Nutrition Advisory committee Meeting

The committee meet on November 14.  For those unfamiliar with the committee, it was created many years ago and it is to review the district’s current nutritional program and to explore new ideas to enhance nutrition awareness for our students.

During the meeting, a HS Student and some PTA members met with the district team and Aramark representative Keri O’Donnell to discuss the current program run by Aramark Food Services and to provide feedback.

The district informed us that we participate in the National School Lunch Program and about 40% of the student body orders food, and this is the first year that the elementary level was added into that number.

Parents can find the menus and allergy related ingredients on the Syosset school district website under food services or on the new Syosset School District App. In the meantime, parents can email [foodservice@syossetschools.org](mailto:foodservice@syossetschools.org) to request specific items NOT be served to their children since they are not permitted to deny requests from the children.  Additionally, the breakfast program was better received than anticipated in some of the schools, and larger efforts need to be made to inform students about the options available to them.  It was also discussed that through-out the district and specifically in the elementary schools, the students have a need for interactive lessons about food, health and wellness.

Since the high school program is the largest, they are focusing their time on making sure they are getting it right.  The HS student informed the Aramark & the district that the food being served was good quality and there were popular options for students.   New items, like Acai bowls seem to be a huge hit at the secondary schools.  He discussed with Aramark, adding better communication around some of the preferred food options.   There was no middle school student in attendance, but we discussed having one in the future.