

# Developing School Meals and Menus



## 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.<sup>1-3</sup> Incorporating student feedback into menu development is also reported to help school lunch participation.<sup>4</sup>
- Having students give menu items descriptive names that are then displayed in the cafeteria may help increase both fruit and vegetable consumption.<sup>5,6</sup> Similarly, featuring creative names for fruit items on monthly school meal menus may positively influence fruit consumption.<sup>6</sup>
- Training kitchen staff in scratch cooking methods and decreasing pre-processed meal ingredients can dramatically improve the healthfulness of cafeteria offerings without hurting participation.<sup>7-9</sup>

### References

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