

Massachusetts Smarter Lunchrooms Movement



East Longmeadow Public
School District, East
Longmeadow High School

Contact: Lori Pahl

Position: School Nutrition Director

Email: LPahl@eastlongmeadowma.gov

Phone: 413-525-5450 ext 7982



Wednesday	
1	2
EL Fishwich on a WWRoll Lettuce & Tomato Slice of Cheese Parsley Carrots Apple Slices Milk Variety ~ Ash Wednesday ~	
8	9
Hot Dog on a Roll Vegetarian Beans Cole Slaw Fresh Broccoli & Dip Peaches w/Lt. Syrup Milk Variety	

Smarter Lunchrooms Goals Completed:

- Available vegetable options have been given creative or descriptive names.
- White milk crates are placed so that they are the first beverage option seen in all designated milk coolers.
- Daily targeted entrées have been provided creative or descriptive names.
- Reimbursable “Combo Meal” pairings have been provided creative or descriptive names.
- Posters displaying healthful foods are visible and readable within all service and dining areas.
- All promotional signs and posters are rotated, updated or changed at least quarterly.
- Student surveys are used to inform menu development.
- Whole fruit options are displayed in attractive bowls or baskets.

Strategies Used to Complete Goals:

- Creative names for menu items
- Making items more visible and accessible
- Pictures of food (on the line or on menu boards)
- Involvement with students

Key Successes:

- Providing creative or descriptive names for daily targeted entrees and vegetable options.
- Decorating the dining and service areas with attractive posters and signage that encourage a healthy lifestyle.