

## Home Grown: Smarter Lunchrooms

*Smarter Lunchrooms* are designed to lead children to make healthy choices while providing them with the ability to continue to make choices. Instead of requiring students to take specific foods, smarter lunchroom techniques allow students to select healthy choices by making these foods the most appealing. The techniques are based on using environmental cues to increase student selection of healthy meal options and decrease plate waste. Techniques include product placement, product display, and the use of creative names for healthier foods. The *Home Grown* menus were designed with two smarter lunchroom techniques in mind: creative naming of targeted foods (K-12) and healthy convenience lines (9-12 only).

Creatively naming menu items and displaying those names near the food has been shown to increase consumption of a targeted item by 40-70%. This technique has been shown to be especially successful in increasing vegetable selection. Vegetables are frequently overlooked because they are downplayed with boring names that do nothing to entice a student to select them. By giving vegetables creative names and moving them into the spotlight, you have increased students' taste expectations. By making the vegetables sound more appealing you will increase the likelihood of students selecting and eating the vegetables. WI TN has developed a list of vegetable dishes included in the *Home Grown* menus and provided Smarter Lunchroom names for the K-5 and 6-8 grade groups.

### *Tips to Increase the Number of Students who Select Vegetables*

- Give vegetables creative or descriptive names. Use the names provided on the next page or develop your own names. Display these names on signs placed on the serving line by the vegetables.
- Create a Student Nutrition Action Committee of students who are responsible for naming veggies and developing signage.
- Display the creative and descriptive names on a poster or menu board outside the cafeteria.

		K-5	6-8
<b>WEEK 1</b>	<b>Monday</b>	Colorful Curried Rice	Colorful Curried Rice
		Wild Broccoli Trees	Bright Green Broccoli
	<b>Tuesday</b>	Crunchy Carrots and Celery	Crunchy Carrots and Celery
		Creamy Hummus Dip	Creamy Hummus Dip
		Fresh Green Grapes	Fresh Green Grapes
	<b>Wednesday</b>	Loaded Pork Tacos	Loaded Pork Tacos
		Fiesta Refried Beans	Fiesta Refried Beans
		Golden Corn	Golden Corn
	<b>Thursday</b>	Mighty Spaghetti and Meat Sauce	Savory Spaghetti and Meat Sauce
		Super Hero Salad	Crisp Romaine Salad
<b>Friday</b>	Sweet and Sour Chicken and Rice Bowl	Sweet and Sour Chicken and Rice Bowl	
	Asian Medley Vegetables	Asian Medley Vegetables	
<b>WEEK 2</b>	<b>Monday</b>	Philly Chicken Sub	Philly Chicken Sub
		Crunchy Carrots	Crunchy Carrots
		Fresh Melon Cup	Fresh Melon Cup
	<b>Tuesday</b>	Cheesy Omelet	Cheesy Omelet
		Harvest Apple Muffin	Harvest Apple Muffin
		Super Sweet Potato Tots	Tasty Sweet Potato Tots
	<b>Wednesday</b>	Creamy Butternutty Mac and Cheese	Creamy Butternutty Mac and Cheese
		Vibrant Veggie Salad	Garden Fresh Salad
	<b>Thursday</b>	Tangy Apple Cranberry Coleslaw	Tangy Apple Cranberry Coleslaw
		Baked Bean Bonanza	Cowboy Beans
		Toasted Potato Wedges	Toasted Potato Wedges
	<b>Friday</b>	Scrumptious Stromboli	Scrumptious Stromboli
		Groovy Green Beans	Great Green Beans
Citrus Fruit Cup		Citrus Fruit Cup	
<b>WEEK 3</b>	<b>Monday</b>	Mouth-Watering Minestrone Soup	Mouth-Watering Minestrone Soup
		Oven Roasted Potato Wedges	Oven Roasted Potato Wedges
	<b>Tuesday</b>	Creamy Chicken Alfredo	Creamy Chicken Alfredo
		Power Peas	Vibrant Green Peas
		Cherr-ific Salad	Cherr-ific Salad
	<b>Wednesday</b>	Sweet Cinnamon Squash	Sweet Cinnamon Squash
		Crunchy Carrot Sticks	Crunchy Carrot Sticks
	<b>Thursday</b>	Zesty Bean Salad	Italian Bean Salad
		Razzy Cran-Grape Gelatin	Razzy Cran-Grape Gelatin
	<b>Friday</b>	Hearty Chicken Pot Pie	Hearty Chicken Pot Pie
Go-Pack-Go Broccoli		Go-Pack-Go Broccoli	