRACKER MANDARIN ORANGES APPLE JUICE CHOICE OF MILK	-12- SOUTHWEST EGG & CHEESE SLIDER CHEESE STICK CINNAMON APPLE SAUCE WHITE GRAPE JUICE CHOICE OF MILK	-13- PARENT-TEACHER CONFERENCE DAY NO STUDENT ATTENDANCE
-16- TROPICAL GRAHAM CRACKER YOGURT PEAR SLICED WHITE GRAPE JUICE CHOICE OF MILK	-17- BREAKFAST SAUSAGE SANDWICH ON HAWAIIAN BUN BREAKFAST CRACKER ORANGE JUICE SLICED PEACHES CHOICE OF MILK	-18- BREAKFAST BAR PINEAPPLE TIDBITS FRUIT PUNCH JUICE CHOICE OF MILK	-19- EGG, CHEESE & +BACON OPEN FACE TOAST STRING CHEESE STICK RASIN BOX APPLE JUICE CHOICE OF MILK	-20- CHOICE OF HOT OR COLD CEREAL FRENCH TOAST SNACKBREAD MIXED FRUIT ORANGE-TANGERINE JUICE CHOICE OF MILK
-23- CINNAMON BUN OR FRENCH TOAST BREAKFAST CRACKER PEACH SLICES ORANGE JUICE CHOICE OF MILK	-24- MINI PANCAKES SYRUP TROPICAL FRUIT WHITE GRAPE JUICE CHOICE OF MILK	-25- CHOICE OF COLD CEREAL BREAKFAST CRACKER GRAISINS APPLE JUICE CHOICE OF MILK	-26- PB&J SANDWICH OR MINI BLUEBERRY WAFFLES GRAISINS FRUIT COCKTAIL ORANGE-TANGERINE JUICE CHOICE OF MILK	-27- ZUCCHINI OR BANANA BREAD MARGARINE MANDARIN ORANGES FRUIT PUNCH JUICE CHOICE OF MILK
-30- YOGURT COLD CEREAL OR COCOA CHERRY BAR APPLE JUICE PINEAPPLE CHUNKS CHOICE OF MILK	-31- FRENCH TOAST STICKS SYRUP ORANGE-TANGERINE JUICE APPLE SAUCE CLIP CHOICE OF MILK	<p>NUTRI-NOTE: *No Pork **Turkey All meals include 1/2 pint of milk. Students may choose Skim or 1% White Milk at Breakfast, and Skim, 1% White Milk or Fat Free Chocolate Milk at Lunch. This institution is an equal opportunity provider.</p>		

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School Breakfast and Lunch Program

