

# MOST POPULAR ITEMS

ACCORDING TO A SURVEY OF CAFETERIA MANAGERS



1



2



3



4



5

# ANATOMY OF A SCHOOL LUNCH

The news in March that Boston schools had expired meals in their freezers shocked plenty of parents. But thanks to several new programs – and a new frozen-food supplier – what Boston kids are eating now might come as a pleasant surprise. By Steve Holt

## LUNCH, TWO WAYS

Sixty percent of Boston schoolchildren eat a hot lunch, but the kind they get depends on whether their school has a kitchen.

### 1 > FROZEN

Prepared by Whitsons Culinary Group in New York

81 SCHOOLS | 16,000 SERVED DAILY

\$2.25



#### NATHAN HALE ELEMENTARY SCHOOL IN ROXBURY, 9/22/11

- > Ropa vieja (shredded beef and vegetables)
- > Brown rice and black beans
- > Banana
- > Baked Tostitos chips
- > Milk

#### WHAT GOES INTO 16,000 OF THESE?

A PARTIAL SHOPPING LIST

1,500 LBS. BEEF  
1,500 LBS. CRUSHED TOMATOES  
125 LBS. GARLIC  
3,000 LBS. BROWN RICE

#### NUTRITION INFORMATION

CALORIES 620  
FAT 23 grams  
TRANS FAT 0g  
CHOLESTEROL 50g  
CARBOHYDRATES 58g  
PROTEIN 30g  
SODIUM 364 mg

### 2 > FRESH

Prepared by in-school cafeteria workers

44 SCHOOLS | 20,000 SERVED DAILY

\$2.50



#### DEARBORN MIDDLE SCHOOL IN ROXBURY, 9/22/11

- > Roasted chicken
- > Local green beans
- > Brown rice and red beans
- > Local apple
- > Whole-grain roll
- > Milk

#### WHAT GOES INTO 20,000 OF THESE?

A PARTIAL SHOPPING LIST

2,500 CHICKENS  
5,000 LBS. GREEN BEANS  
3,750 LBS. BROWN RICE  
3,300 CUPS WHOLE-GRAIN FLOUR

#### NUTRITION INFORMATION

CALORIES 672  
FAT 23 grams  
TRANS FAT 0g  
CHOLESTEROL 67g  
CARBOHYDRATES 78g  
PROTEIN 28g  
SODIUM 887 mg

### ON THE MENU IN BOSTON 99 YEARS AGO

- > Orange marmalade or jam sandwich, 3¢
- > Boston baked beans, 5¢
- > Creamed eggs, 5¢
- > Coffee roll, 2¢
- > Crust, 1¢
- > Ice cream, 5¢
- > Milk or cocoa, 3¢
- > Apple or banana, 2¢

A sample school lunch menu from November 13, 1912

### MOST POPULAR VEGETABLES

- 1 > Corn
- 2 > Carrots
- 3 > Broccoli
- 4 > Salad
- 5 > Apples\*

\*No, it's not a vegetable, but don't tell the kids that – at least it's healthy.