Listening Sessions

Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
-2- PIZZA DIPPERS WARM MARRINARA DIPPING SAUCE SWEET GREEN PEAS FRUIT MIX RICE CRISPY TREAT CHOICE OF MILK	-3- CHICKEN TENDERS BBQ SAUCE GLAZED CARROTS CRUNCHY CELERY STICKS RANCH DIP CHILLED PEARS CHOICE OF MILK	-4- SLIDER HAMBURGERS OR SLIDER CHEESEBURGERS KETCHUP & MUSTARD PICNIC STYLE BEANS POTATO WEDGES APPLE JUICE RAISELS CHOICE OF MILK	-5- CHEESEBURGER MEATLOAF CHERRY POTATOES MIXED GREEN SALAD SALAD DRESSING MINI BREADSTICK MARGARINE BANANA CHOICE OF MILK	-6- WARM TURKEY AND CHEESE SANDWICH ON GOLDFISH BREAD SWEET CORN CUCUMBER WHEELS RANCH DIP FRESH APPLE SLICES CHOCOLATE CHIP COOKIE CHOICE OF MILK
-9- VEGETABLE PINWHEEL MIXED GREEN SALAD WITH GRAYS TOMATOES & SHREDDED CARROTS SALAD DRESSING PEACH SLICES JONNY POP FROZEN TREAT CHOICE OF MILK	-10- PHILLY CHEESE STEAK SANDWICH WITH PEPPERS & ONIONS ON WHOLE GRAIN BUN POTATO WEDGES KETCHUP/MAYONNAISE CREAMY COLESLAW STRAWBERRY/BLEUBERRY MEDLEY CHOICE OF MILK	-11- ASIAN TERIYAKI CHICKEN OVER BROWN RICE STEAMED MIXED VEGETABLES CRUNCHY CELERY STICKS & RANCH DIP SWEET PINEAPPLE CHUNKS CHOICE OF MILK	-12- *MOCK CHICKEN LEG CREAMY MASHED POTATOES GRAVY FALL MIXED VEGETABLES WHOLE GRAIN PAN ROLL MARGARINE FRESH SLICED APPLES CHOICE OF MILK	-13- PARENT-TEACHER CONFERENCE DAY NO STUDENT ATTENDANCE
-16- + STUFFED CRUST PEPPERONI PIZZA WEDGE ROASTED MULTI COLOR CALLIFLOWER FRESH BABY CARROTS CHILLED PEARS CHOICE OF MILK	-17- CRISPY CHICKEN PATTY ON WHOLE GRAIN BUN SWEET POTATO TOTS TENDER CORN KETCHUP/MAYONNAISE FRUIT COCKTAIL CHOICE OF MILK	-18- + TACO IN A CRISPY W/ CORN TACO TUB REFRIED BEANS SHREDDED LETTUCE CHEDDAR CHEESE SASSY SALSA FRESH ORANGE SMILES CHOICE OF MILK	-19- CHICKEN & GRAVY OVER CREAMY MASHED POTATOES STEAMED BROCCOLI PAN ROLL & MARGARINE TART CRASSINS BANANA CHOICE OF MILK	-20- BREAKFAST FOR LUNCH: FRENCH TOAST & SYRUP +SAUSAGE PATTY OVEN ROASTED POTATOES FRESH PEAR ICE CREAM CLIP CHOICE OF MILK
-23- CHEESE & BEEF PEPPERONI CALZONE SPAGHETTI DIPPING SAUCE STEAMED MIXED VEGETABLES TROPICAL FRUIT MIX CHOICE OF MILK	-24- MANDARIN ORANGE CHICKEN OVER CHOW MEIN NOODLES STEAMED BROCCOLI FRESH JICAMA STICKS RANCH DIP MANDARIN ORANGES CHOICE OF MILK	-25- MINI CORN DOGS SEASONED SWEET POTATO FRIES KETCHUP ROASTED FLAVORED GARBINZO BEANS RUBY RED GRAPES CHOICE OF MILK	-26- MACARONI & CHEESE MESQUITE CHICKEN DRUMSTICK BBQ SAUCE GREEN BEANS RAINBOW CARROTS CORN LOAF & MARGARINE SWEET PINEAPPLE CHUNKS CHOICE OF MILK	-27- MINI CHEESE QUESADILLAS SANTE FE SEASONED BLACK BEANS MIXED GREEN SALAD & DRESSING SALAD DRESSING SASSY SALSA KIWI & BLUEBERRIES PLUDDING CLIP CHOICE OF MILK
-30- PIZZA DIPPERS WARM MARRINARA DIPPING SAUCE SWEET GREEN PEAS FRUIT MIX RICE CRISPY TREAT CHOICE OF MILK	-31- CHICKEN TENDERS BBQ SAUCE GLAZED CARROTS CRUNCHY CELERY STICKS RANCH DIP CHILLED PEARS CHOICE OF MILK	<p>NUTRI-NOTE: *No Pork **Turkey All meals include 1/2 pint of milk. Students may choose Skim or 1% White Milk at Breakfast, and Skim, 1% White Milk or Fat Free Chocolate Milk at Lunch. This institution is an equal opportunity provider.</p>		




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What is the most effective way to communicate with School Nutrition Services?

<p>(414) 475-8370</p>	
<p>Department Phone Number</p>	<p>Nutrition Hotline</p>
<p>schoolnutrition@milwaukee.k12.wi.us</p>	<p>http://mps.milwaukee.k12.wi.us/en/Families/Family-Services/School-Nutrition.htm</p>
<p>Dedicated Email Address</p>	<p>School Nutrition Website</p>
	
<p>Schedule Appt. with Dietitian</p>	<p>Social Media</p>
	
<p>Student Surveys</p>	<p>Student Focus Groups</p>
	
<p>Tasting Stations</p>	<p>Comment/Suggestion Boxes</p>

Smart Start! More breakfast choices to consider.

		
Whole Grain Reduced-Sugar Ready-To-Eat Cereals	Southwest Egg and Cheese Slider	Yogurt
		
Egg Taco	Whole Grain French Toast Sticks	Hot Oatmeal Cup
		
Cheese Stick	Whole Grain Maple Waffles	Eggs
		
Whole Grain Banana / Zucchini Bread	Fresh Fruit	Whole Grain Mini – Cinnamon Sweet Potato and Banana Pancakes